

# Heat Amenity Safety

Hot Tubs, Saunas, and Steam Rooms



Limit use to 10 minutes.



Exit with caution if feeling uncomfortable, dizzy or sleepy.



Do not use the facility if under the influence of alcohol or drugs.



Shower before use.



Children under 8 require active supervision.



Talk to your doctor before use if you are: pregnant; are over 65; or have a medical condition.



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*The Lifeguarding Experts*

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