

SC8: SAUNA/ STREAM ROOM/ SPA POOLS/ BATHS

DEFINITIONS

Spa Pool and Jacuzzi

A spa pool/ Jacuzzi is defined as a pool full of warm water at approximately body temperature, designed for sitting in rather than swimming. It has jets of water, or air bubbles or combination of both to provide a warm water massage.

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 lasting 6 – 12 minutes.

Detox Box

Provides gentle and deep penetrating heat to the body to induce a high volume of sweat.

Floatation Tank

Enclosed tank with water at body temperature and high conc. of Epsom Salts.

Foot Detox

Feet or body submerged into spa or bathtub fitted with electrodes. No treatment to feet.

Hydrotherapy

Water therapy which may include submersion in a bath. Uses fresh water.

Thalassotherapy

Water therapy which may include submersion in a bath. Uses sea/salt water.

TERMS AND CONDITIONS

1. OPERATORS

One person must be available onsite at all times who has, as a minimum, specific manufacturer training for the equipment used within premises, or alternatively, training from an approved training provider as agreed by the Council in writing.

2. AGE RESTRICTIONS

Treatments/usage is restricted to clients over the age of 16. However, younger persons can use sauna/steam room or spa pools when accompanied by a parent or guardian.

2. CLIENT HEALTH INFORMATION

Information must be provided to clients on safe use facilities. Information must cover health conditions and medications that increase the risk of adverse reactions when using sauna, steam room, spa etc.

3. RECORD KEEPING

Operators must keep records covering: -

- (a) Daily, weekly, monthly and periodical cleaning.
- (b) Maintenance, electrical safety checks and alarm testing.

Records may be stored on paper or electronically. Records must be made available upon request from an Authorised Officer of the Council, such records must be produced within 3 days of any such request.

4. SPA POOLS/JACUZZI/ BATH

- (a) All operators must refer to the Health and Safety Executive Approved Code of Practice and Guidance L8, "The Control of Legionella Bacteria in Water Systems".
- (b) Records must be available for inspection by an Authorised Officer of the free chlorine levels and the pH levels of the spa.
- (c) The licence holder(s) must be able to demonstrate that the microbiological quality of the spa pool water complies with the PHLS 1994 guidance on Hygiene for Spa Pools.
- (d) The licence holder(s) must have a written procedure that must be followed in the event of an unsatisfactory microbiological result or other health concerns associated with use of the pool.
- (e) 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.
- (f) All equipment shall be of sound mechanical construction and regularly maintained. Records of maintenance should be held for inspection by Authorised Officers.
- (g) The licence holder(s) shall have a written procedure detailing steps taken to ensure the maximum bather load for the facility is not exceeded.
- (h) A notice providing information on the use of the spa pool must be clearly displayed near each unit.
- (i) A rest area for users should be provided.
- (k) The spa pool must be emptied and refilled at regular intervals in accordance with the manufacturers guidance and usage but in any event at least every week
- (l) The water circulation system must be run for a minimum of 3 hours/day and preferably continuously.
- (m) Water jets must be operated for a minimum of 1 hour/day.
- (n) The pool must be drained and refilled if left unused for 5 days or more.

5. SAUNA

- (a) Must have a glazed panel to allow safe access and egress by clients and supervising staff.

- (b) A thermometer must be provided indicating the temperature inside the sauna.
- (c) A non-verbal emergency assistance device shall be provided on or adjacent to the sauna. Saunas installed after January 2013 must have a non-verbal alarm linked to a manned reception area. 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.
- (d) A clock or other time keeping device must be visible to users, from inside the sauna.
- (e) The temperature control device must not be accessible to users of the sauna.
- (f) The hot coals in the sauna must be protected by a guard rail or barrier.
- (g) Shower facilities must be provided close to the sauna.
- (h) A supply of fresh drinking water must be available close to the sauna.
- (i) A notice providing accurate information on the safe use of the sauna must be clearly displayed near the unit.
- (j) Clients must wear bathing costume/shorts in the sauna.
- (k) No eating, drinking or shaving is to be permitted in sauna.

6. STEAM ROOMS

- (a) The floor of the equipment must be impervious; laid to fall to promote drainage and easily cleaned. It should also be constructed of a non-slip material.
- (b) The operator must be aware of the temperature the unit is operating at. Ideally there should be a thermometer located inside the unit. If this is not fitted the temperature inside the unit must be checked regularly. Temperature must not exceed 50°C.
- (c) Temperature control must remain under the control of the licence holder.
- (d) Steam room must have a glazed panel to allow safe access and egress by clients and supervising staff.
- (e) The door must have an internal handle to allow the client to exit the room when required.
- (f) There must be a non-verbal alarm system that can be heard in manned areas for summoning help when users are left unattended. Steam rooms installed after January 2013 must have a non-verbal alarm linked to a manned reception area. 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.
- (g) All equipment shall be of sound mechanical construction.
- (h) A clock or timer must be visible from inside the steam room in order to monitor time spent in room.
- (i) A notice providing accurate information on the safe use of the steam room must be clearly displayed near each unit.

(j) Clients should be advised to sit on a towel in the steam room to reduce the risk of infection and burning.

(k) The licence holder(s) shall provide a procedure whereby all steam rooms are checked on a half hourly basis for cleanliness and for state of health of the user e.g. signs of fainting.

(l) Clients must wear a bathing costume/shorts in the steam room.

(m) No eating, drinking or shaving is to be permitted in sauna.

7. CLEANING/ INFECTION CONTROL

The sauna/steam room/baths must be cleaned and disinfected each day, in accordance with manufacturer's instructions and with cleaning materials specified by the manufacturer.