

Sauna Room Policies

Summary

The Policies for the CSU Student Rec Center Sauna

Purpose

To provide guidance on the policies for the CSU Student Rec Center sauna.

Policy

Sauna

- Lifeguard must be on duty to use the sauna.
- Exercise of any kind is prohibited in the sauna.
- This is a dry sauna, no liquid on the rocks.
- Appropriate attire is required in the sauna
 - Males must wear shorts or swim trunks
 - Females must wear a swimsuit or shorts and a top
 - No footwear allowed
 - No weightlifting suits or “plastics” allowed
- Horseplay and inappropriate displays of public affection are not permitted
- The sauna is restricted for use by campus rec members 16 years of age or older
- Sauna users should be aware of the following warnings:
 - Exit immediately if uncomfortable, dizzy, or sleepy
 - Check with a doctor before using a sauna if pregnant, in poor health or under medical care
 - Do not exceed 30 minutes in the sauna

Related USG Policy

N/A

Last Update

4/30/2012

Responsible Authority

Director, Campus Recreation