

Sauna Rules & Instructions of MTCC no. 600

(passed February 21, 2018)

RULES

1. USE AT YOUR OWN RISK. The sauna is unsupervised so do NOT use if you are pregnant or have any medical condition that puts you at risk including but not limited to heart disease, circulatory problems, high/low blood pressure, diabetes or kidney disease.
2. Remember, sauna is Co-Ed. Wear your bathing suit.
3. NEVER stand up on any of the benches. You could easily hit your head. Stand only on the floor.
4. No shaving or razors allowed.
5. No food, alcohol or glass allowed.
6. The sauna operates from 5:30 a.m. to midnight, 7 days a week.

INSTRUCTIONS

7. To turn on, press wall control and hold for 2 seconds. Then use arrow key to adjust time up and down to your preference. It takes roughly 20 minutes to heat to maximum temperature.
8. Always open door IN to the sauna (push to enter, pull to exit) NOT the reverse.
9. Close door promptly. NEVER leave door even partially ajar. Otherwise, steam quickly escapes and can permanently damage ceiling tiles. Never leave door open to 'air out'.
10. There is no temperature control. If you feel like you are getting too warm, just step out of the sauna.