BEFORE YOU BOOK

Guest health form *and waiver*

Every guest completes these questions when booking a Bay Wellness floating sound bath or Drift Edition online. We share them here so you can read them before you book and check the experience is right for you.

If you have a health condition and are unsure whether you can take part, please speak to your healthcare provider and get in touch with us before booking.

You don't need to send this form to us. When you book, you'll answer the same questions for each guest at checkout and type your name to sign.

The questions you'll be asked

Full name

Email address

Phone number

Address

Emergency contact name and phone number

Have you been to a sound bath before?

☐ Yes ☐ No

Are you currently under the care of a healthcare practitioner? If yes, please give details.

Health questions: please tick all that apply

- ☐ Are you currently pregnant?
- ☐ Do you have tinnitus or hyperacusis (sensitivity to sound)?
- ☐ Have you recently had surgery or an injury?
- ☐ Do you have a sleep condition such as narcolepsy?
- ☐ Do you have any intolerance to certain sound frequencies?
- ☐ Do you have vertigo or other balance problems?
- ☐ Do you have a fear of water?
- ☐ Do you have an implanted medical device such as a pacemaker?
- ☐ Do you have, or have you ever had, epilepsy or any type of seizure?
- ☐ Do you have a severe mental health condition or psychiatric disorder?
- ☐ Do you have any acute medical conditions?
- ☐ Are you taking any medication, especially any that may cause drowsiness?
- ☐ Do you have back problems that may be affected by lying on a float for some time?
- ☐ Do you have any open wounds or skin infections that could be affected by the water?
- ☐ Do you have any mobility issues?
- ☐ No health conditions to declare

If you ticked any of the questions above, please tell us more. We may contact you for further information. If you ticked any of the health questions, please speak to a healthcare professional before taking part, to make sure it is safe and right for you.

What is your swimming ability?

☐ I am a non-swimmer ☐ I can swim but not confidently ☐ I am a strong swimmer

Agreement

- ☐ I have read and agree to the statements, the floating rules and the contraindications.
- ☐ I have read and agree to the waiver and liability statement, and I am over 18.

Signature

Statements

1. I have completed the health questions to the best of my knowledge and will tell Bay Wellness if there is any change in my physical or emotional health.
2. I understand that Bay Wellness cannot diagnose or advise on any illness, disease or other medical, physical or emotional condition. I am responsible for consulting a qualified doctor about any conditions I have and my suitability to take part.
3. I will tell Bay Wellness about any illness, disease or other medical, physical or emotional condition that may affect my ability to take part.
4. I understand that it is my responsibility to consult a medical practitioner before the session to check that I am suitable to take part.
5. I will take part at my own pace and tell the team straight away if I feel unwell, physically or emotionally, during the session.
6. I understand that, although unlikely, I may get wet during the session, for example by falling in, being splashed or getting on or off the float.
7. I understand that Bay Wellness takes care to keep everyone safe, but that I take part at my own risk.
8. I have read and agree to the contraindications.
9. I have read and agree to the waiver and liability statement.
10. I have read and agree to the floating rules.

Floating rules

1. Safety first: everyone's safety comes first. Please follow all guidance so that you and others stay safe and well.
2. Stay on your float: please stay on your own float for the whole session, lying on your back. Please don't rock it, make waves, or bump into or push away another float or your own, as moving around makes falling in more likely.
3. Listen to your guide: please follow the guidance from the facilitators at all times.
4. Respect others: please keep the space quiet so that everyone can enjoy the experience.
5. No running or jumping, on the float, into the water or around the pool.
6. No alcohol or drugs before or during the session.
7. Personal belongings: keep your things in a bag so they don't get wet or lost. Most venues have lockers.
8. Medical conditions: tell the facilitator about any medical conditions, injuries or concerns before you take part.
9. Hydration: drink plenty of water before and after the session, especially in warm weather or at an indoor pool.
10. Exit safely: wait for guidance on how to leave the water safely at the end of the session.
11. Clean up: please take any rubbish and personal items with you and leave the area tidy.

Some guests fall asleep or go into a deep meditative state. Our team and the lifeguard watch everyone throughout. If you move into an unsafe position, for example onto your side or the edge of your float, we will let you know, which may mean waking you. Although unlikely, a float can deflate; if this happens we will help you out of the pool safely and onto another float.

If you are a weak swimmer or a non-swimmer, please let us know beforehand. There is always a lifeguard on duty, and we will place you in the shallow end near the edge.

Clothing: you are welcome to wear normal clothes or a swimsuit. Please dress for the weather at outdoor events; we provide blankets. Indoor pools can be warm, so light clothing or a swimsuit is best. Although we take care to keep you dry, your clothes may get wet, so please wear something you don't mind getting wet.

Contraindications

Sound baths are relaxing and beneficial for many people, but there are times when they are not suitable or extra care is needed. If you are unsure, please contact us and your healthcare provider. A refund will be given if you are not medically suitable to attend.

1. Pregnancy: floating sound baths are not suitable during pregnancy. There isn't enough research to show sound healing is safe in pregnancy, lying on your back for a long time isn't advised, and getting in and out of the pool carries more risk because balance changes.
2. History of seizures: people with a history of epilepsy or seizures can't take part, as some frequencies may trigger a seizure.
3. Tinnitus or hyperacusis: severe tinnitus or sensitivity to sound may make a sound bath uncomfortable or make the condition worse.
4. Mental health conditions: please speak to your healthcare provider before taking part if you have a severe mental health condition or psychiatric disorder.
5. Medical devices: if you have an implanted device such as a pacemaker, please check with your healthcare provider that the sound frequencies won't affect it.
6. Recent surgery: please check with your healthcare provider if you have had recent surgery, especially on the head, neck or ears. Recent scars or open wounds could also get wet and risk infection.
7. Chronic or acute medical conditions: please check with your healthcare provider that a sound bath is safe for you.
8. Medication: some medication can cause dizziness or affect hearing. Please tell us about any side effects and check your suitability with your healthcare provider.
9. Hearing loss: if you have significant hearing loss, the vibrations may not be heard or felt in the intended way.
10. Intolerance to certain frequencies: some people are sensitive to particular frequencies, which can cause discomfort or anxiety.

This is not a complete list. If you have any of these conditions or other concerns, please speak to a healthcare provider before taking part.

Waiver and liability statement

You agree to take responsibility for your own and others' health, wellbeing and property in relation to the activities you take part in. To the maximum extent permitted by law, Bay Wellness will accept no liability for any direct or indirect loss or damage, foreseeable or otherwise, including any indirect, consequential, special or exemplary damages, arising from taking part in a floating sound bath or any other activity we offer at any venue, whether in contract, tort (including negligence), breach of statutory duty or otherwise. You agree to be responsible for your own property.

You agree to indemnify and keep indemnified Bay Wellness, its team, practitioners, lifeguards and anyone authorised by Bay Wellness to run these activities against all actions, claims, costs, expenses and demands arising from your failure to follow the obligations above. Nothing in this waiver limits or excludes our liability for death or personal injury caused by our negligence, or any liability that cannot be limited or excluded by law.

By ticking to agree and typing your name, you confirm that you are over 18 and able to give this waiver, that you have read it carefully and understand it, and that you accept it without any inducement, assurance or guarantee.
