

Sauna Rules

KETTERING RECREATION COMPLEX

1. Patrons with the following conditions should not use spa without doctor's permission: heart disease, diabetic, taking medication, pregnant, high or low blood pressure.
2. Patrons must be 18 years or older to use.
3. Do not exceed 15 minutes at a time; Long exposure to sauna temperatures may result in nausea, dizziness, and/or fainting.
4. Swim attire, workout shorts, and/or shirts must be worn while using sauna.
5. Essential oils, medical remedies, lotions, perfumes, and/or other scents are prohibited.
6. Do not touch the heating sensor or sauna temperature controls. Tampering with heating equipment such as use of any water or liquids is strictly prohibited. Violations will result in patron disciplinary action.
7. Please stay hydrated while using.

*Sauna temperature
will not exceed
170-172° F*



CITY OF KETTERING
PARKS, RECREATION AND CULTURAL ARTS DEPARTMENT