

Fitness Connection Release Form

It is our intention to keep you as well as informed about tanning as possible. This means informing you on how to operate the equipment and the obvious positive effects of tanning as well as the possible negative effects. Please feel free to ask any questions or to voice any concerns that you might have.

DANGER – ULTRAVIOLET RADIATION, Please follow all instructions:

1. Avoid overexposure. As with natural sunlight, overexposure can cause eye and skin damage and allergic reactions. Repeated overexposure can cause premature aging and skin cancer.
2. Wear protective eyewear. Failure to wear goggles may result in severe burns or long-term injury to the eyes.
3. Please be aware if you are taking any UV sensitive medications. Medications and cosmetics may increase your sensitivity to ultraviolet rays. Consult a physician before tanning if you are taking photosensitizing medications, have a history of skin problems, or believe yourself to be especially sensitive to UV light.
4. Everyone's skin tans and reacts differently. We are dedicated to helping you avoid sunburn whether you are tanning indoors or out. We recommend the use of SPF 15 or higher while in the natural sunlight, even after achieving a base tan. If you have any questions, we can assist you on how long or often to tan that best suits your skin type.

TANNING POLICIES:

- For safety reasons, no one other than yourself is allowed inside your tanning room while you are tanning.
- Minors ages 14-17 are required to have parental consent. No one under the age 14 is allowed to tan in UV beds.
- Tanning is permitted only one time per day by law.
- All purchases are non-refundable and non-transferable.

I have been given instructions for the proper use of the equipment and I will use it at my own risk. I hereby release the owners, operators, and manufacturers from any damage and/or liability of any kind or nature whatsoever in connection with my use of these facilities.

Signature _____ Date: _____

Parent Signature _____ Date: _____
(17 or under)