



How to enjoy your Sauna – Safely

A nominated sauna leader in the group should carefully read the instructions below and once this is understood, complete and return the form (and others) to Llandovery Forest District, Llanfair Rd, Llandovery SA20 0AL.

General Headings	Recommended Procedure
Use & Maintenance of Sauna Stove	Kindling and approved fire lighting items (Specifically matches/paraffin based firelighters) are to be brought onto site by the sauna leader. Other Wood is to be collected from wood store. To ensure the sauna reaches an optimum temperature use only dry - preferably small diameter pieces of wood. If the sauna stove is not already lit – start with a small fire – pulling out the ash tray. This must be pushed fully back once the fire has taken hold. Use Leather gauntlets when loading wood onto a hot fire. Fill sauna water heater (in sauna room) with clean river water using bucket & funnel (ensuring that the tap is closed). WINTER USE - If the temperature inside the changing room is low – you may light the paraffin heater (depress the lever and hold until it catches). The off button is to the left of this lever. Moving the heater is to be avoided unless essential (the safety fuel cut off might activate)
Changing & apparel	The centre of the sauna building is reserved for changing – wooden shelves have been provided to store your clothing, a Shoe rack is by the front door. You are advised to wear sandals or flip flops whilst moving around in the sauna building & outside on wooden decking – this prevents water damage to your own shoes & helps keep the building interior clean & tidy. You have the choice of what or not to wear – the building is reasonably protected from prying eyes – so do not feel to inhibited !
Taking A Sauna	Enter the sauna for 2-3 minutes sufficient to draw a sweat. Draw hot water from water heater – mixing this with cold water to suit, and taking this outside clean your body prior to re-entering the sauna. This is best carried out outside using the table as a stand for mixing/washing. Take care when drawing hot water – consider using leather gauntlets if water temperature is too high. If you are a first time sauna user, do not spend to long in the room, the lower bench has a lower temperature – many consider the optimal temperature is 80 degrees C – though have your sauna to suit. The temperature can be reduced by opening the 2 wooden thimballs on the stove wall, or 2 thimballs underneath the seats (provides cooling air). An alternating regime of high temperature & going outside for a cold plunge (in the pool) or douche using bowls on the table outside – gives the full sauna experience.
Apres Sauna	Once finished with the sauna treatment – you are advised

	<p>to move into the relaxation area of the sauna to cool down – BEFORE YOU DRESS. This is an ideal opportunity to drink a cup of tea, or eat a snack. Once rested and Dressed – prior to leaving</p> <ul style="list-style-type: none"> • Turn off the paraffin heater (if lit) • Clean all utensils/glasses • Clean all work surfaces – brush the floors • Remove all rubbish from site • Close all windows & Lock the door
Accident & Reporting	<p>The designated sauna leader is responsible for giving all necessary health & safety advice. That said, the main hazard relates to burns and scalding from the sauna stove heater. With this in mind – any messing around in the sauna room will not be tolerated. There is no Mobile phone coverage at the sauna site – however – There is a signal on Orange at the car park – This network will provide emergency coverage on all networks.</p> <p>Any accidents are to be reported to the sauna manager as soon as possible.</p>
Sauna Manager	<p>Name: Mansel Jones Forestry Commission, Llanfair Rd, Llandovery SA20 0AL Tel 0845 604 0845</p> <p>Signature:</p> <p>Date:</p>

I acknowledge reading and being willing to comply with the above site safety rules. I take responsibility for ensuring that the individuals I bring to the sauna do likewise.

Sauna Leader :

Signature..... Name:..... Date.....

Sauna Inventory

Sauna Room

Wooden Bucket

Wooden Ladle

Combined Thermometer & Hygrometer

Ceramic Soap dish

2 Battery powered Lights (switch on rear)

Site Safety Rules: Pen Arthur Sauna

Changing area/Relaxation Room

Plastic Funnel

2 plastic Bowls

1 galvanised bucket

6 folding wooden chairs

2 ladder back chairs

1 Wooden table

1 Wooden Bench

2 glass Sauna Essence Bottles

3 candle woodstone burner

Wooden drawer unit containing: first aid essentials

Leather Gauntlets

Dustpan & Brush

Metal stove Rod

Small Metal Shovel

Shoe Rack