



# Responsible Use of Sauna, Steam Room and Jacuzzi

Guests should not use facilities if suffering from any of the following: Serious illness, heart condition, high/low blood pressure, diabetes, respiratory condition, or any other medical condition may affect your reaction to heat.

If you're taking medication for any of the listed conditions and are unsure about using the facilities, you must consult your GP first for your safety and well-being.

To prevent overheating, it's essential to maintain a sensible time limit of 5-15 minutes during each session.

Shower between each heat exposure.

Appropriate swim attire must be constantly worn.

Glass containers and food or beverages are not permitted inside the facilities.

Guests under 17 are not allowed to use the facilities.

Pregnant women are not advised to use the facilities.

Removing all jewellery before using the facilities to prevent accidents is essential for your safety.

The hot/cold cycle can be repeated as often as possible. However, bathing for too long may result in nausea, dizziness, or fainting. If any of these symptoms occur, alert staff immediately.

Shaving creams and lotions are not permitted in the thermal suite area (sauna, steam room, jacuzzi) under any circumstances.

Shampoo and gel used in the designated thermal suite shower area are strictly prohibited.

Glass bottles, razors or other sharp items are prohibited in the thermal suite area. Please refrain from interfering with the thermostat

At our Leisure Centre, we believe in mutual respect and consideration. Therefore, we kindly request that you refrain from using mobile phones, cameras, camcorders, or other recording equipment throughout the Centre. Your cooperation in maintaining a comfortable and relaxing environment for all our guests is greatly appreciated.