

# STEAM ROOM RULES & GUIDELINES

## RULES:

- Patrons must be 16 years or over.
- Appropriate swimwear must be worn at all times. Towels can be allowed.
- Please shower before and after use.
- Glass bottles, razors or other sharp items are not permitted in steam room.
- Please refrain from interfering with the thermostat.
- **Please ask for a CSOIA attendant to start the Steam machine.**

## GUIDELINES:

- Remove any metals as they can become very hot in the steam room
- During the steam room session drink plenty of fluids to replace those lost due to perspiration
- It is advisable to remove contact lenses as they can become uncomfortable
- Have a thorough shower before use to cleanse the skin
- Enter the steam room and sit down
- Relax for 5 - 10 minutes, this will raise the body temperature and the perspiration will cleanse the pores of the skin
- Leave the steam room and cool down immediately by taking a cold shower or gradually by sitting on the bench or poolside.
- Return to the steam room for a further 5 – 10 minutes
- The hot / cold cycle can be repeated as often as comfort allows
- Members can use the steam bath facility for a maximum time of 20 minutes.
- When ready to leave, patrons should cool down and relax after steam room session.

## **You should not use the steam room if you:**

- Are pregnant.
- Is suffering from heart disease, circulatory problems, high/low blood pressure, diabetes, kidney disease or an illness causing an inability to perspire.
- Have any infectious skin diseases / sores / wounds.
- Have consumed a meal or alcohol within one and a half hours.
- Have recently exercised. Time should be allowed to enable the body temperature to return to normal.

**If someone has any concerns about using a steam room, they should check with a doctor first.**