

BUCK CREEK OUTDOORS

Rules & Regulations

Welcome to Buck Creek Outdoors. These Rules & Regulations exist to ensure a **safe, respectful, and enjoyable experience** for all guests. By entering the property and using the facilities, all guests agree to comply with the following rules.

Failure to follow these rules may result in **immediate termination of the session without refund**.

1. General Conduct

- Guests are expected to behave in a **safe, respectful, and responsible manner** at all times.
 - **No horseplay, running, roughhousing, or unsafe behavior** is permitted anywhere on the property.
 - Harassment, aggressive behavior, or conduct that endangers others is not permitted.
 - Guests are responsible for their own actions and the actions of those in their group.
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2. Sauna Use & Safety

- The sauna is **unsupervised**. Guests use the sauna **at their own risk**.
 - Guests must **exit the sauna immediately** if they experience dizziness, nausea, lightheadedness, headache, shortness of breath, or discomfort.
 - Sleeping or lying down **unattended** in the sauna is not permitted.
 - Typical sauna sessions last **5–20 minutes**. Guests are responsible for managing their own exposure.
 - **Do not touch the sauna stove, rocks, chimney, or any metal surfaces**, as they may cause severe burns.
 - Water may be poured on sauna rocks **only as instructed**. Excessive or continuous pouring is not permitted.
 - Fragrant oil water is permitted to be used.
 - **No eating or drinking inside the sauna**.
 - **No smoking or vaping** is permitted inside the sauna at any time.
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3. Dress Code & Personal Items

- The use of **bathing suits, towels, or neither** in the sauna is left to the discretion of each private group. Buck Creek Outdoors does **not** enforce a dress code.
- **All guests must place a towel on sauna benches** for hygiene and to protect against heat.

- Muddy or dirty footwear is not permitted within the sauna. We are able to provide slippers for guests without their own.
 - **All metal objects** (rings, necklaces, earrings, watches, piercings) **must be removed before entering the sauna**, as metal becomes extremely hot.
 - Phones, electronics, and other personal items are brought into the sauna **at your own risk**. The Heat and moisture can and will cause damage.
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4. Sexual Activity & Appropriate Use of Facilities

- **Sexual activity of any kind is not permitted** within the sauna or any facility at Buck Creek Outdoors.
 - This includes, but is not limited to, sexual contact, sexual acts, or behavior intended for sexual gratification.
 - **This policy exists to maintain:**
 - proper hygiene and sanitation
 - a safe and respectful environment
 - the integrity and intended purpose of the sauna as a wellness space
 - Buck Creek Outdoors is a place for **relaxation, wellness, and communal use**, not sexual activity.
 - Any violation of this policy may result in **immediate termination of the session without refund**.
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5. Shower & Hygiene

- Guests are required to **shower before entering the sauna**.
 - An on-site shower is available; however, **large groups may experience delays**. Guests are encouraged to shower before arrival when possible.
 - Guests should maintain reasonable personal hygiene out of respect for others. In addition, being clean enhances the experience.
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6. Cold Plunge & Water Use

- Use of the cold plunge is **optional**.
- Guests should enter the cold plunge **slowly and carefully**.
- **No diving, jumping, breath-holding contests, or extended submersion**.
- Only use the cold plunge if you feel physically comfortable doing so.
- Slippery surfaces may be present - proceed with caution.

7. Firepit & Fire Safety

- Firepits are for intended use only.
- **Do not add accelerants**, trash, or foreign objects to any fire.
- Maintain a safe distance from flames and hot surfaces.
- Children must be supervised at all times near fire features.
- Firewood should only be handled as directed.

8. Food and Drink

- Outside food and drink **is permitted** on the grounds
- Food and drink is not allowed to be consumed within the sauna itself
- Please dispose of waste within the provided trashcan(s)

9. Alcohol & Substances

- Alcohol is permitted on a **bring-your-own basis only**.
- Guests must consume alcohol **responsibly**.
- Guests are strongly advised to not consume alcohol until **after** finishing the sauna to prevent dehydration.
- **No guest may use facilities while visibly intoxicated.**
- Illegal substances are strictly prohibited.
- Buck Creek Outdoors reserves the right to refuse service or end a session if alcohol use creates a safety concern.

10. Minors

- Minors are permitted **only with a parent or legal guardian present**.
 - Parents and guardians are responsible for **constant supervision** of minors.
 - Minors must follow all rules and may be restricted from certain activities for safety reasons.
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11. Property Use & Environment

- Guests must remain within **designated guest areas** only.
 - Be aware of wildlife, insects, foliage, uneven ground, and natural terrain.
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12. Footwear & Outdoor Safety

- **Footwear is required outside the sauna**, especially at night or in cold weather.
 - Paths, steps, and surfaces may be wet, icy, or uneven.
 - Guests should move carefully and use provided lighting.
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13. Personal Property

- Buck Creek Outdoors is **not responsible** for lost, stolen, or damaged personal items or vehicles.
 - Guests are responsible for securing their belongings.
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14. Enforcement & Right to Refuse Service

Buck Creek Outdoors reserves the right to:

- Refuse service
- Remove guests from the property
- Terminate a session **without refund**

if these Rules & Regulations are violated or if guest behavior creates a safety risk.

15. Acknowledgment

By entering the property and using the facilities, guests acknowledge that they have read, understand, and agree to comply with these Rules & Regulations.

Thank you for helping us maintain a safe, respectful, and relaxing environment. Enjoy your time at Buck Creek Outdoors.

Participant Name: _____

Signature: _____

Date: _____

If signing for a minor:

Minor's Name: _____

Parent/Guardian Name: _____

Signature: _____

Date: _____