

# SIDINGS FARM LIMITED

FEN ROAD, PIDLEY, CAMBRIDGESHIRE. PE28 3DF

## SAUNA USE – MEDICAL ADVICE

The use of saunas may have many health benefits; however it is important that you fully understand how to use the sauna. In all situations, hydration is a requirement for sauna use. Drinking filtered water or even advanced electrolyte replacement water is recommended before and after sauna use.

If anything listed below applies to you or a member of your party using the sauna, please consult your physician before using the sauna.

### MEDICATIONS \_\_\_\_\_ Initial

Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drugs effect when the body is exposed to infrared waves or elevated body temperatures. Some medications including diuretics, barbiturates, and beta-blockers and others may impair the body's natural heat loss mechanisms. Some over the counter drugs such as antihistamines may also cause the body to be more prone to heat stroke.

### CARDIOVASCULAR CONDITIONS \_\_\_\_\_ Initial

Individuals with cardiovascular conditions or problems (hypertension/hypotension), congestive heart failure, impaired coronary circulation or those who are taking medications which might affect blood pressure should exercise extreme caution when exposed to prolonged heat. Heat stress increases cardiac output and blood flow in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory systems. If using a pacemaker or defibrillator, please discuss risks involved with your physician.

### ALCOHOL \_\_\_\_\_ Initial

Contrary to popular belief, it is not advisable to attempt to "sweat out" a hangover. Alcohol intoxication decreases a person's judgment; therefore it might not be realized when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat in the sauna.

### CHRONIC CONDITIONS \_\_\_\_\_ Initial

Various chronic conditions including Parkinson's, Multiple Sclerosis, Central Nervous System Tumors, and Diabetes with Neuropathy are associated with impaired sweating. Please consult a physician before use if you have a chronic condition.

### JOINT INJURY / ENCLOSED INFECTIONS \_\_\_\_\_ Initial

If you have a recent joint injury, it should not be heated for the first 48 hours after injury or until the hot and swollen symptoms subside. If you have joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind. Vigorous heating maybe contraindicated in cases of infections.

### IMPLANTS \_\_\_\_\_ Initial

Please consult your physician if you have metal pins, rods, artificial joints, silicone prostheses or any other surgical implants.

\*\* DO NOT USE the sauna if you are Pregnant or have Hemophilia, Fever, or Heat Insensitivity.

\*\* In the rare event that you experience dizziness, pain and/or discomfort, immediately discontinue sauna use.

### WAIVER AND RELEASE OF LIABILITY:

It is not advisable to use a sauna under certain medical conditions and it is recommended that you consult a physician before first use or if questions/concerns arise. It is solely your responsibility to monitor your body/reactions and determine if it is appropriate to use the sauna. You alone are responsible for your safety and well-being.

I have read the above statements and understand the use of the sauna may involve a physical and/or mental risk. I have read the poster "Guidelines for Sauna Use" and agree to adhere to the guidelines.

By signing below, I assume the risk and responsibility for any and all injuries or damages arising from use of the infrared sauna and hereby waive and release Sidings Farm Limited (Pidley Bottom Cottages & Shepherd's Huts), and their staff of any and all liability.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_

### SAUNA GUIDELINES FOR CHILDREN

**Supervise children.** Saunas are a place where accidents can happen easily like burns, slips, and falls. Children younger than 16 MUST be supervised at ALL times when in the sauna.

**How old are your children?** Generally, kids under 8 years of age can't regulate heat as efficiently, so precautions are needed to be totally safe in the sauna. Limit the heat exposure by sitting on lower level benches and limiting steam to minimal.

**Not too long.** The heat regulation centres of the body aren't as developed in the young, so children should spend less time in the sauna than adults. Limit their time exposure by age, 3-5 minutes for under 3 years, up to 15 minutes till they are in their mid-teens. Older kids may want leave the sauna to cool with a shower and repeat the sauna cycle again.

**Rehydrate & replenish.** Always provide a cool drink, and salty snack to replenish salts lost in sweating after sauna.