

# THE CATTLE SHED

## Sauna User & Waiver Agreement

### SAUNA RULES & ETIQUETTE

- **Shower First:** Always shower and dry off before entering to remove oils and dirt
- **Sit on a Towel:** Always use a towel to sit or lie on to prevent direct contact with the wooden benches for hygiene purposes
- **Wear Swimwear:** This is not a nude sauna
- **No Footwear:** This is prohibited in the sauna
- **Remove Jewellery:** Take off all metal jewellery, watches, and glasses as they can heat up and burn skin
- **Quiet Zone:** Keep noise to a minimum, saunas are for relaxation and quiet contemplation
- **Phones and Cameras:** Leave mobile phones, cameras and other gadgets outside to respect privacy
- **Entry and Exit:** Enter and leave swiftly to maintain the temperature. Opening the door switches off the sauna
- **Dry Sauna:** This is a dry sauna and therefore does not require water to be added to the coals. The sauna heater has its own reservoir which humidifies the sauna. Adding water to the stones can be dangerous to yourself and others
- **Glassware/crockery:** This is not permitted in the sauna
- **End of Session:** Please close the door after use.

### KEY HEALTH & SAFETY GUIDELINES

- **Time Limits:** Beginners should start with 5-10 minutes, building up to a maximum of 15-20 minutes
- **Hydration:** Drink 2-4 glasses of water after a session to replace fluids lost through heavy sweating (up to a pint)
- **Avoid Alcohol/Drugs:** Never consume alcohol or drugs before or during use, as this significantly increases the risk of hypotension, arrhythmia, and sudden death
- **Cool Down Gradually:** Rest for at least 10 minutes after a session to allow the heart rate to slow down
- **Temperature:** Typical sauna temperatures range from 60 to 95 degrees
- **Exit Immediately If:** You feel dizzy, faint, lightheaded, or nauseous
- **Children:** No children in the sauna under 16 and anyone under the age of 18 is not permitted in the sauna without an adult
- Glassware is not permitted in the sauna.

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## WHO SHOULD BE CAUTIOUS

- Individuals who are using prescription drugs should seek the advice of their GP, or a pharmacist, for possible changes in the drug's effect when the body is exposed to elevated temperatures. Some medications including diuretics, barbiturates, and beta-blockers, may impair the body's natural heat loss mechanisms. Some over-the-counter drugs such, as antihistamines, may also cause the body to be more prone to heat stroke
- Pregnant women should consult their GP before using the sauna
- Individuals with cardiovascular conditions, or problems (hypertension/hypotension), congestive heart failure, impaired coronary circulation, or those who are taking medications which might affect blood pressure, should exercise extreme caution when exposed to prolonged heat. If using a pacemaker, or defibrillator, please discuss risks involved with your GP
- If you have had a heart attack in the last 6 months, please seek medical advice prior to using the sauna
- If you have severe arterial disease, please seek medical advice prior to using the sauna
- If you have a recent joint injury, it should not be heated for the first 48 hours after injury, or until the hot and swollen symptoms subside. If you have joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind
- Metal pins, rods, artificial joints, or any other surgical implants, are not heated by this system, generally. However, the usage of a sauna must be discontinued if you experience pain near any such implants
- An individual that has insensitivity to heat should seek medical advice, before entering the sauna.

## PHYSICAL SAFETY

- **Slip Hazard:** Sauna floors are often wet and slippery; move carefully
- **Avoid Heater Surfaces:** Do not touch the stove or rocks; they are extremely hot
- **Never Sleep:** Do not fall asleep in a sauna
- **Do NOT pour water on the coals:** This is a dry sauna.