



Comisiwn Coedwigaeth Cymru
Forestry Commission Wales

Sauna Guide



Llywodraeth Cynulliad Cymru
Welsh Assembly Government



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.

Use and Maintenance of the 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, an axe is provided to split cut timber into small enough pieces to fit in the fire. 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 gloves when loading wood onto a hot fire. Fill the sauna water heater (in sauna room) with clean river water using bucket & funnel (ensuring that the tap is closed).

Plunge pool

It is advisable to clean the pool before you have had a sauna (this is an ideal activity while you wait for sauna to heat up)

Close the incoming feed at the upstream dam with the brown plastic stop end attached to the 90° bend pipe piece. The sauna feed is the middle pipe in the dam wall. Open the discharge tap on the blue pipe in the stream and clean the sides of the pool with a stiff brush, while the water runs out remove any stones etc with the shovel or dust pan and refill the pool.

Changing and Apparel

The centre of the sauna building is reserved for changing –wooden shelves have been provided to store your clothing. 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 gloves if water temperature is too high. If you are a first time sauna user, do not spend too 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 plugs on the stove wall, or 2 plugs 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 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 Clean all work surfaces – brush the floors, Remove all rubbish from site, Close down the fire by fully closing the air intake and close and lock all the windows & doors.

Accident & Reporting

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 most networks at the first locked gate.

Any accidents or problems are to be reported to the sauna manager as soon as possible.

Name: Paul Dann

Forestry Commission, Llanfair Rd, Llandovery SA20

OAL

Tel 0300 068 0300

Date: 14/04/2010

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.....