

**STANDARD OPERATING PROCEDURES
STEAM ROOM**

Covid-19 SOP's as per Govt Pakistan instructions will be adhered by all staff & members

- a) Temperature check will be done on entry to club. Acceptable temperature range is between 97°F (36.1°C) to 99.2°F (37.3°C). A temperature over 99.2°F (37.3°C) may indicate a fever and entry will not be permitted.
- b) Steam hours of operation daily from 06:30 am to 22:00 pm.
- c) Social distancing must be practiced at all times as per **marked spot**.
- d) Maximum occupancy of steam room is 03 person.
- e) Only 10-15 minutes for each member will be allowed.
- f) Receptionist will maintain waiting list on first come first serve basis. Please wait for your turn patiently.
- g) All members using the Steam do so at their own risk.
- h) Warning to all members, "**WET HEAT**" can cause scalding/ blasting of skin if temperature exceeds much higher than 40°C / 104°F.
- i) Mandatory shower before and after Steam room.
- j) Children under 16 are not allowed to use Steam.
- k) Electronic equipment such as mobile phones cameras etc are not allowed inside Steam.
- l) Open and close the door quickly so that temperature will remain maintained for other members.
- m) If any emergency leave the room immediately.
- n) Remove slipper, watch, ornaments etc before you enter.
- o) Anyone coughing or sneezing will be asked to leave the Steam immediately.

**Maj
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(Asst Secy Sports)**