



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SAUNA STEAM ROOM GUIDELINES

- Members and guests should limit time in these facilities to a maximum of 10 minutes.
- Members should be aware that prolonged exposure to high levels of heat and humidity might put them at increased risk of heat stress, heat stroke, and other heart related illnesses.
- Individuals at high risk (pregnant women, individuals taking prescription medicine, those with elevated or low blood pressure, circulatory deficiencies, diabetes, heart disease, emotional disorders, history of seizures and those under the influence of alcohol or recreational drugs) should be advised not to use the sauna or steam room unless authorized by a physician.
- Children 12 years of age and younger should not be permitted to use the sauna/steam room because they are not yet physically capable of coping with the heat.
- Children 13 years of age and over are allowed to use the sauna/steam room.
- Members and guests should wait at least five minutes after exercising to cool down, or until sweating has subsided, before using either of these facilities.
- No food or drink is permitted in these facilities.
- Shaving, due to risk of blood borne pathogens, is strictly prohibited.
- Please refrain from using any aromatic substances such as eucalyptus, not supplied by the Y.
- Soap shower is required prior to entering these facilities.
- Members are required to wear appropriate clothing or towel, while in facilities.
- Do not pour hot water or any other substance over the rocks in the sauna.
- Do not leave papers or items in the sauna/steam room.

**THANK YOU FOR YOUR COOPERATION**