

PLEASE READ BEFORE GOING INTO SAUNA

There may be risks with the use of a sauna if you have the following conditions.

Always consult a physician before using a sauna if you have:

- High blood pressure or heart problems. Saunas make your heart work harder than normal.
- Known medical conditions. Some of these include high blood pressure, diabetes, heart disease, abnormal heart rhythm, angina, and other conditions.
- Just finished exercising. After strenuous exercise, let your heart rate come down to resting levels first.
- Recently consumed alcohol or recreational drugs. Using the sauna afterwards could affect your heart, impair sweating, and produce overheating.
- Take certain medications. Don't use a sauna if you take medications that interfere with your body's ability to regulate temperature or make you drowsy.
- Are pregnant, sauna use during pregnancy could lead to dizziness, dehydration, or lower blood pressure.

If you're able to use the sauna, keep these safety tips in mind:

- Limit sessions to 15 to 25 minutes. Even healthy individuals should limit their time to 15 to 25 minutes in a sauna.
- Monitor how you feel. If you are sensitive to the heat, feel dizzy, nauseous or begin to feel uncomfortable, leave the sauna immediately.
- Stay hydrated. Always hydrate beforehand, and drink two to four glasses of cool water after each session. Drink mineral water or juice to replace electrolytes lost through sweating.
- If you intend to sauna alone, always let someone else know in case of an emergency.
- Remove jewelry. Metal jewelry, including rings and small earrings, can heat up very quickly and cause skin irritation or burning.
- Protect your hair. Sauna heat can leave your hair shafts dry and brittle. A towel or shower cap can help protect it.
- Dress appropriately. Wearing loose fitting clothes, a swimsuit or a towel is good since heavy clothing can lead to overheating.
- Rest and cool off afterwards. Lie or sit down for at least 10 minutes, then take a cool shower to help bring your body temperature to normal levels.

How to operate the sauna safely:

- When the sauna is in use, never touch the stove or stove pipes.
- CEC staff will be stoking the fire throughout the weekend.
- When you are finished using the sauna, ensure the sauna has appropriate airflow by sliding the vent inside the sauna to the open position.
- **Using water (optional):**
 - A couple of splashes of water is enough to create enough steam. **Don't pour or dump the water**, drizzle it over the rocks. You'll get a better steam and it won't overwhelm the room and your sauna heater.
 - Use the ladle, never your hands, the steam is very hot.

CHILDREN AGES 16 & UNDER MUST BE ACCOMPANIED BY AN ADULT.

PLEASE READ "KIDS IN THE SAUNA" BEFORE BRINGING YOUR CHILD INTO THE SAUNA

KIDS IN THE SAUNA

**CHILDREN AGES 16 & UNDER MUST BE ACCOMPANIED BY AN ADULT.
PLEASE READ BELOW PRIOR TO BRINGING YOUR CHILD INTO THE SAUNA.**

ESSENTIAL THINGS TO KEEP IN MIND

- One accompanying adult should be in the Sauna per child to react quickly if they feel unwell.
- Heat can have a more substantial physical effect on children than on adults. It is why children should only be in the Sauna for a short time, especially at the beginning – 3 minutes is more than enough. And not too often – 2 visits to the Sauna are enough.
- The lowest bench/floor is recommended for children. The Sauna is not quite as hot here.
- Children should stand briefly under the cold and then under the warm rain shower to cool down. The temperature difference should not be extreme.
- Children should not have eaten 2 – 3 hours before visiting the Sauna as the strain on the body can otherwise be too great, resulting in nausea.
- The child must stay hydrated and always drink water before and after visiting the Sauna.

WHAT HAPPENS TO A KID'S BODY IN THE SAUNA

- When you are in the Sauna, blood flow increases;
 - in children under five years, they could experience a sharp rise in their heart's pumping power due to their less developed circulatory system.
 - When children are seven years or older, the increase is considerably lower.
- While cooling down after or between sauna visits, children's blood pressure may fall slowly, and, as a result, the child may experience transient dizziness. However, these symptoms pass quickly and are not dangerous for healthy children.

3 TIPS FOR TAKING A SAUNA WITH YOUR KIDS

Here are three practical tips to take a sauna with your children in total safety.

- **Don't leave the kids in the Sauna unsupervised.**
 - Saunas are where accidents can happen quickly, like burns, slips, and falls. You should always be aware of these hazards and accompany them till they show responsibility and respect for the rules.
 - The best way for kids to learn is through your example. Besides, saunas together make for quality family time.
- **Consider your kid's age.**
 - Generally, kids under eight years of age can't regulate heat as efficiently, so precautions must be safe in the Sauna. Limit the heat exposure and limit the steam to a minimum. Always remember to keep them hydrated, always have in hand cool water in a bucket so they can play with or sit in and splash themselves to cool off as needed.
- **Regulate kid's time in the Sauna.**
 - Again, the heat regulation centers of the body aren't as developed in young kids, so children should spend less time in the Sauna than you. Limit their time exposure by age, 3-5 minutes for under three years, up to 15 minutes till they are in their mid-teens. Older kids may want to leave the Sauna to cool with a shower or cold plunge and repeat the sauna cycle.