

WAIVER, RELEASE, AND INDEMNIFICATION RECOVERY ROOM EQUIPMENT AND SERVICES

This waiver and release, and agreement to defend, indemnify and hold harmless ("Waiver"), shall apply to my and my family's claims, my child's claims, and any claims that may be asserted by others.

In connection with my decision to use recovery room equipment and/or receive recovery room services (collectively, "Services"), I hereby waive and release, for myself, spouse/partner, heirs, executors, assigns and personal representatives, and agree to defend, indemnify and hold harmless, VillaSport LLC and its affiliates, and their respective owners, officers, directors, members, managers, employees, volunteers, agents and independent contractors (collectively, "Released Parties") from and against any and all claims against the Released Parties for injuries or damages arising from or in any way connected to the Services.

I acknowledge and understand the Services inherently include certain risks that cannot be eliminated despite the safety protocols taken by VillaSport, its agents, employees and any service providers. Potential risks vary by specific Service, and by way of example and not limitation, range from minor injuries (e.g., sprains, bruises or irritations) to major injuries (e.g., allergic reactions or heart attacks) to serious or disabling injuries (e.g., stroke or paralysis) and even death. I also acknowledge and understand such risks may include exposure to infectious diseases, and may result from my and others actions, negligence or inaction. I understand VillaSport makes no guarantee regarding the outcome of any Services, and the Services are not intended to serve as a substitute for medical care, treatment, or medications. None of the Services are intended to prevent, treat or diagnose disease or illness. The FDA has concluded the Services are not medical devices.

Certain non-exhaustive, specific risks and contraindications are provided in greater detail below.

I further acknowledge and understand it is my sole responsibility to (i) consult with a physician or other medical professional in connection with my own health and physical well-being regarding my decision to voluntarily participate in the Services, (ii) review the information, directions and warnings about each Service I elect to participate in, (iii) adhere to all safety protocols provided to me or otherwise made available by VillaSport, and (iv) immediately alert VillaSport and end my participation in each Service if I experience any pain or discomfort or other adverse effects resulting from such Service.

I further acknowledge and understand it is my choice to receive and participate in the Services and that I am doing so for my own benefit, and that I have voluntarily, with knowledge of the potential risks and injuries, elected to participate in the Services, and I assume sole responsibility for my own health, physical well-being, and for the results of any Services received.

If completing this Waiver on behalf of my minor child(ren), I hereby acknowledge and agree to all of the foregoing on behalf of my minor child(ren). I represent and warrant to VillaSport I have the full legal authority to (i) assume and accept such risks, and waive and release and agree to indemnify, defend and hold the Released Parties harmless from any claims, demands or lawsuits, of my minor child(ren), and (ii) act for and on behalf of all my minor children. I acknowledge explaining the above Services and risks to my child(ren), and my child(ren) wish to participate in the Services and assume the risks. Any reference to child(ren) herein includes ward(s).

COLD PLUNGE THERAPY

RISKS ASSOCIATED WITH COLD PLUNGE THERAPY

Specific risks associated with cold plunge therapy include, but are not limited to, hypothermia, loss of consciousness, constricted blood vessels, loss of muscular control, weakness, exhaustion, shock, impaired cognitive ability, hyperventilation, arrhythmia, heart attack/failure, and stroke. Immersion in water under 60 degrees Fahrenheit can be dangerous for some people. Being immersed in cold water triggers hypothermia faster than just being out in the cold because water takes heat away from the body 25 times faster than air. Submerging in cold water triggers a sudden, rapid increase in breathing, heart rate and blood pressure.

Rapid heat loss can cause blood to rush away from extremities to the body's core in order to protect vital organs. Prolonged cold-water immersion could lead to heart muscle damage. The risk for hypothermia continues even after emerging from the water, so dry off and get into warm clothes and a warm area as soon as possible.

CONTRAINDICATIONS OF COLD PLUNGE THERAPY

Do not use or engage in cold plunge therapy if you are pregnant, possibly pregnant, or intending to become pregnant, or if you have a history of heart disease or conditions (or other cardiac history), Raynaud's phenomenon (or other over-sensitive blood vessels in the body's extremities), peripheral vascular disease, vascular issues associated with diabetes, impaired sensation, cold allergy or hypersensitivity, severe cold-induced urticaria, or other more complex medical conditions, including but not limited to cryoglobulinemia and paroxysmal cold hemoglobinuria. People with heart conditions also may take medications, such as beta blockers, that lower blood pressure and reduce the heart rate, which could make it harder for the body to adapt to the shock of a sudden temperature drop.

FLOAT THERAPY

RISKS ASSOCIATED WITH FLOAT THERAPY

Specific risks associated with float therapy include, but are not limited to, skin irritation, nausea, dizziness, confusion, fatigue, and fainting. Ensure cuts, scrapes and other skin injuries are well-healed or completely sealed with waterproof bandaging. This includes unhealed tattoos and piercings. If you have sensitive skin, first test a small area of skin in the water before completely submerging and cancel or reschedule if discomfort results. Rinse your skin after floating with fresh water to restore moisture to your skin. If you are prone to ear infections, submerging your ears in water for an extended period of time could irritate them.

CONTRAINDICATIONS OF FLOAT THERAPY

Check with your physician or other medical professional if you are pregnant, possibly pregnant, or intending to become pregnant. Do not use the float pods if you recently shaved, waxed, or exfoliated, or if you are sunburnt, as the high salt concentration may cause discomfort. Float therapy is not recommended if you have the following conditions: epilepsy, kidney disease, low blood pressure, a contagious disease, open wounds or skin ulcers, skin conditions such as dry skin, psoriasis, and eczema, prone to rashes, sensitivity to chemicals, psychosis, claustrophobia, hallucinations, motion sickness, vertigo, or similar conditions, prone to ear infections, or have ear tubes. Consult with a physician or other medical professional if you have spinal instability or damaged or broken bones, as float treatment may aggravate the condition, or if you are undergoing chemotherapy or radiation therapy, as typical side effects of such therapies can be exacerbated, and float therapy can interfere with the effectiveness of the treatments.

CRYOTHERAPY

RISKS ASSOCIATED WITH CRYOTHERAPY

Specific risks associated with cryotherapy include, but are not limited to, fluctuations in blood pressure due to peripheral vasoconstriction, and systolic blood pressure may briefly increase by up to 10 points during the session. This effect should reverse after the end of the procedure, as peripheral circulation returns to normal. Additional risks include allergic reaction to extreme cold (rare), claustrophobia, anxiety, activation of some viral conditions (e.g., cold sores), etc. due to stimulation of the immune system.

CONTRAINDICATIONS OF CRYOTHERAPY

Do not use or engage in cryotherapy if you are pregnant, possibly pregnant, or intending to become pregnant, or if you have hypothyroidism, narrowing of valves, crescent-shaped aorta and mitral valve, chronic disease of the respiratory system, severe hypertension (blood pressure > 180/100), acute or recent myocardial infarction (heart attack; need to be cleared for exercise), arrhythmia, symptomatic cardiovascular disease, acute or recent cerebrovascular accident (stroke; must be cleared for exercise), uncontrolled

seizures, fever, symptomatic lung disorders, bleeding disorders, infection, claustrophobia, intolerance to cold, age less than 18 years (parent consent to session needed), or incontinence.

INFRARED SAUNA

RISKS ASSOCIATED WITH INFRARED SAUNA

Do not use the infrared sauna if you are pregnant, possibly pregnant, or intending to become pregnant, without first consulting with a physician or other medical professional. Excessive temperatures have a high potential for causing fetal damage during the early months of pregnancy. Prolonged exposure to hot air may induce hyperthermia, which occurs when internal body temperature reaches a level several degrees above the normal body temperature. Do not allow your body's core temperature to rise above 103F. Excessive hyperthermia symptoms include dizziness, lethargy, drowsiness, and fainting, and effects may include failure to perceive heat, failure to recognize the need to exit, unawareness of impending hazard, fetal damage in pregnant women, physical inability to exit the sauna, and unconsciousness.

CONTRAINDICATIONS OF INFRARED SAUNA

Do not use the sauna immediately following strenuous exercise. Wait at least 15 minutes to allow the body to cool down completely. The use of alcohol, drugs, or medications before or during the sauna session may lead to unconsciousness. Persons suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician or other medical professional before using the sauna. Persons using medications should consult a physician or other medical professional before using the sauna since some medications may induce drowsiness while others may affect heart rate, blood pressure, and circulation. To reduce the risk of injury, do not allow children to use the sauna unless they are closely supervised at all times.

THIS WAIVER SUPPLEMENTS THE WAIVER, RELEASE OF LIABILITY AND INDEMNIFICATION YOU PREVIOUSLY AGREED TO AS A VILLASPORT MEMBER/GUEST. YOU ACKNOWLEDGE YOU HAVE READ AND UNDERSTAND THIS WAIVER, AGREE TO ALL OF ITS TERMS, AND YOUR PARTICIPATION, OR THAT OF YOUR MINOR CHILD(REN) IS PURELY VOLUNTARY AND ELECTED IN SPITE OF THE RISKS AND CONTRAINDICATIONS.