

Dear Members,

We would like to remind everyone of the rules/etiquette when visiting the saunas at the Decatur County YMCA. Our sauna is meant for our adult members to relax, unwind, detoxify, and to enhance the benefits of a workout. We ask our members/guests to respect and follow the below DO's and DON'Ts in order for everyone to have a pleasant experience:

WHAT TO DO:

- **Shower Before Entering Sauna:** if you plan on going into the sauna after working out, please shower and change into clean clothes first.
- **Respect Personal Space and Privacy:** choose a spot that provides all occupants with the most personal space and avoid staring.
- **Clean Up After Yourself:** Please gather all your belongings (water bottles, towels, etc) and dispose of any tissues or other trash in the garbage bins. Wipe down any surface that you personally came in contact with.

WHAT NOT TO DO:

- **No Fragrances:** Refrain from wearing strong fragrances (colognes, perfumes, strong deodorants) and be mindful of your own body odor
- **Footwear:** Socks and sneakers **are not allowed** in the sauna as they can track dirt and other contaminants in from outside. Additionally, heat and moisture inside the sauna create a breeding ground for bacteria
- Food, drinks (other than clear water), and gum are NOT allowed in the sauna
- No smoking or vaping in the sauna or anywhere inside the YMCA building

FOR YOUR SAFETY, YMCA STAFF RECOMMENDS YOU:

- Allow yourself at least five minutes after exercising to cool down before entering the sauna
- Allow a five-minute cool down period after exiting the sauna
- Limit your exposure to 15 minutes at a time in the sauna and 30 minutes per day
- Drink plenty of water before and after using the sauna
- Remove all jewelry before entering the sauna
- After using the sauna, dress when completely dry because perspiration or chilling may occur
- For your personal safety, avoid wearing rubberized or plastic clothing

CAUTION:

- Persons with medical conditions should consult a physician before using the sauna
- Over exposure can cause nausea, dizziness, and fainting. The use of the sauna increases pulse rate, blood pressure and body temperature.
- The following individuals should not use the sauna: those with heart disease, diabetes, high or low blood pressure, circulatory or respiratory problems, seizures, epilepsy, pregnant women, those who are using prescribed or illegal drugs or under the influence of alcohol.