

STANDARD OPERATING PROCEDURES SAUNA

**Covid -19 SOP's as per Govt Pakistan instructions will be adhered by all
Staff & members**

- a) Temperature check will be done on entry to club. Acceptable temperature range is between 97°F (36.1°C) to 99.2°F (37.3°C). A temperature over 99.2°F (37.3°C) may indicate a fever and entry will not be permitted.
- b) Sauna hours of operation daily from 06:30 am to 22:00 pm.
- c) Social distancing must be practiced at all times as per **marked spot**.
- d) Only 02 members are allowed in male and female Sauna.
- e) Only 10-15 minutes for each member will be allowed.
- f) Receptionist will maintain waiting list on first come first serve basis. Please wait for your turn patiently.
- g) Mandatory shower before and after Sauna.
- h) All members using the Sauna do so at their own risk.
- i) Children under 16 are not allowed to use Sauna.
- j) Electronic equipment such as mobile phones cameras etc are not allowed inside Sauna.
- k) Open and close the door quickly so that temperature will remain maintained for other members.
- l) If any emergency leave the room immediately.
- m) Remove slipper, watch, ornaments etc before you enter.
- n) Anyone coughing or sneezing will be asked to leave the Sauna immediately.
- o) After using the Sauna leave the area immediately.

**Maj
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(Asst Secy Sports)**