

KIDS IN THE SAUNA

**CHILDREN AGES 15 & UNDER MUST BE ACCOMPANIED BY
A RESPONSIBLE ADULT.**

ESSENTIAL THINGS TO KEEP IN MIND

- Heat can have a more substantial physical effect on children than on adults. Generally, children under eight years of age cannot regulate their body temperatures as efficiently as adults.
- Children should only be in the sauna for a short time (especially at the beginning). Limit their exposure by age, 3 minutes for under three years, up to 15 minutes until they are in their mid-teens. Older kids may want to leave the sauna to cool outside have a cool shower or pour cold water on themselves and repeat the sauna cycle.
- The heat in the sauna increases blood flow in the body. Children under five years could experience a sharp rise in their heart's pumping power due to their less developed circulatory system. When children are eight years or older, the increase is considerably lower.
- Closer to the door/floor is not as hot and is recommended for children.
- Children should be seated in the sauna to avoid slips, falls and should be kept away from the stove and rocks to avoid burns.
- Children should not have eaten 2 – 3 hours before visiting the sauna to avoid nausea.
- Children should stay hydrated and always drink water before, during and after visiting the sauna.
- Following a sauna, children should stand briefly in a cool shower then gradually increase it to warm to cool down. The temperature difference should not be extreme.
- 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.
- One accompanying adult should be in the sauna per child to react quickly if they feel unwell.