NINETEEN81 Klub

ICE BATH GUIDELINES

Drink plenty of water before, during and after your session
If you experience pain and/or discomfort, immediately discontinue and exit the Ice Bath.
If you are on medications, consult with your doctor before using the Ice Bath.
If you have a medical condition or are on any prescription be, consult with your physician before using.
Discontinue use if you feel light-headed, dizzy, heat exhausted, or unwell.

By signing this waiver, I acknowledge that I am participating in an activity offered by Nineteen81Klub , and I voluntarily assume all risks associated with this activity. I release Nineteen81Klub, its directors, officers, employees, volunteers, representatives, and agents, as well as activity holders, sponsors, and volunteers, from any and all liability, including but not limited to, liability arising from their negligence or fault, for any personal injury, property damage, property theft, or other actions that may occur during the activity or while traveling to or from the activity.

I agree to indemnify, hold harmless, and not sue the aforementioned entities or persons from any claims or liabilities that may arise as a result of my participation in the activity, whether caused by their negligence or otherwise.
I acknowledge that Ninteen81Klub and their directors, officers, volunteers, representatives, and agents are not responsible for the errors, omissions, acts, or failures to act of any party or entity conducting a specific activity on their behalf.

I understand that participating in this activity may involve physical and mental challenges that carry the potential for death, serious injury, and property loss. These risks may include, but are not limited to, terrain, facilities, temperature, weather, equipment, vehicular traffic, lack of hydration, and the actions of other participants, volunteers, monitors, and producers.
I agree to receive any necessary medical treatment in the event of injury, accident, or illness during the activity.

I also acknowledge that my photo, video, or film likeness may be taken while participating in the activity and I consent to its use by the activity holders, producers, sponsors, organizers, and assigns for any legitimate purpose.
I understand that this Accident Waiver and Release of Liability Form provides a broad release and waiver to the maximum extent permissible under applicable law.

Date _____
Name (print) _____

Signature _____