



SPIRIT OF THE EARTH MEDICINE SOCIETY

**SWEAT LODGE WAIVER**

Please bring this with you to your first sweat. Circle if you have experienced or are currently suffering from any of the following:

- Asthma
- Heart conditions
- Fear of darkness
- Fear of enclosed spaces
- Blood pressure difficulties
- Could you be pregnant?
- Kidney problems
- Respiratory difficulties
- Mental illness
- Emotional eruptions
- Use recreational drugs

Do you have any other pre-existing medical condition? **YES / NO**

Are you on any medication ? **YES / NO** If yes, what is it's name? .....

What is the purpose of the medication? .....

**YOUR RESPONSIBILITIES**

If you intend to participate in the sweat lodge:

- Do not take recreational drugs and stimulants, including tea and coffee one day before or after the ceremony. It is best to taper off tea and coffee in the days preceding the sweat lodge as this assists with the central nervous system;
- Do not have a heavy meal beforehand, and fast or have a light meal 6 hours before (salad, soup or sandwich round midday). Do not eat 6 hours preceding ceremony;
- Drink about 2 to 3 litres of water over the 6 hours preceding the ceremony, but stop drinking an hour before the ceremony;
- Do not wear contact lenses;
- Do not wear any metal jewellery such as rings, studs or bracelets;
- After the sweat, you will need to rest for an hour or two and replenish your fluids. We recommend you bring drinks, fruit and a light plate of food to share after the ceremony. Don't organise any major activity afterwards;
- Drink lots of fluid in the 6 hours after the ceremony, again some 3 litres is suggested (isotonic drinks such as lucozade and Gatorade assist replenishing electrolytes in the body);
- After the sweat you may not feel hungry, however you should have a nutritious meal to replenish your body;
- If there are any unusual symptoms, please contact the ceremonial leader or your family doctor.

I, ..... (print participant's name) confirm

- That I have read and understood the above information;
- I have disclosed all material information, as required by me, in this form and to the ceremonial leader;
- All information I have provided is true and correct;
- All reasonable methods have been used to inform me of the nature of all the procedures and the personal risks involved in the Spirit of the Earth Medicine Society Sweat Lodge Ceremony;
- Having understood and appreciated the personal risks involved and complied with the physical preparations, I will participate in the said ceremony accepting full responsibility for the decision and for the consequences arising from it.

Signed \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

Address \_\_\_\_\_ Suburb \_\_\_\_\_

Postcode \_\_\_\_\_ Email \_\_\_\_\_

Please feel free to join the online SOTEMS community or SOTEMS mailing list and keep up to date with SOTEMS activities by visiting [www.sotems.com.au](http://www.sotems.com.au) and clicking on the community tab.