

## **Steam Room and Sauna Rules and Guidelines**

### Rules:

- Patrons must be 17 years or over.
- Appropriate swimwear must be worn at all times.
- Please shower before and after use.
- Glass bottles, razors or other sharp items are not permitted in steam room / sauna.
- Please refrain from interfering with the thermostat.

### Guidelines:

- Remove any metals as they can become very hot in the steam room / sauna
- During the steam room / sauna session drink plenty of fluids to replace those lost due to perspiration
- It is advisable to remove contact lenses as they can become uncomfortable
- Have a thorough shower before use to cleanse the skin
- Enter the steam room / sauna and sit down
- Relax for 5 - 10 minutes, this will raise the body temperature and the perspiration will cleanse the pores of the skin
- Leave the steam room / sauna and cool down immediately by taking a cold shower or gradually by sitting on the bench or poolside.
- Return to the steam room / sauna for a further 5 – 10 minutes
- The hot / cold cycle can be repeated as often as comfort allows
- When ready to leave, patrons should cool down and relax after steam room / sauna session.

### You should not use the steam room / sauna if you:

- Are pregnant.
- Are suffering from heart disease, circulatory problems, high/low blood pressure, diabetes, kidney disease or an illness causing an inability to perspire.
- Have any infectious skin diseases / sores / wounds.
- Have consumed a meal or alcohol within one and a half hours.
- Have recently exercised. Time should be allowed to enable the body temperature to return to normal.