

SAUNA GUIDELINES



- Use at your own risk.
- Sauna Load – 4 persons
- Maximum use: 15 minutes
- Must be 18 to use
- Please consult a doctor before using the sauna if you are pregnant, have heart conditions, high blood pressure, respiratory issues or any medical concerns
- No alcohol is permitted in the sauna and should not be consumed before entering the sauna
- Please shower before use
- Please always wear appropriate attire
- No oils or lotions should be used in the sauna
- Please sit on a towel while in the sauna
- If you are feeling dizzy, lightheaded, or uncomfortable exit the sauna and tell the lifeguard
- Do not place any clothing or towels on the heating element/rocks
- In the event of an emergency please contact a staff member
- The JCC staff has the sole discretion to remove anyone from the sauna