ORTHMAN COMMUNITY YMCA
INFRARED SAUNA | MEMBER GUIDELINES

BEFORE YOU ENTER

- Sauna use is restricted to members ages 18 and older.
- Reserve a 30-minute time block at the front desk up to 24 hours in advance. Walk-ins are welcome when available.
- Check in with the front desk before entering and check out when finished.
- Maximum occupancy is 2 people.
- Members must sit & place feet on a clean towel.
- Members may bring their own clean towels or use YMCA-provided towels.
- No shoes worn in sauna, clean sandals may be worn to and from sauna.
- Allow yourself time to cool down after exercise before entering the sauna.

TIME, TEMPERATURE, AUDIO SYSTEM & CHROMOTHERAPY

- The 30-minute reservation block includes entry, use, and exit. Limit heat exposure to 20 minutes per visit.
- A practical target for cabin air is 115–125°F. Actual temperature varies with room/area conditions and preheating.
- The manufacturer's control-panel guide recommends preheating for about 10 minutes. It describes setting the thermostat to 150°F to keep heaters on; this is a thermostat setting, not the target cabin-air temperature.
- New users should start with 5–10 minutes and increase gradually as tolerated. Do not push through discomfort.
- The session timer adjusts in 5-minute increments. Set the timer and leave promptly when your session ends. 30 minute max sessions.
- The sauna is Bluetooth ready & can be can be paired to Bluetooth device outside sauna. Pairing code is 0000. Search for Infrared Sauna on your device. Music must be YMCA appropriate.
- Different colors have different wavelengths and can help balance energy for mind and body with chromotherapy. Press color button once to activate auto mode which will cycle between colors every 8 seconds or press color again to cycle through and pick preferred color.

WHILE USING THE SAUNA

- Stay hydrated, drink water before and after use. Leave immediately if dizzy, nauseated, weak, faint, unusually short of breath, or unwell; tell YMCA staff.
- Aluminum or plastic water bottles with lids are allowed in the sauna. Only water!
- No food, glass containers, lotions, oils, or fragranced products allowed in the sauna.
- Keep phones and other electronics outside.
- Keep a towel between your body and the wood. Do not cover heaters or block vents.
- Do not alter equipment beyond normal controls or attempt repairs.

AFTER YOUR SESSION & RESERVATION EXPECTATIONS

- Wipe down the bench, glass door handle and any other touched surfaces with a dry microfiber cloth if moisture is visible. Do not use abrasive cleaners or unapproved chemicals.
- Place used YMCA towels in the designated used-towel bin.
- Check out with the front desk and report equipment concerns or damage.
- If you reserve and miss 2 sessions without canceling, advance-reservation privileges may be removed. Notify YMCA if unable to make reservation, plan ahead!

Use responsibly, follow all directions above. Heat tolerance varies. If you have a medical condition, are pregnant, or are unsure whether sauna use is appropriate, consult a healthcare professional before use. Follow posted instructions and staff direction. Questions? Please see the front desk. Your cooperation helps us maintain a safe, clean and welcoming environment for all members. Thank you!