

Welcome to Washington Baths. This is a public space where all are welcome regardless of race, religion, sex, national origin, age, mental or physical disability, sexual orientation, or gender identity.

We want everyone to have a positive and rejuvenating experience while they are here. Please take a moment to familiarize yourself with our customs (on the back of this form). We reserve the right to refuse entry to anyone not abiding by these customs, or infringing on the experience of other patrons.

It is your responsibility to monitor your body and its reactions, and to moderate your use of the facility accordingly. You are responsible for your own safety and well-being while you are here. Use of the facility is not recommended while pregnant, or for people with underlying cardiovascular conditions. Please consult your doctor if you are unsure about whether the sauna is safe for you.

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The experience is meant to be enjoyed as a cycle or a circuit. It is important to spend as much time out of the heat as you spend in it. Please do not “claim space” in the lounge, courtyard, or any of the bathing facilities. Be aware of, and make space for others. For example: invite someone to sit next to you in the sauna, even if it’s tight. Don’t drape your towel or belongings on chairs or benches. If you notice that people are waiting to use the hot pool, rotate out so that they can enter.

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By signing below, I agree to abide by all customs and policies. I will stop using the facility and seek immediate medical attention if I become injured, feel dizzy, or become nauseous, and will consult my doctor before returning. I waive my right to bring suit and agree to defend, indemnify and hold Washington Baths, its owners, managers, employees, independent contractors, and agents harmless from lawsuits brought by myself or my heirs, from and against all liability, loss, expense (including reasonable attorney’s fees), or claims for injury or damages now or in the future that may arise out of my use of the facilities, including but not limited to the wet areas, saunas, pools, locker rooms, or entering or leaving the facility. The waiver and release also extends to any and all claims for injury or damages relating to or arising out of Washington Baths’ policy not to discriminate.

Bottom line is that use of the facility has risks. Wet floors can be slippery, hot surfaces can burn. By signing below, I acknowledge that my use of the facility is optional and at my own risk.

Name:

Date:

Signature:

## CUSTOMS

All are welcome.

The sauna is a space of anti-hate, anti-warfare, anti-competition, and anti-hierarchy.

Shower before using the facility.

Sandals are required.

A sitting towel is required in the sauna.

Swimwear is optional in the sauna, and compulsory in common areas.

No more than 12 people allowed in the hot pool at one time.

Do not come to the sauna intoxicated, or become intoxicated while here.

Sexual behavior of any kind is not permitted.

No food or drinks in the sauna or pools.

No glass.

No photography.

The sauna is sacred. Respect the space and your fellow bathers by behaving attentively – speak quietly, ask if others would like more steam, fill the water bucket when needed.

In the sauna please refrain from shouting, clapping, whistling, athletic breathing, or carrying on.

You are encouraged to make steam in the sauna by pouring water into the hot rocks from above. If you don't know how to make steam, ask a fellow bather, or at the front desk.

Listen to yourself. Too much heat is bad for you. Your body will tell you when it's time to take a break.

Allow adequate time for resting between sessions.