

# STEAM ROOM & SAUNA GUIDELINES



**THIS INFORMATION IS PROVIDED FOR YOUR SAFETY.  
PLEASE READ GUIDELINES BEFORE USING THE SAUNA OR STEAM ROOM.**

- Exposure to high temperatures for an extended period of time can result in heat exhaustion, heatstroke, heart attack, and on occasion, death.
- Due to high temperatures, users should limit exposure to no more than 10 minutes to avoid the possibility of hyperthermia. Exit immediately if you feel uncomfortable, dizzy, or sleepy.
- Users with cardiovascular disease, high blood pressure, respiratory problems, women who are pregnant, or any other medical conditions that could be exacerbated by exposure to high heat, should consult their physician before using the sauna or steam room.
- Please do not use the sauna or steam room if you are under the influence of alcohol, anticoagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, or sedatives.
- Allow yourself to cool down at least 10 minutes after exercising before entering the sauna or steam room.
- Please be considerate of others and wear a towel or swimsuit while using the sauna or steam room.
- Aerobic exercise is not recommended in the sauna or steam room.
- No food in the sauna or steam room.
- Please do not leave any personal items unattended in the sauna or steam room.

**THERE ARE PERIODS OF TIME WHEN THE SAUNA AND  
STEAM ROOM ARE UNSUPERVISED.  
THEREFORE, YOU ARE USING THE ROOMS AT YOUR OWN RISK.**