



- Liability Waiver
- Instructions for Proper Use
- Tanning Bed Orientation Checklist

## 24-7 Tanning Zone for Members Only

### Release of liability to include the following

1. Avoid overexposure. As with natural sunlight, overexposure can cause eye and skin injury and allergic reactions. Repeated exposure may cause premature aging of the skin and skin cancer.
2. **WEAR PROTECTIVE EYEWEAR; FAILURE TO MAY RESULT IN SEVERE BURNS OR LONG-TERM INJURY TO THE EYES.**
3. If discomfort develops, discontinue use and consult a physician.
4. Medications or cosmetics may increase your sensitivity to the ultraviolet radiation.
5. Consult physician before using sunlamp if you are using medications or have a history of skin problems or believe yourself especially sensitive to sunlight.
6. If you do not tan in the sun, you are unlikely to tan from the use of this product.
7. Children, the elderly, or fair skinned people who always burn easily and either never tan or tan minimally should not use this equipment.

### Instructions for proper use to include the following

1. Lie down on bench and pull canopy down as far as adjustment will allow maintaining at least 1 inch between your body and canopy clear plastic panel, otherwise overexposure may occur.
2. Do not use without clear plastic panels in place.
3. Untanned persons should not tan on consecutive days during their first week of tanning.
4. Never tan more than once a day.
5. Tanning normally appears after the first few sessions and maximizes after approximately four weeks.
6. Tan once or twice per week thereafter to maintain appearance.
7. Persons already having a base tan may begin at advanced levels corresponding to the extent of their base tan.

### Tanning Bed Orientation Checklist

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|--|---|
| <input type="checkbox"/> Must wear goggles                                     | <input type="checkbox"/> Record card number & expiration date |
| <input type="checkbox"/> Use tanning bed lotions only                          | <input type="checkbox"/> Review 3 minute delay on bed         |
| <input type="checkbox"/> Review tanning payment options                        | <input type="checkbox"/> Review face tanner                   |
| <input type="checkbox"/> Keep door closed (session will end if door is opened) |   |
| <input type="checkbox"/> Clean bed before and after use                        |   |
| <input type="checkbox"/> Review medication chart                               |   |

RECOMMENDED EXPOSURE TIMES IN MINUTES						
Skin Type	Description	Level 1 / Week 1 1st-3rd sessions	Level 2	Level 3	Level 4	Subsequent Maximum
I Sensitive Skin	(burns easily and severely and does not tan)	0	0	0	0	0
II Light	(burns easily and severely and tans minimally)	4	8	12	16	20
III Normal	(burns moderately and tans average) (burns minimally, tans easily and above average)	6	10	15	20	20
IV Dark		8	12	16	20	20

I have read the release of liability and instructions for proper use listed above and do hereby waive, release and forever discharge PACE Fitness Zone, its owners, officers, agents, employees, contractors, representatives, executors, and all others from any responsibilities or liabilities for any injuries or damage resulting from but not limited to the above mentioned. **If person tanning is a minor, parent or legal guardian must sign below signiture of the person tanning.**

Printed Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_ Card # \_\_\_\_\_

If minor parents signature here \_\_\_\_\_