

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.

Floataion 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.

1. AGE RESTRICTIONS

- 1.1. Treatments/ usage restricted to clients over the age of 16.
- 1.2. Persons of 13yrs+ can use sauna/steam room or spa pools if accompanied by a parent or guardian.

2. CLIENT CONSULTATION

- 2.1. A full client consultation must be carried out at the time of a first visit and prior to any treatment. This must include a thorough medical history in relation to the treatment being requested and full explanation of any possible contra-indications.
- 2.2. Where any medical conditions exist the client must confirm to the therapist that they have taken advice from their GP regarding the treatment before any treatment can be commenced.
- 2.3. Where it is impractical for a consultation to be carried out i.e. use of sauna at hotel etc. then adequate health information must be displayed by equipment. Information must cover health conditions that increase the risk of adverse reactions when using sauna, steam room, spa etc.

3. RECORD KEEPING

- 3.1. Daily, weekly, monthly and periodical cleaning and maintenance check records must be available for inspection by an authorised officer.
- 3.2. Maintenance and electrical safety records must be available for inspection by an authorised officer.
- 3.3. There must be a written procedure detailing the action to be taken in the event that the alarm mechanism is used. All relevant personnel must be familiar with the procedure.

4. SPA POOLS/JACUZZI/ BATH

- 4.1. 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".
- 4.2. Records must be available for inspection by an authorized officer of the free chlorine levels and the pH levels of the spa.
- 4.3. 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.
- 4.4. 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.
- 4.5. 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.

- 4.6. All equipment shall be of sound mechanical construction and regularly maintained. Records of maintenance should be held for inspection by authorised officers
- 4.7. The Licence Holder(s) shall have a written procedure detailing steps taken to ensure the maximum bather load for the facility is not exceeded.
- 4.8. A notice providing information on the use of the spa pool must be clearly displayed near each unit.
- 4.9. A rest area for users must be provided.
- 4.10. The spa pool must be emptied and refilled at regular intervals in accordance with the manufacturer's guidance and usage but in any event at least every week.
- 4.11. The water circulation system must be run for a minimum of 3 hours/day and preferably continuously.
- 4.12. Water jets must be operated for a minimum of 1 hour/day.
- 4.13. The pool must be drained and refilled if left unused for 5 days or more.

5. SAUNA

- 5.1. Must have a glazed panel to allow safe access and egress by clients and supervising staff.
- 5.2. A thermometer shall be provided indicating the temperature inside the sauna.
- 5.3. A non-verbal emergency assistance device shall be provided on or adjacent to the sauna. Saunas installed after January 2017 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.
- 5.4. A clock or other time keeping device shall be visible to users, from inside the sauna.
- 5.5. The temperature control device shall not be accessible to users of the sauna.
- 5.6. The hot coals in the sauna shall be protected by a guard rail or barrier.
- 5.7. Shower facilities shall be provided close to the sauna.
- 5.8. A supply of fresh drinking water shall be available close to the sauna.
- 5.9. A notice providing accurate information on the safe use of the sauna must be clearly displayed near the unit.

5.10. Clients must wear bathing costume/shorts in the sauna.

5.11. No eating, drinking or shaving permitted in sauna.

6. STEAM ROOMS

6.1. 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.

6.2. 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.

6.3. Temperature must not exceed 50°C.

6.4. Temperature control must remain under the control of the licence holder.

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

6.6. The door must have an internal handle to allow the client to exit the room when required.

6.7. 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 2017 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.

6.8. All equipment shall be of sound mechanical construction.

6.9. A clock or timer must be visible in order to monitor time elapsed in the steam room.

6.10. A notice providing accurate information on the safe use of the steam room must be clearly displayed near each unit.

6.11. Clients must be advised to sit on a towel in the steam room to reduce the risk of infection and burning.

6.12. The licensee 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.

6.13. Clients must wear a bathing costume/shorts in the steam room.

6.14. No eating, drinking or shaving permitted in steam room.

7. CLEANING/ INFECTION CONTROL

- 7.1. 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.

8. OPERATORS

- 8.1. One person must be available onsite at all times who has had, as a minimum, specific manufacturer training for the equipment used within premises or equivalent training deemed suitable by an Authorised Officer of Council.