

DRY SAUNA RULES

- **Caution** – Do not touch or pour water on hot rocks.
- **ADA Accessible** – Please ask for assistance.
- Ages 18+ years only. Use by anyone under 18 is prohibited.
- Capacity is 6 persons. First-come, first-served.
- Observe reasonable time limit. 10 minutes is recommended. Do not exceed 15 minutes.
- Long exposure to sauna temperature may result in nausea, dizziness and/or fainting. Exit immediately if uncomfortable, dizzy or sleepy.
- No climbing, horseplay or exercising of any kind while in sauna.
- Close Sauna Door upon entry and exit.
- Appropriate attire is required. Street shoes are not allowed.
- Taking a cleansing shower before entering sauna is recommended.
- No food or drinks at any time. WATER ONLY.
- Check with a doctor before use if pregnant, in poor health or under medical care.
- Do not use while impaired by alcohol or drugs.
- All persons using the sauna do so at their own risk and sole responsibility.
- In case of emergency, exit Sauna and reach out to Lifeguard or other Apex Centre Staff.

Rules are subject to change. Visit ApexCentre.org/Policies.



REACH YOUR PEAK.