



Hot/Cold Plunge (contrast bath)

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 is Hot/Cold Plunge?

Full body immersion in cold water (cryotherapy) has been used for hundreds of years to promote health and well-being. Typically, water temperatures range from 35 to 50 degrees Fahrenheit. Hydro Air Treadmill Lab provides users with access to both cold and hot plunge (bath) tubs to allow full body immersion in one or the other. Also, these plunges may be used to target specific areas of the body with cold, heat, or a combination of both for contrast bath therapy. For more information, please visit [Hot/Cold Plunge | Hydro Air Treadmill Lab \(hydroairlab.com\)](https://hydroairlab.com)

Ideal for

- People recovering from injury
- Recovery after an intense workout program
- Weight management
- People with arthritis or joint pain
- Improving athletic performance and blood flow (especially prior to working out)
- Improving mental health and overall wellness

Benefits

- Increased energy output (shivering and metabolic changes)
- Decreased aches and pain
- Reduced soreness after workout
- Regular cold-water immersion can boost metabolism by converting white fat into brown fat cells.
- Improves glucose and insulin sensitivity
- Reduced inflammation
- May improve immune response
- Improves circulation



- Toning and smoothing of the skin (slowed aging)
- Reduced arthritic pain
- May improve symptoms from conditions such as diabetes, IBS, arthritis, asthma, depression, and others.
- Stress relief and increased energy
- Improved discipline, mental toughness, and clarity
- Increased tolerance to cold

Risks of Hot/Cold Plunge

Although rare, some of the risks associated with cold plunging and contrast bath include (but are not limited to) temperature related injuries and burns, dehydration, hypo or hyperthermia lightheadedness, loss of consciousness, slipping allergy flareups, difficulty breathing, blood pressure and heart rate changes, decreased blood flow, fatigue and drowning. While most people report a beneficial response to these therapies, there are some individuals who should exercise caution prior to using it. **Seek approval from your healthcare provider** prior to use especially if you have or have experienced (but not limited to) any of the following:

- Thermal sensitivities
- Anemia or bleeding disorders
- Anorexia
- Emotional liability
- Anxiety
- Thyroid problems
- Blood vessel problems (such as Raynaud's disease)
- Hypothalamus disorders
- Fibromyalgia
- Skin sensitivity
- Cardiovascular issues such as heart failure or healing disorders
- A-Fib
- COPD
- Cardiac surgeries or procedures
- Use of a pacemaker
- Cancers/tumors
- Lung disorders
- Kidney disease

DO NOT use plunges at this facility if you have or have experienced (but not limited to) any of the following:



- Hot or Cold intolerance
- Significant balance impairment or fall risk (due to risk of slipping on wet surfaces while transferring and walking) without assistance
- Cryoglobulinemia or cryofibrinogenemia (abnormal proteins in the blood affecting clotting)
- Cold urticaria (allergy to cold causing hives or skin reactions)
- Open or exposed wounds and ulcers
- Substance abuse
- Recent surgery or recent acute injury (especially with heat)
- Pregnancy (for full body immersion)
- UTI (for full body immersion)
- Severe hypertension (BP>180/100)
- Acute or recent heart attack or stroke
- Gangrenous lesions (gangrene)
- Peripheral arterial occlusive disease
- Uncontrolled seizures
- Active infections or fever
- Thromboembolic Changes (history of venous thrombosis such as DVT or embolisms)

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

- Dizziness, light headedness, or confusion
- Sudden chest pain
- Sudden loss or shortness of breath
- Heart palpitations
- Sharp or severe pain
- Severe anxiety
- Numbness/tinging
- Falls from slipping
- Rashes, redness, and/or irritation of the skin.
- Any other sudden or unexplained symptoms coinciding with its use

Cold plunge and contrast bath is not a medical treatment and has not been tested or approved by the FDA. It is not intended to treat, cure, or prevent any disease. Adverse reactions and risk for injury increase with misuse. Don't hesitate to ask staff for assistance and information if you have any questions or concerns. Individual responses may vary.

Safety Instructions for Hot/Cold Plunge



1. Ensure you are aware of all risks and precautions associated with Hot/Cold Plunging.
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 water equipment. 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. All clients must rinse off (feet to chest) immediately prior to and after using any water equipment. This will help maintain the equipment and provide a clean and enjoyable experience for all clients.
6. Ensure you have no open wounds or abrasions. If you have a small, uninfected wound and would still like to use the water equipment, you may use it if a waterproof bandage is in place and appropriately applied to cover the entire wound.
7. Do not use facilities if you feel ill or unwell.
8. Never use without consenting supervision.
9. All jewelry (earrings, necklaces, bracelets, etc.) must be removed prior to entering.
10. Personal electronic devices can pose an electrical shock hazard. Hydro Air Treadmill Lab is not responsible for item damage or personal injury resulting from their use. Use them at your own risk.
11. Stay in the plunge only as long as your body is adapted to handle. Challenge yourself but realize that adaptation takes time. It's okay if you can only last 15 seconds at first!
12. No member is permitted to remain in either plunge with full body immersion longer than 10 minutes.
13. Please limit your total time in the plunge room to 10 minutes, especially if the lab is busy.
14. While Hydro Air may make recommendations and suggestions on how often, when to contrast, and how long to plunge, the best indicator of appropriate dosage is how you feel! Research is ongoing to determine best guidelines. In any case, when in doubt, its best to get out, then assess how you feel afterwards. If there's no problems, try for little longer next time

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

1. In consideration for using the Hot/cold plunge (contrast bath), 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 Hot/cold plunge (contrast bath) or due to the use of the Hot/cold plunge (contrast bath).



2. I hereby confirm that no warranty or guarantee, or other assurance, has been made to me covering the results of the Hot/cold plunge (contrast bath), 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 Hot/cold plunge (contrast bath), including possible adverse reactions, side effects, or other Indemnification, and Hold Harmless Agreement is being given in advance of any use of the Hot/cold plunge (contrast bath) and is being given by me voluntarily to use the Hot/cold plunge (contrast bath).
3. I am fully aware of the risks and hazards connected with the use of the Hot/cold plunge (contrast bath), 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 Hot/cold plunge (contrast bath) 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 Hot/cold plunge (contrast bath) 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 Hot/cold plunge (contrast bath) is provided for the basic purpose of overall wellness. I further understand the Hot/cold plunge (contrast bath) 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



Hot/cold plunge (contrast bath) 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 Hot/cold plunge (contrast bath) at HATL, or as to the advisability of the client's participation in such activities.

10. Because the Hot/cold plunge (contrast bath) 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 Hot/cold plunge prior to staff instruction on safe/proper usage.
- I **will not** use the Hot/cold plunge without consenting adult supervision.
- I have read, understand, and fully agree to the foregoing Consent, Waiver of Liability, Release, Indemnification, and Hold Harmless Agreement.
- The Hot/cold plunge (contrast bath) 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 Hot/Cold Plunge (contrast bath) 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