



Swimming Pool & Leisure Facility Guidelines

BEFORE YOUR SESSION

- Remove any metal items, as they can become hot during use.
- Take a thorough shower to cleanse your skin before entering.
- Consider removing contact lenses to avoid discomfort.

DURING YOUR SESSION

- Enter the steam room or sauna and sit down.
- Relax for 5–10 minutes to allow your body temperature to rise and perspiration to cleanse your pores.
- Exit and cool down immediately with a cold shower or gradually by sitting poolside or on a bench.
- Repeat the hot/cold cycle for 5–10 minutes as often as comfort allows.
- When finished, cool down thoroughly and relax.
- Stay hydrated by drinking plenty of fluids to replace those lost through sweating.

AVOID USING THE STEAM ROOM/SAUNA & ICE BATH IF YOU:

- Are pregnant.
- Suffer from heart disease, circulatory issues, high/low blood pressure, diabetes, or kidney disease.
- Have an illness that affects your ability to sweat.
- Have infectious skin conditions, open sores, or wounds.
- Have eaten a meal or consumed alcohol within the last 1.5 hours.
- Have recently exercised and your body temperature is still elevated.

Follow these guidelines to ensure a safe and enjoyable experience.