



## **Hydro 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 Hydro Treadmills?**

Hydro (“underwater,” “water,” or “aquatic”) treadmills provide resistance and buoyancy to decrease the impact stress on weight bearing joints while walking or running. The user steps into a water filled chamber and onto a specialized treadmill. He/she can then adjust the belt speed and water level, providing the desired amount of buoyancy and resistance. For more information, please visit [Hydro Treadmills | Hydro Air Treadmill Lab \(hydroairlab.com\)](http://hydroairlab.com).

### **Ideal for individuals**

- Who experience joint pain in the lower extremities
- Recovering from injury/surgery (especially back and lower extremities)
- Trying to manage weight
- Seeking strength/cardio improvements
- Who are pregnant or postpartum

### **Benefits**

- Improves cardiovascular fitness
- Can improve neurological/balance impairments
- Reduces weight impact up to 75%
- Faster recovery from surgery/injury
- Lowers impact stress on all weightbearing joints
- Pain relief (arthritis, injury, etc)
- Decreases risk of stress injuries during high intensity training (low impact)
- Hydrostatic pressure reduces swelling/edema
- Water provides resistance
- Can incorporate upper extremity strength training

### **Risks**



While use of hydro 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 its use

### **Safety Instructions for Hydro Treadmills**

1. Ensure you are aware of all risks and precautions associated with the Hydro 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 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. Make sure the middle chamber is completely drained of water before opening the outer door.
11. Personal electronic devices can pose an electrical shock hazard. Ensure there are no electronic devices nearby which may be damaged by water, or which may create an electric shock (ie not waterproof). Hydro Air Treadmill Lab is not responsible for item damage or personal injury resulting from their use.
12. Safety wrist/arm band must be worn while using the treadmill.
13. 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.
14. Avoid walking in front of the unit (to avoid tripping on the electrical cord).

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

1. In consideration for using the Hydro Treadmill (water 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 Hydro Treadmill or due to the use of the Hydro Treadmill.

2. I hereby confirm that no warranty or guarantee, or other assurance, has been made to me covering the results of the Hydro 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 Hydro Treadmill, including possible adverse reactions, side effects, or other Indemnification, and Hold Harmless Agreement is being given in advance of any use of the Hydro Treadmill and is being given by me voluntarily to use the Hydro Treadmill.
3. I am fully aware of the risks and hazards connected with the use of the Hydro 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 Hydro 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 Hydro 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 Hydro Treadmill is provided for the basic purpose of cardiovascular fitness. I further understand the Hydro 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 Hydro 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 Hydro Treadmill at HATL, or as to the advisability of the client's participation in such activities.
10. Because the Hydro 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 Hydro Treadmill prior to staff instruction on safe/proper usage.
- I **will not** use the Hydro Treadmill 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 Hydro 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 Hydro 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.



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**Client's Printed Name**

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**Client's Signature**

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**Date**

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**Client's Parent or Legal Guardian's Printed Name**

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**Client's Parent or Legal Guardian's Signature**

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**Date**