

DEFENCE RAYA

DEFENCE RAYA GOLF & COUNTRY CLUB

SOP Sauna/Steam Room

- The temperatures of the rooms are maintained as under:-
 - Sauna Room - 74 °C to 85 °C (165 °F to 185 °F)
 - Steam Room - 38 °C to 43 °C (100 °F to 110 °F)
- Don't use the sauna/steam room with empty or full stomach, wait for an hour after the meal.
- Take a shower before entering sauna/steam room.
- Use sauna/steam room for 10 to 15 mins at a stretch.
- Rest for at least 10 mins after using the facility. Drink plenty of water before and after the sauna/steam room.
- If you have any medical problem then avoid using sauna/steam room.
- All members use sauna/steam room at their own risk. DRGCC is not responsible for any loss associated with use of these facilities.
- Children under 16 years are not allowed to use these facilities.
- Electronic equipment such as mobile phones cameras etc are not allowed inside sauna/steam room.

- Do not open the door for longer duration so that the temperature is maintained for other members.
- Pour only one or two cups of water to generate steam in sauna Room.
- In case of any emergency leave the room immediately.
- Wear towel/ gown or loose dress so that you may sweat easily.
- Remove watch, ornaments etc. before using sauna/steam room. Do not take slippers in sauna room.
- Please be polite to others members using sauna/steam room.

30 July 2024

A handwritten signature in blue ink, appearing to read 'Naveed Mukhtar', with a horizontal line underneath.

Maj (Retd)
Asst Secy Sports DRGCC
(Naveed Mukhtar)