



DO:

- 1. Proper attire is required while in the sauna (bathing suit preferred), or sit on a towel to protect the wood from perspiration and to protect other members using the sauna.**
- 2. Individuals should shower before using the sauna**
- 3. Individuals should shower after sauna**

DO NOT:

1. Do not exercise, smoke, eat or drink while in the sauna
2. Do not spend more than thirty (30) minutes in the sauna.
3. Do not use the sauna if you are under 18 and or still in high school.
4. For your personal safety do not wear rubberized or plastic clothing.

CAUTION:

1. Persons with medical conditions should consult a physician before using this room
2. Over exposure can cause nausea, dizziness, and fainting. The use of the sauna increases pulse rate, blood pressure and body temperature. The effects on an individual are unpredictable and could be hazardous. Please check with your physician before using this facility.
3. The following individuals should not use the sauna: those with heart disease, diabetes, high or low blood pressure, circulatory or respiratory problems, seizures, epilepsy, pregnant women, those who are using prescribed or illegal drugs or under the influence of alcohol.

FOR YOUR SAFETY, YMCA STAFF RECOMMENDS YOU:

1. Allow yourself at least five minutes after exercising to cool down before entering the sauna.
2. Limit your exposure to fifteen minutes at a time in the sauna
3. Allow a five minute cool down period after exiting the sauna
4. Drink plenty of water before and after using the sauna
5. Remove all jewelry
6. After using the sauna, dress when completely dry because of perspiration or chilling may occur.