



TERMS AND CONDITIONS

The signatory of these Terms & Conditions agrees to be held responsible for ensuring that they are aware of and follow the terms and conditions below in order to ensure a safe sauna environment for all.

If you are making this booking on behalf of a group, it is your responsibility to make all members of your booking party aware of these Terms & Conditions and to ensure that safe sauna use is practiced.

If the Terms agreed to in this disclaimer are breached, Seabiscuit Sauna reserve the right to terminate your hire of the sauna immediately, at their discretion.

In participating in a sauna provided by Seabiscuit Sauna, you voluntarily agree to the following Terms & Conditions:

ACKNOWLEDGEMENT OF RISKS

Using the sauna is an inherently pleasurable and beneficial experience, however, as with all things, there exist elements of risk. Seabiscuit Sauna has assessed and minimised all foreseeable risk in accordance with UK Health and Safety legislation.

However, you must still be mindful of the risk posed by:

- Slippery surfaces caused by water, ice, snow, mud or other substances
- Exposure to cold (outside) temperatures and associated wind chill
- Exposure to hot temperatures
- Exposure to hot equipment, including the benches, where a towel must be used, and the sauna stove
- Increased internal body temperature
- Collisions or contact with other persons and objects inside or outside of the sauna
- Exposure to airborne illnesses or transmittable diseases
- Extreme weather (wind, storms, waves or otherwise)



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COLD WATER IMMERSION - river, loch or sea

Seabiscuit Sauna does not recommend swimming due to the varying risks associated with currents, tides and general sea state/water conditions. It must be acknowledged that any user of Seabiscuit Sauna entering a nearby body of water (river, loch or sea) does so entirely at their own risk and Seabiscuit Sauna cannot be held liable for any issue/s arising for anyone doing so.

REPRESENTATION OF FITNESS

You should be physically and mentally fit to participate in the sauna. If you have any medical condition that interferes with your ability to sweat, such as anhidrosis, unstable angina pectoris, recent myocardial infarction or severe aortic stenosis, you should not use the sauna. We do not recommend taking or being under the influence of any drugs, alcohol, medication or other substance affecting your mental or physical state. If you have any concerns about your health it is recommended you obtain permission from your GP before using the sauna.

If you are pregnant please also contact your GP for advice before making a booking.

If you have signs and symptoms of Covid-19, or any other acute respiratory illness please let our staff know. We will be happy to rearrange your sauna booking wherever possible.

There is no one 'right' way to sauna and everyone's experience is different. It's therefore vitally important that you are aware of your own body's needs and manage your experience accordingly. How long you stay in the sauna and how you cool down is entirely up to you but we encourage a mindful and gentle approach; seeing no need to excessively 'push' oneself either physiologically or psychologically.



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CHILDREN AND THE SAUNA

Due to a change in insurance terms, as of October 2023 we are sadly no longer accepting children under the age of 16 in the sauna.

HEALTH AND SAFETY

We strongly recommend you do not use glass drinking vessels in the sauna and Seabiscuit Sauna will not be liable for any injuries caused by glass breakages in or around the sauna.

ALCOHOL AND DRUGS

We strongly recommend you do not use the sauna after the consumption of alcohol, drugs, medications, or other substances that may impair your judgment as these can interfere with your body's ability to regulate temperature and cause injury.

This is the hirer's responsibility and we will not be held liable for any accidents or damages as a result of intoxication.

SMOKING

You may not smoke or use e-cigarettes inside the sauna.

BOOKING PAYMENT, RESCHEDULING, AND CANCELLATION

– 1 HOUR SAUNA SESSION (Private and Communal)

Payment of the full session fee will be required to confirm your booking. If for whatever reason you need to reschedule or cancel your booking, please use the links provided within the booking confirmation email to do so.



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RESCHEDULING

The option to reschedule your session is available up until 24 hours before your session, to give us the chance to be able to try and fill the slot. If you are looking to reschedule within the 24 hour period before your booked session, this may or may not be possible depending on demand, so please get in touch with us via email at debbiethornton89@yahoo.co.uk to discuss.

CANCELLATION

For bookings cancelled more than 24 hours before the start of your session, Seabiscuit Sauna will endeavour to refund the full cost of your booking, less the Stripe payment processing fees (eg. for payments of £50 made on a UK card, a payment processing fee of £1.04 is incurred, so £48.96 will be refunded).

For bookings cancelled less than 48 hours but more than 24 hours before your booking, we are able to provide a 50% refund (less payment processing fees).

For bookings cancelled less than 24 hours before the start of your session, we are unable to provide a refund.

PRIVATE & SPECIAL EVENT HIRE

Full payment is required to confirm your sauna hire.

- For bookings cancelled more than 28 days before the date of the event, Seabiscuit Sauna will provide a full refund.
- For bookings cancelled less than 28 days but more than 14 days before the date of the event, Seabiscuit Sauna will provide a 50% refund, or the option to reschedule for an alternative date.
- For bookings cancelled less than 14 days before the date of the event, Seabiscuit Sauna is not able to offer a refund.



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****WAIVER****

I fully acknowledge the terms and conditions set out above, and will act accordingly to keep myself and others safe at all times whilst using the sauna. I acknowledge participation in the sauna is voluntary, comes with inherent risks, and that I can refuse to participate or quit participating in the sauna at any time for any reason.

Signed: _____

Print name: _____

Date: _____