Liability Waiver & Release of Claims

Wildfire Sauna L.L.C. — Pavilion Beach, Ipswich, MA
Effective as of the date of your session.

1. Assumption of Risk

I understand and acknowledge that participation in sauna bathing, cold-water immersion, and related heat-and-cold wellness activities (collectively, "Activities") involves inherent risks, dangers, and hazards, including but not limited to: extreme heat exposure, dehydration, burns, cardiovascular stress, fainting, slipping or falling, cold-water shock, hypothermia, and other physical injury or death. I voluntarily assume all such risks, known and unknown.

2. Release of Liability

In consideration of being permitted to participate in the Activities, I, on behalf of myself, my heirs, personal representatives, and assigns, hereby release, waive, discharge, and covenant not to sue Wildfire Sauna L.L.C., its owners, operators, employees, volunteers, and agents (collectively, "Wildfire Sauna L.L.C."), as well as the Town of Ipswich, Massachusetts, its officers, employees, and agents, from any and all claims, demands, losses, damages, costs, or causes of action arising out of or relating to my participation in the Activities, whether caused by negligence or otherwise.

3. Indemnification

I agree to indemnify and hold harmless Wildfire Sauna L.L.C. and the Town of Ipswich from any loss, liability, damage, cost, or expense (including reasonable attorneys' fees) that they may incur as a result of any claim brought by me or on my behalf arising from my participation in the Activities.

4. Medical Fitness

I represent that I am in good physical health and have no medical condition that would prevent my safe participation in sauna or cold-water immersion activities. I acknowledge that Wildfire Sauna L.L.C. recommends consulting a physician before participating if I have any cardiovascular condition, respiratory condition, pregnancy, or other health concern. I accept full responsibility for my own health and safety during the Activities.

5. Rules & Conduct

I agree to follow all posted rules, staff instructions, and safety guidelines at all times. I understand that failure to comply may result in removal from the session without refund. I will not participate while under the influence of alcohol or drugs. I accept responsibility for the conduct of any guests I bring and ensure they have read and agreed to these terms.

6. Photography & Media

I grant Wildfire Sauna L.L.C. permission to photograph or record the Activities for promotional purposes, provided my likeness is not used in a defamatory manner. I may opt out by notifying staff before my session.

7. Governing Law

This waiver shall be governed by the laws of the Commonwealth of Massachusetts. If any provision is found unenforceable, the remaining provisions shall remain in full force and effect. This waiver constitutes the entire agreement between the parties with respect to the subject matter herein.

ACKNOWLEDGEMENT & SIGNATURE

By signing below, I confirm that I have read and fully understand this Liability Waiver & Release of Claims, and I voluntarily agree to all of its terms.

Participant Signature

Date

Print Full Legal Name