



LOMA LINDA UNIVERSITY

Drayson Center

Loma Linda University Drayson Center Facility Rules and Regulations

Locker Rooms and Sauna Policies (4/19/19)

- ✓ Day-use lockers are available for members who provide their own locks. Lockers must be cleared of all personal items by the facility closure time. Locks and belongings not cleared by that time will be removed by Drayson Center staff.
- ✓ Locker rentals are not covered by general membership fees and are available to Drayson Center members for an additional fee.
- ✓ A courtesy reminder will be placed on the lockers nearing their expiration date.
- ✓ Mobile phone and camera use in the locker room is strictly prohibited. Phones should not be visible.
- ✓ Items removed from expired rental lockers will be held in Lost and Found for up to 7 days, then donated to a local charity.
- ✓ Drayson Center is not responsible for lost or stolen items. It is highly recommended that backpacks, athletic bags, and other valuables be stored in lockers with locks on them.

Dry Saunas

- ✓ Those using the dry sauna are required to remain appropriately covered and sit on a towel.
- ✓ Members and visitors must be at least 18 to use the sauna.
- ✓ Hair, dangling swimwear, or other loose items should be secured. It is recommended that jewelry not be worn in the dry sauna for reasons of personal safety.
- ✓ Dry sauna use is limited to 20 minutes. Users may shower, cool down, and return briefly. Prolonged use may result in nausea, dizziness, fainting, or hyperthermia.
- ✓ Individuals with heart disease, diabetes, high or low blood pressure, seizures, epilepsy, or other medical conditions are cautioned against using the dry sauna.
- ✓ For safety reasons, it is recommended that individuals with heart or back trouble, or that may be pregnant, refrain from using the dry sauna.
- ✓ No oils or other liquids are allowed in the dry sauna except for drinking water in plastic resealable containers.
- ✓ For your safety, please refrain from putting any liquids or personal items on the rocks or heating unit of the dry sauna.