



FJORD LIABILITY WAIVER & RELEASE

Upon booking your service, you will be asked to check that you have read and signed off on the following waiver. You will not need to do it more than once.

I hereby acknowledge and agree to the following terms and conditions before participating in the services offered by Fjord Plunge ("the Company"):

- **Assumption of Risk:** I understand that the use of ice baths/cold tubs, contrast therapy, sauna services, and breath techniques/work involves inherent risks, including but not limited to the risk of injury, illness, or adverse reactions. I voluntarily assume all risks associated with participating in these services.
- **Health Considerations:** I certify that I am in good physical condition and have no medical conditions that would prevent me from safely participating in the ice baths/cold tubs, contrast therapy, sauna services or breath techniques/work. I acknowledge that it is my responsibility to consult with my doctor to determine if these services are suitable for me.
- **Release of Liability:** In consideration of being allowed to participate in the Company's services, I hereby release, waive, and discharge the Company, its owners, employees, agents, and affiliates from any and all claims, liabilities, damages, or expenses arising out of or in any way connected with my participation in the services, including but not limited to personal injury, property damage, or loss.



- **Indemnification:** I agree to indemnify and hold harmless the Company, its owners, employees, agents, and affiliates from any claims, liabilities, damages, or expenses, including legal fees, arising out of or in any way connected with my participation in the services or my breach of any terms and conditions outlined by the Company.
- **Agreement to Terms:** I acknowledge that I have read and understood the terms and conditions outlined by the Company, including, but not limited to, the policies regarding payments, bookings, intellectual property, privacy, and liability.
- **Voluntary Participation:** I acknowledge that my participation in the Company's services is voluntary and that I have the right to refuse or discontinue participation at any time.
- **Acknowledgement of Understanding:** I acknowledge that I have read and fully understand the terms of this waiver and agree to be bound by its provisions.
- **Parental Consent (if applicable):** If the participant is a minor, I certify that I am the parent or legal guardian of the minor participant and hereby consent to their participation in the Company's services. I agree to all terms and conditions outlined in this waiver on behalf of the minor participant.
- **Severability Clause:** If any part of this waiver is found to be invalid or unenforceable, the remainder of the waiver will still be valid and enforceable.
- **Venue and Jurisdiction:** Any disputes arising from this waiver shall be resolved in the appropriate court of law.
- **Electronic Signature:** By signing electronically or by hand, I acknowledge that my signature is legally binding and indicates my acceptance of the terms and conditions outlined in this waiver.
- **No Guarantees:** I understand that this waiver does not guarantee the safety or effectiveness of the company's activities or services.
- **Emergency Contact Information:** I will provide emergency contact information: [Emergency Contact Name, Phone Number].
- **Revocation of Consent:** I understand that I may revoke my consent to the terms of this waiver at any time, although such revocation may not release me from liability for actions taken prior to revocation.