



Air Treadmills

Name: _____ Date: _____

Email: _____ Cell phone: _____

Please carefully review the below equipment information, indications, and warnings prior to use. This form is required for all clients, members, and supervising adult guests.

What Are Air Treadmills?

Air (“microgravity” or “anti-gravity”) treadmills provide a lifting effect to lower the impact on lower extremities while walking or running. The user dons specialize shorts that allow him/her to zip into a large bag which surrounds the treadmill. The bag then fills with air, providing positive air pressure and lift to the user, decreasing joint impact stress. For more information, please visit [Air Treadmills \(hydroairlab.com\)](http://hydroairlab.com).

Ideal for individuals

- Who experience joint pain in the lower extremities
- Recovering from injury/surgery (especially foot/ankle/knee)
- Trying to manage weight
- Training for endurance activities (especially in elite runners)
- With significant lower extremity strength or balance impairments

Benefits

- Improves cardiovascular fitness
- Can improve neurological/balance impairments
- Reduces weight impact up to 80%+
- Faster recovery from surgery/injury
- Lowers impact stress on lower extremity joints
- Pain relief (arthritis, injury, etc)
- Decreases risk of stress injuries during high intensity training (low impact)
- Natural progression to land based running (dry running)
- Can run faster and train harder than on a traditional treadmill
- Easy to use without getting wet



Risks

While use of water treadmills may significantly improve health and overall wellbeing, these activities may involve certain risks. **Seek approval from your healthcare provider** prior to participating in aerobic or resistance activities especially if you have or have experienced (but not limited to) any of the following:

- Dizziness or lightheadedness
- Hypertension
- Electrolyte imbalance
- Thyroid disease
- Resting heart rate above 100bpm (tachycardia)
- Aortic stenosis
- Coronary artery stenosis
- Arrhythmias (abnormal heart rhythm)
- Thrombophlebitis or deep vein thrombosis (DVT)
- Stroke or heart attack within the past month

DO NOT participate in aerobic or resistance activities at HATL if you have or have experienced (but not limited to) any of the following:

- Unstable angina (chest pain)
- Uncontrolled severe hypertension (BP \geq 180/100 mmHg)
- Blood pressure drops 20mmHg during activity
- Uncontrolled arrhythmias
- Severe respiratory disease
- Severe neurological impairment or recent neurological events
- Severe renal disease
- Complete heart block
- Acute pericarditis
- Uncontrolled epilepsy
- Decompensated heart failure
- Acute pulmonary embolism or pulmonary infarction
- Uncontrolled metabolic disease, such as unstable diabetes
- Symptomatic severe aortic stenosis
- Illnesses accompanied by fever
- Severe orthopedic limitations or recent surgery that limits exercise

Immediately discontinue use and seek medical advice if you experience any of the following:



- Dizziness or lightheadedness
- Sudden loss or shortness of breath
- Heart palpitations
- Sharp or severe pain
- Any other sudden or unexplained signs/symptoms coinciding with use

Safety Instructions for Air Treadmills

1. Ensure you are aware of all risks and precautions associated with Air Treadmill.
2. Adhere to all posted signs and warnings.
3. Receive orientation and review operation instructions prior to use. Use only as directed.
4. While staff members are required to be CPR certified, Hydro Air Treadmill Lab and staff will NOT provide direct supervision while clients use Air Treadmills. If you have any fears or reservations, please request adequate supervision from a trusted friend or family member who may accompany you (even if they do not have a membership).
5. Verify there are no sharp objects on your person prior to donning zipper shorts. Empty pockets of everything else.
6. Ensure proper fit and sizing of the zipper shorts
7. Footwear is required where there exists wounds, lesions, or problems with sensation and blood flow (as with diabetic neuropathy).
8. Keep hands and body away from any moving parts, particularly the sliding vertical track.
9. Safety clip must be attached to clothing to allow clients to easily find and pull it in case of an emergency.
10. Do not jump or bounce while zipped in the treadmill
11. In case of emergency which necessitates rapid exit, unzip shorts and pull pins from each vertical track.
12. Only the current user and staff members are permitted to touch the machine and console at any given time. Everyone else should keep an appropriate distance for safety reasons.
13. Avoid walking in front of the unit (to avoid tripping on the electrical cord)
14. To maintain the condition of the inflatable bag, please avoid stepping on it.

Consent, Waiver of Liability, Release, Indemnification, And Hold Harmless Agreement

1. In consideration for using the Air Treadmill, I hereby RELEASE, WAIVE, DISCHARGE, and HOLD HARMLESS Hydro Air Treadmill Lab, LLC an Arizona Limited Liability Company (Hereafter referred to as "HATL") their officers, servants, agents, employees, contractors, and volunteers from any and all liability, claims, demands, actions and causes of action whatsoever arising out of or related to any loss,



damage, or injury, that may be sustained by any person, while using the Air Treadmill or due to the use of the Air Treadmill.

2. I hereby confirm that no warranty or guarantee, or other assurance, has been made to me covering the results of the Air Treadmill, and I hereby relieve the Employees and hold them harmless from all liabilities for injury or damage that may occur to me. I fully understand the administration of the Air Treadmill, including possible adverse reactions, side effects, or other Indemnification, and Hold Harmless Agreement is being given in advance of any use of the Air Treadmill and is being given by me voluntarily to use the Air Treadmill.
3. I am fully aware of the risks and hazards connected with the use of the Air Treadmill, including the risk of physical injury or disability as the result of such injury, up to and including death, and I am voluntarily participating in said Air Treadmill usage, and entering the above-named premises to engage in such usage. **I VOLUNTARILY ASSUME FULL RESPONSIBILITY FOR ANY RISKS OF LOSS, PROPERTY DAMAGE, OR PERSONAL INJURY UP TO AND INCLUDING DEATH** that may be sustained, or any loss or damage to property as a result of being engaged in this activity.
4. I further hereby **AGREE TO INDEMNIFY AND HOLD HARMLESS** the Employees from any loss, liability, damage or costs, including reasonable attorney fees, that the employees may incur due to the use of the Air Treadmill by me.
5. It is my express intent that this Consent, Waiver of Liability, Release, Indemnification and Hold Harmless Agreement shall bind the members of my family and spouse (if any), if I am alive, and my heirs, assignees and personal representatives, if I am not alive, and shall be deemed as a **RELEASE, WAIVER, AND DISCHARGE** of the employees. I hereby further agree that this Consent, Waiver of Liability, Release, Indemnification and Hold Harmless Agreement shall be construed in accordance with the laws of the State of Arizona.
6. I understand that the employees will not be responsible for any medical cost associated with any injury.
7. I understand that the Air Treadmill is provided for the basic purpose of cardiovascular fitness. I further understand the Air Treadmill should not be constructed as a substitute for medical examination, diagnosis, or treatment and that I should see a physician, or other qualified medical specialist for any mental or physical ailment that I am aware of.
8. I understand that Hydro Air Treadmill Lab's Employees are not qualified to perform skeletal adjustments, diagnose medical conditions and/or prescribe medication, and nothing said in the session should be construed as such.



9. The client acknowledges and agrees that the client is solely responsible for consulting with their physician or health professional prior to and regarding the client's use of the Air Treadmill at HATL and neither HATL or any of the Owners, Managers, Staff, or Members have made any representations or warranties as to the results that may be obtained from the use of the Air Treadmill at HATL, or as to the advisability of the client's participation in such activities.
10. Because the Air Treadmill is contraindicated under certain conditions, I affirm that I have stated all my known medical conditions and answered all questions honestly, I agree to keep the technician updated as to any changes in my medical profile and understand that there shall be no liability on the technician's part should I forget to do so.
11. I am not and will not be under the influence of alcohol and/or narcotics.
12. HATL or its employees reserve the right to ask clients to discontinue equipment or facility use for any reason.

My signature below constitutes my acknowledgement of the following:

- I **will not** use the Air Treadmill prior to staff instruction on safe/proper usage.
- I have read, understand, and fully agree to the foregoing Consent, Waiver of Liability, Release, Indemnification, and Hold Harmless Agreement.
- The Air Treadmill has been satisfactorily explained to me, and I have all the information I desire.
- I hereby give my authorization and consent. This Consent, Waiver of Liability, Release, Indemnification, and Hold Harmless Agreement shall stand if I use the Equipment at the location now and in the future.

I have read the instructions for proper use of the facilities and do so at my own risk and hereby release the owners, operators, franchisers, or manufacturers, from any damage or harm that I might incur due to use of the facilities.

IN SIGNING THIS RELEASE, I ACKNOWLEDGE AND REPRESENT THAT I have read and understand the foregoing Waiver of Liability, Release, Indemnification, and Hold Harmless Agreement, I am at least eighteen (18) years of age and fully competent; I have given up considerable future legal rights; and I execute this Consent Waiver of Liability, Release, Indemnification, and Hold Harmless Agreement freely voluntarily, under no duress or threat of duress, without inducement, promise or guarantee being communicated to me.

Furthermore, I agree that I will comply with all instructions on the use of the Air Treadmill and that I am using these services at my own risk. I agree to use all sessions within the terms of the contract dates and understand that refunds are not given on unused portions of purchased packages.



Client's Printed Name

Client's Signature

Date

Client's Parent or Legal Guardian's Printed Name

Client's Parent or Legal Guardian's Signature

Date