**Steam Room Usage Guidelines and Policies**

* The steam room temperature is kept between 100-110\*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. Exit immediately if you feel uncomfortable, dizzy, or sleepy.
* 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 steam room.
* Please do not use the steam room 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 steam room.
* Allow yourself to cool down at least 10 minutes after exercising before entering.
* Use care when entering or exiting steam room. Floor may be slippery. Non-skid shoes are recommended.
* Use of body oils or lotions is not permitted.
* Please be considerate of others and wear a towel or swimsuit when using the steam room.
* Aerobic exercise is not permitted in the steam room.
* No food or drinks other than water or sports performance drinks in plastic containers.
* Please do not leave any personal items unattended in the steam room.
* \*The steam room is operated by a thermostat. Once the steam room temperature drops below the thermostat set point, steam will automatically generate to bring the steam room up to set temperature.

**\*THE RED KNOB LOCATED INSIDE THE STEAM ROOM IS AN EMERGENCY SHUT OFF ONLY-IT DOES NOT ACTIVATE STEAM. IF IT HAS BEEN PUSHED IN OR DISENGAGED, PLEASE TURN SLIGHTLY (LESS THAN 1/8 OF A TURN) CLOCKWISE TO RE-ENGAGE STEAM.**