

## BONITA NATIONAL SAUNA RULES

- **In the case of an EMERGENCY, call 911.**

AED located outside Group Exercise Room.  
Address for emergency personnel: 17671 Bonita National Blvd.

Report all Sauna accidents or injuries to the Pool Café Manager or the Fitness Staff

- Sauna hours are 5 AM – 10 PM
- Children under 16 are not permitted in the Sauna. Children 16-17, who are Bonita National residents and hold a resident's Member card, may use the Sauna unaccompanied.
- Showers are required prior to entry in the Sauna. FL 64E-9.008(7)
- People with open cuts, sores or contagious diseases are prohibited from using the Sauna.
- No pets, food or beverages in the Sauna. FL 64E-9.008(7)
- Pregnant women, those with health problems, and those using alcohol, narcotics or other drugs that may cause drowsiness should not use the Sauna without first consulting a doctor. FL 64E-9.010(10C)

Revised 12.19.24