

■ Summer Sauna Safety Checklist

Print or save this checklist before your next session.

❖ Pre-Session Checklist

- Drink water 30 to 60 minutes before entering
- Avoid alcohol
- Avoid heavy meals
- Check sauna temperature
- Confirm ventilation is working
- Bring a towel
- Set a timer
- Remove electronics
- Make sure you feel healthy and well rested

❖ During Session Checklist

- Monitor how you feel
- Keep sessions appropriate for conditions
- Take cooling breaks when needed
- Keep water available nearby
- Exit immediately if dizzy or nauseous
- Avoid trying to stay longer than normal

❖ Post-Session Checklist

- Rehydrate
- Cool down gradually
- Replace electrolytes if necessary
- Rest before strenuous exercise
- Monitor for dehydration symptoms

❖ Weekly Summer Maintenance Checklist

- Inspect heater operation

- Check ventilation openings
- Clean benches and surfaces
- Verify thermometer accuracy
- Confirm exit accessibility
- Inspect accessories and buckets

Stay safe, stay hydrated, and enjoy your sauna session responsibly.