

Main Street Sauna Release for Minor Child

Since children can not regulate their temperature as well as adults, we have time & temperature restrictions for minors. It's important that the parent or legal guardian helps keep the child hydrated even if they aren't sweating.

- **Minors under the age of 7 are not permitted in the sauna, unless prescribed by a health care provider.**
Typically it is recommended not to exceed one minute per year of life. (Ex. A 5 year old can go in the sauna for 5 minutes.) Sessions will be run at a lower temperature and limited to 15 minutes a session. A parent or legal guardian must be in the sauna with the child at all times.
- **Minors ages 7-10 can be in the sauna with a parent, legal guardian, or other adult approved on the Minor Release Form.** It is recommended not to exceed one minute per year of life when starting out. Sessions will be limited to 15 minutes and run at a lower sauna temperature. A parent or legal guardian must be in the sauna with the child at all times.
- **Minors ages 11-14 can utilize the sauna as long as a parent or legal guardian is present in the room.** It is recommended to limit sauna use to one minute per year of life when starting out. Sessions are limited to 30 minutes at a lowered sauna temperature.
- **Minors ages 15-17 years old can use the sauna alone with a parental signed consent.**

Minor Child's Name: _____

Date of Birth: _____ **Current Age:** _____

Parent or Legal Guardian's Name & Phone Number: _____

Section 1: Granting minor (age 15-17) to use the sauna without parents/legal guardian present:

I, _____, parent or legal guardian of _____, a minor child, grant permission for _____ to utilize the infrared sauna without myself or another parent/legal guardian present.

I am fully aware of the potential risks involved in my minor child using the infrared sauna. Minor child and I have both reviewed and signed the Policy & Consent form for the above mentioned minor.

Parent/Legal Guardian Signature: _____ **Date** _____

Section 2: Granting minor permission to use sauna with another adult that is not their parent or legal guardian:

I, _____, parent or legal guardian of _____, a minor child, grant permission for _____ to utilize the infrared sauna with the following adult(s) without me present:

Name: _____ Relationship: _____
Name: _____ Relationship: _____

I am fully aware of the potential risks involved in my minor child using the infrared sauna. The minor child and I have both reviewed and signed the Policy & Consent form for the above mentioned minor.

Parent/Legal Guardian Signature: _____ **Date** _____