

Sauna Policy

1. Children 8-16 years of age are not permitted in the sauna unless accompanied by an adult.
2. Children under 8 years of age are not permitted to use the sauna.
3. Individuals under medical care should seek the advice of their Doctor prior to using the sauna. Exposure to high heat may be harmful to health and may even cause death. Alcohol and certain medications may increase these risks.
4. Exit the sauna immediately if you feel dizzy, uncomfortable, or sleepy and inform a member of staff.
5. Report all injuries or medical emergencies to a member of the Warwick Sport staff.
6. Sauna use should not exceed 30 minutes. Please use the egg timer in the sauna to keep track of how long you have been in there.
7. Please use the shower provided before and after using the sauna.
8. Do not place anything on the sauna heater at any time.
9. No food, newspapers or other reading materials are permitted in the sauna. Water is allowed.
10. No photography or filming allowed in sauna.
11. Oil-based products of any kind (e.g., baby oil, shaving/body/shower lotions) are prohibited in the sauna.
12. Warwick Sport staff may prohibit activities deemed unsafe.
13. Minimal jewellery is advised. Metal objects may become hot and cause burns.
14. Swimwear MUST be worn in the sauna at all times.
15. Sandals and flip-flops are the only footwear allowed in the sauna.
16. Only swimwear may be worn in the sauna.
17. The temperature of the sauna should not be altered
18. Exercise of any kind is prohibited in the sauna.
19. Use the red button on the wall in the event of any emergencies.
20. Any operational issues should be reported to a lifeguard or other member of staff as soon as possible.

We hope you enjoy your Sauna session