



Supplemental Equipment

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 supplemental equipment is featured at Hydro Air Treadmill Lab?

Hydro Air Treadmill Lab features additional machines and equipment which may be used by exclusive members and contracted tenants as available on a non-scheduled basis. These may be used for various health and wellness benefits and include some of the following:

- Massage equipment (chairs, tables, hydromassage table, percussion gun, theracane, others)
- Standard Treadmill
- Stationary Bike
- Vibration Plate
- Roller Original
- Fit3D Body Scanner
- Lockers
- Swimsuit Dryer
- FloWater filter and dispenser
- TRX bridge
- Weights, bands, balance, and strength training equipment
- Stretch bands
- Recliners
- Cold packs
- Various other equipment items not listed here

Benefits

Each equipment item has a unique set of benefits. Please refer to posted signs or speak to a Lab staff member for more information.



Risks

While use of the equipment at Hydro Air Treadmill Lab may significantly improve health and overall wellbeing, these activities may involve certain risks. **Seek approval from your healthcare provider** prior to participating in supplemental 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
- Spinal surgeries

DO NOT participate in supplemental 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
- 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

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 supplemental equipment

1. Ensure you are aware of all risks and precautions associated with each equipment item.
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 supplemental 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. Verify there are no sharp objects on your person prior to using supplemental equipment. Empty pockets of everything else.
6. Footwear is required while lifting weights.
7. Keep hands and body away from any moving parts. Do not force movement of any mechanical device if it should become stuck.
8. Do not attempt to unplug or modify operation of any electrical device except for which it is designed.
9. Only current users and staff members can touch the machine being used at any given time. Everyone else should keep an appropriate distance for safety reasons.
10. Avoid stepping over any power cords.
11. Please clean with provided sanitation sprays and wipes following use.

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

1. In consideration for using the Supplemental Equipment, 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 Supplemental Equipment or due to the use of the Supplemental Equipment.
2. I hereby confirm that no warranty or guarantee, or other assurance, has been made to me covering the results of the Supplemental Equipment, 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 Supplemental Equipment, including possible



adverse reactions, side effects, or other Indemnification, and Hold Harmless Agreement is being given in advance of any use of the Supplemental Equipment and is being given by me voluntarily to use the Supplemental Equipment.

3. I am fully aware of the risks and hazards connected with the use of the Supplemental Equipment, 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 Supplemental Equipment 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 herby **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 Supplemental Equipment 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 the Supplemental Equipment 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 Supplemental Equipment 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 Supplemental Equipment at HATL, or as to the advisability of the client's participation in such activities.
10. Because some of the Supplemental Equipment 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 Supplemental Equipment 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 Supplemental Equipment 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 Supplemental Equipment 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