

SAUNA

USAGE GUIDELINES

- › Before entering the sauna, check the temperature. The temperature should not exceed 180° F.
- › Children under the age of 15 are not permitted to use the sauna.
- › Proper swim attire must be worn at all times. Do not wear rubberized or plastic clothing. Use appropriate clothing and a towel to act as a barrier between the bench and bare skin.
- › Members should limit time to 10 minutes.
- › Do not add water to or place any items on the rocks.
- › Do not bring flammable items, such as newspaper and magazines, into the sauna.
- › Use of body lotions, oils, suntan preparations and soaps is prohibited. Shaving is not allowed.
- › Do not exercise in the sauna.
- › No food or drinks are allowed.
- › Do not use while under the influence of alcohol or medication which your physician has determined to be dangerous when used under high heat and humid conditions.
- › If you have medical conditions such as heart disease, diabetes, high or low blood pressure, respiratory problems, or are pregnant, avoid exposure to high heat and humidity. Use of saunas increases pulse rate, body temperature and changes blood pressure. The individual effects are unpredictable and could be physically hazardous. Consult your physician for information on how exposure to high heat and humidity might affect you.

**FAILURE TO FOLLOW THESE RULES MAY RESULT
IN SERIOUS INJURY OR DEATH.**