



Swimming
for people with a disability

Sauna and Steam Room

Members should NOT use the sauna or steam room if they:

- Are under 16 years old
- Have a serious illness, a heart condition, high or low blood pressure, a respiratory condition or any other condition that affects reaction to heat
- Are taking medication for any of the above conditions
- Are susceptible to migraines
- Are diabetic with damaged feet or peripheral neuropathy and experience reduced sensation in your feet
- Have a contagious disease, an infection skin condition, open sores or wounds
- Have an illness causing an inability to perspire
- Have had a heavy meal within the last 90 minutes
- Are under the influence of alcohol or drugs
- Have recently exercised and your body temperature has not returned to normal levels