

PETERSFIELD LIDO

SAUNA AND COLD PLUNGE SAFETY AND ETIQUETTE GUIDELINES

Please read these Terms & Conditions before booking. By booking, you confirm that you have read and understood them and agree to follow all safety guidance, facility rules and staff instructions.

Please push sauna emergency button in case of emergency.

Sauna use is for 16 years and over only.

If booking for a group, the person making the booking is responsible for ensuring all members are aware of these Terms & Conditions.

Medical safety

Please seek medical advice before coming if any of the following apply:

- You're taking regular prescription or over the counter drugs.
- You're pregnant or suspect you are.
- You have any cardiovascular conditions or are taking blood pressure medications
- You have a pacemaker or defibrillator.
- You've had a previous heart attack.
- You have a recent joint injury, or you have joints that are chronically swollen.
- You have metal pins, rods, artificial joints or any other surgical implants
- You have any chronic underlying medical condition or have any severe allergies; the sauna is not an allergen free zone.

General safety

- Use the facilities at your own risk and follow all safety instructions.
- For single person sauna usage, please sit in the center of the sauna bench in full view of pool lifeguard.

- Sauna surrounds and poolside areas may be wet or uneven. Take care and do not run.
- Remove jewellery, watches and footwear before entering the sauna.
- Swimwear must be worn.
- Bring a clean towel to sit on in the sauna.
- Do not use oils, salt scrubs or personal products in the sauna.
- Do not use the sauna if you have recently applied fake tan or hair dye.
- Do not touch the sauna stove or rocks – they can cause serious burns.
- Keep entrances and exits clear at all times.

Sauna use

- We recommend sauna cycles of approximately 10–20 minutes. Cool down in the cold plunge or open air.
- Start on a lower bench if you are new to sauna use.
- Leave immediately if you feel dizzy, faint, nauseous, short of breath or otherwise unwell.
- Allow yourself time to cool down and rehydrate between sauna cycles.

Cold plunge use

Cold-water immersion can cause sudden changes in breathing, heart rate and blood pressure.

- Enter slowly – never jump or dive.
- Do not push, encourage or pressure anyone to enter or remain in the cold plunge.
- Do not hold your breath or deliberately hyperventilate before entering.
- If you are new to cold-water immersion, we recommend starting with approximately 30–60 seconds.
- Leave immediately if you feel dizzy, faint, confused, excessively cold, numb or unwell.

- Exit carefully and allow your breathing and heart rate to settle before continuing with your session.

Behaviour & etiquette

Please respect other guests and maintain a quiet, peaceful environment.

- No alcohol, smoking or vaping.
- No food or glass containers.
- Be mindful of other guests
- Do not use the facilities as a competition or endurance challenge.
- Follow staff instructions at all times.
- Bring a clean towel to sit on whilst in the sauna.
- Remove footwear before entering the sauna.

If you feel unwell:

- Stop using the facilities immediately and notify a member of staff.
- Do not attempt to continue or “push through” symptoms.

Petersfield Lido reserves the right to refuse or discontinue use of the sauna or cold plunge where reasonably necessary for the safety and wellbeing of guests.