

Sauna Guidelines

- Enter and leave quickly and quietly.
- Please be respectful and refrain from loud conversations and noises. Saunas are a place for relaxation and to unwind.
- All listening devices must be accompanied with headphones & on a low volume. Please do not use cell phones in sauna.
- A dress code is required. Patrons should wear a bathing suit, clean shorts/shirt (or other similar clothing), flip flops, open toed shoes (or other similar footwear). No workout clothing, street clothing, sneakers, boots or heavy footwear is allowed. Sauna guests must shower before use, be attired in proper clothing & sit or lay on a towel. No nudity allowed.
- If no one else is in the sauna, feel free to lay down. As additional members enter the sauna, please sit up to make room.
- Our community practices fair play, respectful language without profanity, mutual respect, no fighting or spitting and no abuse to other patrons, staff, facilities, or equipment.
- We enforce the MIT Non-discrimination Policy throughout all of our facilities
- Patrons are expected to take responsibility for their own actions and comply with the policies and safety instructions given by staff. Non-compliance may result in suspension or termination of DAPER access privileges.
- To report an incident, please contact us at mitrecsports@mit.edu or 617-253-9485.
- For an emergency, please use the panic buttons located in the locker room, or call the MIT police at 617-253-1212.

Sauna Safety

- **Limit yourself to a maximum of 20 minutes usage.**
- **Drink plenty of fluids before and after using the sauna.**
- **Do not smoke, exercise, eat or drink beverages in the sauna.**
- **Exit immediately if uncomfortable, dizzy or sleepy.**
- **Any youth under the age of 17 must be accompanied by a parent or guardian and supervised at all time.**
- **Breathing heated air in conjunction with consumption of alcohol, drugs or medication may cause unconsciousness.**
- **Persons with health conditions requiring medical care should consult a physician before entering the sauna.**
- **For your safety and enjoyment, do not pour water over the coals**
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