

## Sauna Room Rules and Guides

### **PATRONS UNDER 18 YEARS OF AGE ARE NOT PERMITTED TO USE THE STEAM, SAUNA, OR WHIRLPOOL FACILITIES**

- **If you have history of health problem or medical conditions such as heart disease, diabetes, high or low blood pressure, respiratory problems, or are pregnant, etc you must consult your doctor before using the sauna or steam room.**
- **Please sit on a towel. You welcome bring your own towel.**
- **Do not spray water on or place a towel or clothing over sensor or heating element**
- **Spitting, spouting water from mouth, blowing nose and similar behavior in the pools, sauna, spa, steam room is prohibited.**
- The sauna and steam room are for relaxing. Members must use the sinks or showers to shave.
- Please shower after using the sauna or steam room or whirlpool before using the pool.
- No newspapers, magazines, books or other paper products are permitted in the sauna or steam room.
- Neoprene or plastic "sweat suits", are not permitted in the sauna or steam room. For your personal safety do not wear rubberized or plastic clothing
- Do not use: scented oils, balms or perfumes
- NO food.
- Allow a five (5) minute cool down period after exercise before entering the sauna or steam room.
- Limit your exposure to ten (10) minutes per sitting.
- Allow a five (5) minute cool down period after exiting the sauna or steam room.
- Thermometers and time clocks visible to users of these areas to facilitate self-monitoring.
- Avoid dehydration and drink plenty of water before entering and after using the sauna or steam room.

#### **CAUTION:**

Over exposure can cause nausea, dizziness, and fainting. The use of the sauna increases pulse rate, blood pressure and body temperature. The effects on an individual are unpredictable and could be hazardous. Please check with your physician before using this facility.

#### **The following items are NOT recommending in the sauna:**

- Newspapers, magazines or other ready materials
- Contact lenses
- Jewelry
- Electronic equipment

Failure to follow these rules can result in serious or fatal injury

**Thank you, Aquatics Department**