



South Shore YMCA

Whirlpool, Steam & Sauna Safety

Surprising as it may seem, whirlpools, steam rooms, and saunas should be used with caution. Elevated temperatures can trigger a significant decrease in blood pressure. Heart rate and metabolism can also increase dangerously for many reasons. If you have diabetes or high blood pressure, or are taking medications, please consult with your physician before using these facilities. Women who are pregnant should not enter a whirlpool. Children entering these areas are susceptible to heat stroke due to high temperatures and the inability to handle excessive heat at a young age.

Rules to Prevent Injury:

Elderly persons, pregnant women, individuals with heart disease, diabetes, or high/low blood pressure should not use the whirlpool.

Steam room and sauna are for YMCA members and guests ages 18 and above. The whirlpool is available to YMCA members and guests ages 16 and above, with a time limit of ten minutes.

Bathing suits are required when using the steam room, sauna or whirlpool in a co-ed environment. Members are not allowed to shave when using these facilities.