

PUBLIC PROTECTION DIVISION
222 UPPER STREET, LONDON N1 1XR
STANDARD CONDITIONS
FOR PREMISES PROVIDING SAUNA & STEAM FACILITIES
London Local Authorities Act 1991-2000

These conditions are to be read in conjunction with the Standard Conditions for Special Treatment Premises. Other conditions may be added to licences if circumstances warrant this.

Definitions

Sauna:

Saunas consist of an insulated enclosure usually made of wood, together with heat generating equipment, usually in the form of a heat-generating stove. Benches are provided within the sauna enclosure. Saunas provide a dry heat and the temperature may range from 85°C to 100°C for up to a 10 minute treatment

Steam Room/Bath:

These consist of an enclosure made of an impervious material and steam generating equipment. They are designed to operate at temperatures of up to 50°C regulated by a thermostat with relative humidity of 80 to 100%. They produce a wet humid heat and are intended for indoor use. The treatment usually lasts 6 – 12 minutes.

CONSULTATION

1. All clients should complete a client consultation card before their first use of the spa pool to ascertain any issues for concern. The assessment should ascertain if the client has:
 - a) skin condition eg psoriasis/eczema;
 - b) High/low blood pressure;
 - c) Epilepsy;
 - d) Diabetes; or
 - e) Allergies

The licensee/therapist should also determine if the client:

- a) Is taking medication or blood thinning agents;
- b) Is breast feeding;
- c) Is pregnant; or
- d) Suffers from heat disorders.

If the client has answered yes to any of these then they should be advised to consult their GP before using the Steam or Sauna facilities.

2. The consultation records must be available for inspection on the request of an authorised officer and be retained for a minimum of two years.

AGE

4. No person under the age of 16 is allowed to use the sauna or steam facilities.
5. Any person wishing to receive a licensable treatment will need to provide proof of their age if they look under 25.
6. Licensees must advertise this policy so that all clients are made aware that they may be challenged about their age if they look under 25.

7. Acceptable forms of ID are accredited proof of age cards e.g. Citizencard, a Passport, or UK Driving Licence bearing the photograph and date of birth of the bearer a photo driving licence, passport or the PASS hologram proof of age card.
8. Where a challenge is made, it must be recorded and proof age also noted on the client consultation record.

EQUIPMENT

9. There must be a non-verbal alarm system in the vicinity linked to a manned reception area for summoning help when users are left unattended. The alarm should continue to sound until it is manually switched to the 'off' position in order to silence it. The user must be made aware of the alert mechanism and how to use it. Emergency devices shall be fitted within easy reach of a person using the equipment. Operation verification test records shall be available at the premises for inspection on the request of an authorised officer.
10. Regular maintenance shall be carried out by a competent engineer in accordance with manufacturer and supplier recommendations. Records of all maintenance visits shall be available at the premises inspection on the request of an authorised officer.
11. The floor of the equipment should be impervious; laid to fall to promote drainage and easily cleaned. It should also be constructed of a non-slip material.
12. A thermometer shall be provided indicating the temperature inside the sauna and/or steam room.
13. The temperature control device shall not be accessible to users of the sauna and/or steam room.
14. Sauna and steam room facilities must have;
 - a) adequate lighting, such that users can clearly see the exit door and any emergency instructions;
 - b) high and low level vents so as to provide adequate ventilation;
 - c) an internal handle to allow the client to exit the room when required;
 - d) a glass observation panel to allow staff to monitor the welfare of users;
 - e) a clock/timer shall be visible to user of the facility to ensure they are aware of their usage time; and
 - f) shower facilities and/or plunge pool shall be provided close by.
15. Sauna specific requirements are:
 - a) Only coals recommended by the manufacturer should be used and replaced as per their guidance;
 - b) Hot coals in the sauna shall be protected by a guard rail or barrier. This protection must extend at least 100mm above the height of the coals;
 - c) a heater which is provided with an external casing which is not capable of becoming hot, i.e., the surface remains below 40°C, or a fence which completely surrounds the heater to prevent accidental contact with the hot surface; and
 - d) the sauna stove should be fitted with a cut out device which is activated if the temperature in the sauna rises above 105°C.

METHOD

16. The licensee shall have a written policy detailing the action to be taken in the event of the alert mechanism being used. This shall be communicated to all relevant personnel.
17. The licensee shall provide a procedure whereby all saunas/steam rooms are checked on a half hourly basis for cleanliness and for state of health of the user e.g. signs of fainting.

18. A supply of fresh drinking water shall be available close to the sauna and/or steam room, free of charge.
19. Safety guidelines on the use of the sauna and/or steam room shall be clearly displayed nearby. These guidelines shall include the following:
 - a) All jewellery to be removed;
 - b) Drink plenty of water before use;
 - c) No eating or drinking in the sauna or steam room;
 - d) Avoid use if suffering from high blood pressure or heart problems;
 - e) Do not eat immediately before use;
 - f) Appropriate maximum usage time to be advised;
 - g) Seek doctors permission to use if pregnant;
 - h) Do not use if under 16 years of age;
 - i) Do not enter if suffering with swollen joints;
 - j) Do not enter if suffering with a fever;
 - k) Seek doctors permission to use if taking medication;
 - l) People with silicone implants should avoid use of infrared sauna; and
 - m) Drink plenty of water after use.
20. The surface of the sauna/steam room must be cleaned and disinfected each day in accordance with manufacturer's instructions and with cleaning materials specified by the manufacturer.