

# STEAM ROOM GUIDE

Follow these instructions for safe and enjoyable use of the Steam Room

- The Steam Room operated at a temperature of 40 to 50°C at 80 to 100% humidity
- The Steam Room controls can only be adjusted by an authorised person
- Be aware of potential hazards including adverse reactions to heat or rapid temperature change, resulting in giddiness, fainting or unconsciousness; scalding from direct contact with steam from the steam pipe; and slipping injuries caused by the wet floor

## **You should not use the Steam Room if you:**

- Have a serious illness, or have a heart condition, high or low blood pressure, or respiratory condition or any other medical condition which may affect your reaction to heat.
- Are taking medication for any of the above conditions or of which you are unsure as to the advisability of using a sauna
- Have a contagious disease, infectious skin condition, open sores or wounds
- Have an illness causing an inability to perspire
- Have had a heavy meal within one and a half hours
- Are under the influence of drink or drugs
- Have recently exercised. Time should be allowed to enable the body temperature to return to normal levels.
- Elderly people may gain great benefit from the use of a steam room but should exercise caution due to the stresses on the heart and circulatory system
- Pregnant women should avoid the Steam Room throughout pregnancy since the raising of the internal core body temperature could result in ill effects
- Diabetics may need to check with their doctor before using the Steam Room

## **How to use the Steam Room safely:**

- Remove any metal in the form of watches and jewellery
- It is advisable to remove contact lenses as they can become uncomfortable
- Have a thorough warm shower to remove any traces of soaps and perfumes
- Relax for up to 6 to 12 minutes in the steam, or less if it is uncomfortable. This will raise the body temperature and perspiration will clean the pores of the skin
- When the heat becomes too uncomfortable, leave the Steam Room and cool down by either sitting outside the Steam Room or using the shower
- Shower in the cold or warm shower before re-entering the Pool, Sauna or Steam Room
- Bathing for too long may result in nausea, dizziness or fainting
- Drink plenty of water to replace fluid lost during perspiration
- If at any time in the sauna you have any feelings of illness, leave the Steam Room immediately and consult with a member of the team. An emergency button is available outside the Steam Room, should it be required