**Sauna Usage Guidelines and Policies**

* The sauna temperature is kept between 160-170\*F.
* 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.
* Members and 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.
* Please do not use the sauna if you are under the influence of alcohol, anticoagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics, or tranquilizers.
* Due to under-developed thermoregulatory systems, children under the age of 16 are not permitted access to the sauna.
* Allow yourself to cool down at least 10 minutes after exercising before entering
* Use of body oils or lotions is not permitted.
* Please do not add chemicals, oils, or any substance to the water.
* Please be considerate of others and wear a towel or swimsuit when using the sauna
* Aerobic exercise is not permitted in the sauna
* No food or drinks other than water or sports performance drinks in plastic containers.
* Please do not leave any personal items unattended in the sauna or use the sauna as a dressing room.