



# SAUNAGUS

TRANSFORMATIVE SAUNA EXPERIENCE

saunagus.co.uk

## HEALTH AND SAFETY POLICY

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## 1. STOVE AND FIRE SAFETY

- No one but a trained Saunagus employee is allowed to operate the stove
- The stove is a medina-5 sauna stove and is designed specifically for sauna use in the tent. It should be cleaned of soot every fortnight and only used for its intended purpose
- No one but a trained saunagus employee is allowed in the tent while the stove is being lit
- No one but a trained saunas employee is allowed to add water to the sauna stones unless explicit permission is given
- During operation the stove will have a fireguard placed around it
- Stove operators need to wear the welders gauntlets provided when operating or fuelling the stove
- A fire guard should be placed around the stove during operation. The 'Warning HOT - Do not touch' sign should be attached to the fire guard so it is clearly visible
- A carbon monoxide alarm should be present at all times during sauna operation. The alarm should be tested before each session
- A portable fire extinguisher must be present during each sauna session
- The chimney and flue needs to be fully inspected before starting a sauna session

- Our tent is a mobiba-103 portable sauna tent. It is specifically designed to be used with the provided stove. It is made of fire retardant material. The stove should never be used with any other tent.
- No highly flammable liquids or substances may be brought into the tent.
- The tent is no smoking and we do not allow naked flames or candles
- Before each sauna session the ventilation flaps must be fully opened
- After each sauna session, the tent must be fully ventilated by opening the door for 1-2 minutes
- A metal fire bucket should be present in case there is a need to dispose of any flammable material
- The sauna stove should not be dismantled until the fire has gone out and the metal is cool to the touch. Only saunagus employees can handle the stove

## **2. PHYSICAL SAFETY FOR CLIENTS**

- Customer may only sit in the sauna on the pre-arranged sauna benches
- Customers may not stand on the benches
- Customers can only lie on the benches during solo treatments where a saunagus employee is present
- No more than 300kg should ever be placed on any one bench. Customers may be asked their weight for their own safety. In general we prefer two people to any one bench
- Most sessions will consist of 4 persons in the sauna. There may be occasions when it's appropriate for 6 people to be seated in the sauna
- Customers must listen to the sauna master and enter and exit in the order he or she suggests
- There is never any running in the sauna
- Customers who show any signs of being under the influence of drink, drugs will not be allowed entrance to the sauna
- The non-slip matting and fire guard should always be in place before anyone is allowed into the sauna
- The sauna master should always have first aid kit which includes burn soothe cream
- The saunamaster must provided a full health and safety briefing before each session
- The saunamaster is expected to ensure customers have adequate access to hydration

- All customers must fill out a pre-sauna consultation form which will include information on
  - o Allergies
  - o heart/circulation problems
  - o Pregnancy
  - o History of fainting
  - o Medication list
- Customers must also provide emergency contact number and read through and sign the sauna waiver agreement which includes the sauna rules and associated risks
- The sauna master is trained in first aid. Our risk assessment identifies the most likely health and safety issues to be faced to include:
  - o Trips and falls
  - o Fainting/dizziness
  - o Burns
  - o Exacerbation of existing conditions
  - o Panic attacks
  - o Drowning (low risk)
- Each saunamaster should be trained in how to deal with these conditions
- The saunamaster should be trained in using the defibrillator which is present at the nearby wet and wild aqua park
- Erratic customers who are deemed to be engaging in risky behaviour will be asked to leave the sauna and their session ended
- Customers must bring appropriate footwear with them to use when exiting the sauna
- Customers should be over 18 years old to use the sauna.
- The recommended sauna time is 10-15 minutes maximum. Customers may be ejected from the sauna and asked to hydrate after this time period.
- Customers are advised to wear a sauna hat. These can be provided by saunagus
- The sauna will operate during daylight hours but appropriate lighting should be in place during winter days when light levels are low

### **3. WEATHER**

- The sauna is designed for all weather use, but sessions will be cancelled during periods of
  - o Strong winds (no sauna during yellow weather warnings or above) even if there is no weather warning, the saunamaster may cancel sessions if he or she believes their to be a significant risk to tent stability
  - o Intense rain which may result in waterlogged ground or increased slip hazards
  - o Any lightning storms. Should unexpected thunder arise, the sauna session will be halted and money refunded
  - o Snow/Ice will necessitate a ground inspection. If conditions are hazardous then sessions will be cancelled
  - o Extreme heat - sauna sessions should not take place during outside temperatures over 25 degrees
  - o Full refunds will be given if any session is cancelled due to weather

## **4. HYGIENE**

- The sauna is primarily operating as a textile (clothed) sauna to increase access to sauna
- Appropriate swimwear must be worn at all times (no wetsuits at any time)
- Showers must be taken before entering the sauna to remove any dirt, oils and traces of chlorine
- Any customer showing symptoms of Covid-19 or other infectious diseases will be asked to take a test. We reserve the right to restrict entry to anyone we believe may endanger other customers
- Customers must fill out the medical form giving details of any infections (hepatitis, HIV, scabies) that could pose a risk to other guest safety. Sauangus receive the right to have a telephone consultation with customers to ensure necessary hygiene precautions can be adequately put in place before the session begins.
- We are unable to allow wheelchairs and mobility aids into the sauna. We will work with customers who have mobility challenges to ensure a safe experience can be guaranteed but we reserve the right to cancel a session if we do not believe we can meet an acceptable level of safety

- Customers should always bring a towel. Customers must sit on their towels and never directly on the benches.
- Benches should be wiped down with non-toxic antibacterial products
- Only pure essential oils and natural ingredients can be used in sauna aromatherapy
- Metal jewellery should be removed where possible
- The water quality of the lake is tested regularly by Oxford Open Water Swimming, Customers may not access the lake should OOWS find any unsafe levels of algae.
- Most sauna therapy is non-invasive and will not involve any touching. On occasion we may offer individual Piritus therapy and back scrubs. Customers must declare any skin conditions or allergies on their forms before these take place. Any areas of bruising, eczema, boils, sores or open wounds will not be treated and in some cases after a skin inspection the sauna master may cancel the treatment and ask the customer to seek a medical consultation
- Individual treatments are not suitable for pregnant women. Short guided low temperature sessions are the only treatment we can offer.

## **5. WATER SAFETY**

- Those wishing to swim in the lake before, during or after their sauna session must book their place with Oxford Open Water Swimming.
- You can only swim during the OOWS opening times and when a lifeguard is present
- Saunagus takes no responsibility for your safety while swimming, this responsibility is handled by Oxford Open Water Swimming - please see their full terms and conditions:  
<https://owsc.co.uk/open-water-swimming/>
- Outside of these times, sauna users may go for a 'cold dip' in the lake. This will involve:
  - o Walking into the lake to waist/chest depth
  - o Submerging under the water for a few moments
  - o Walking out of the lake
- Swimming for any distance outside of the times that OOWS is running is prohibited at any point
- You must only drink from the drinking water provided, do not drink the lake water

Sauna is a healthy, safe and positive wellness activity when used appropriately. We expect all users to listen to our Saunamaster and behave accordingly. This list is not inclusive of all our terms and conditions and may be updated if and when new potential hazards are identified. We reserve the right to prohibit entry to anyone acting in a manner that we feel breaches our approach to health and safety or does anything which may violate our insurance.