

# SAUNA CHECKLIST

While a sauna can be a valuable addition to your exercise area, it is imperative to have proper guidelines to reduce your exposure to risk. Use the following checklist to help develop procedures and practices for operating a sauna properly.

	YES	NO	N/A
The manufacturer's guidelines for operating, cleaning, maintaining and inspecting the sauna are available and are being followed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The manufacturer's equipment warning or caution placards are in place.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The sauna's heater is set per the manufacturer's guidelines and has a high limit control and working thermometer.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Door opens out and can't be locked by patrons.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sauna has proper ventilation system (six or more air changes per hour).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A proper guard rail or fence surrounds the heater to prevent accidental contact.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Benches and supporting structures are free of deterioration.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Light fixtures and light bulbs are suitable for damp locations, and no outlets are located inside.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
On-off control switches and valves are accessible only to facility employees.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Staff checks the sauna on a regular schedule during hours of operation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Instructions for closing include inspection, cleaning and equipment shut-off procedures performed by staff.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Post an instruction or rules sign outside the sauna to inform patrons of the sauna's rules and hazards. Typical signs include this information:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
» Children age five and under are not permitted in the sauna.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
» Children between the ages of six and 16 must be accompanied by an adult in the sauna at all times.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
» Allow yourself at least five minutes after exercising to cool down before entering the sauna.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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» Pregnant women and persons suffering from heart disease, diabetes, high or low blood pressure, circulatory or respiratory problems, seizures or epilepsy should not enter the sauna without prior medical consultation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
» Do not use the sauna while under the influence of any type of alcohol, drugs, anticoagulants, antihistamines, vasoconstrictor, vasodilators, stimulants, hypnotics, narcotics or tranquilizers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
» Clean swim attire must be worn and participants are required to bring a towel to sit on when using the sauna.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
» Remove all metal jewelry prior to entering the sauna.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
» The surface of the rocks, heater and surrounding area can be extremely hot.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
» Prolonged use of sauna not recommended due to fatiguing effects. Limit yourself to a maximum of 15 minutes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
» Do not smoke, exercise, eat or drink beverages in the sauna room.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
» Leave the sauna immediately if you experience any nausea, dizziness, hot flashes, cold chills, headaches or other discomfort.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
» Drink plenty of fluids before and after leaving the sauna.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
» Use of chlorinated pool or spa water and oil on heating rocks is prohibited in a wet sauna.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
» This sauna is a dry sauna. Please do not pour water on the electric coils. (If applicable)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
» Do not use the sauna to dry clothes, swimsuits or towels or place materials near the heater or guard fence.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
» Newspapers, magazines, or other reading material are prohibited.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
» After using the sauna, participants must shower prior to entering the pool or whirlpool.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
» A point of contact list for repair or assistance in the operation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
» Emergency procedures for patrons to signal if help is needed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Patrons can see a clock so they can comply with time-occupancy requirements.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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### DISCLAIMER

The recommendations printed here follow generally accepted safety standards. Compliance with these recommendations does not guarantee that you will be in conformance with any building code, or federal, state or local regulations regarding safety or fire. Compliance does not ensure the absolute safety of you, your operations or place of business.



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