

Sauna/Steam Room Checklist



SAUN1	Agency Name:	
SAUN2	Total number of sauna/steam rooms assessed:	_____ saunas/stream rooms
SAUN3	Name/ location of the sauna/steam room:	
SAUN4	Is there a continuous unobstructed route of travel from entrance to the sauna/steam room?	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> n/a <input type="checkbox"/> photo
SAUN5	Is the route of travel well-lit?	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> n/a <input type="checkbox"/> photo
SAUN6	Describe the surface of the route of travel:	
SAUN7	Slope of route of travel (at its steepest incline):	_____ % (enter 0% if flat)
SAUN8	Width of route of travel (at its narrowest point):	_____ inches (at least 36")
SAUN9	Is there an entrance into the sauna/steam room?	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> n/a <input type="checkbox"/> photo
SAUN10	If yes, clear open width of door to the sauna/stream room:	_____ inches (at least 32")
SAUN11	Opening force of door:	_____ pounds (5 pounds or less)
SAUN13	Handle type entering : <input type="checkbox"/> automatic <input type="checkbox"/> knob <input type="checkbox"/> pull <input type="checkbox"/> push/pull paddle/bar <input type="checkbox"/> entry set-top button <input type="checkbox"/> lever <input type="checkbox"/> push plate <input type="checkbox"/> other:	
SAUN14	Handle type exiting : <input type="checkbox"/> automatic <input type="checkbox"/> knob <input type="checkbox"/> pull <input type="checkbox"/> push/pull paddle/bar <input type="checkbox"/> entry set-top button <input type="checkbox"/> lever <input type="checkbox"/> push plate <input type="checkbox"/> other:	
SAUN15	Clear space on pull side of door:	_____ inches (at least 18")
SAUN16	Indicate type:	<input type="checkbox"/> sauna <input type="checkbox"/> steam room
SAUN17	Sauna/steam room assessed:	<input type="checkbox"/> female <input type="checkbox"/> male <input type="checkbox"/> unisex/family
SAUN18	Does the sauna or steam room have clear space for wheelchair maneuvering? (60" circle)	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> n/a <input type="checkbox"/> photo
SAUN19	Is there a place to park a wheelchair so it does not become hot?	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> n/a <input type="checkbox"/> photo
SAUN20	Is there an emergency button in the sauna/steam room that can be reached from a seated position?	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> n/a <input type="checkbox"/> photo
SAUN21	How high are the benches?	_____ inches (17"-19")
SAUN22	How deep are the benches?	_____ inches (20"-24")
SAUN23	Is a grab bar provided?	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> n/a <input type="checkbox"/> photo
SAUN24	Comments/additional information about sauna/steam room area:	

Sauna and Steam Room Checklist Information

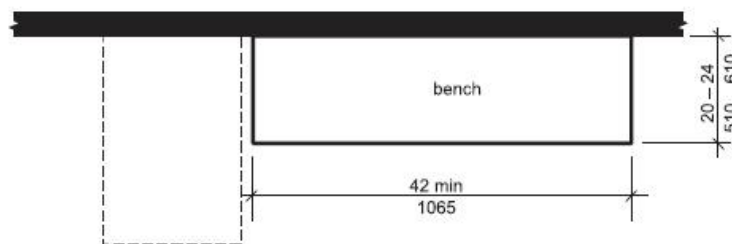
Definitions for saunas and steam rooms:

- **Sauna** is a small room designed to be heated to very high temperatures, with well-controlled humidity. Saunas are used both for recreational and therapeutic purposes, with most people utilizing them as a relaxation tool that provides additional health benefits.
- **Steam room** is an enclosed space with large amounts of high temperature steam, creating a high humidity environment. People sit in this room in a similar way to a sauna (conversely a hot, but dry atmosphere), for relaxation and purported benefits to health and well being.

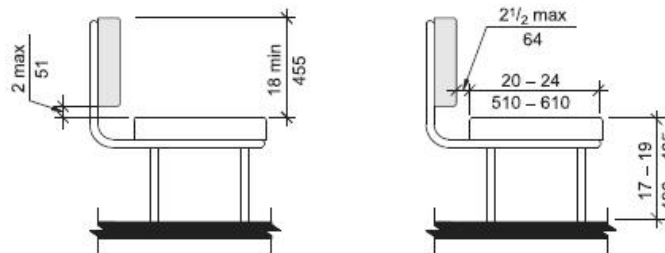
Additional information for completing the Sauna/Steam Room checklist:

If saunas or steam rooms are in a cluster, at least 5 percent, but not less than one of each type must be accessible. If seating is provided, at least one bench must be accessible. Doors cannot swing into any part of the clear floor or ground space required for benches.

Back Support: The bench shall provide for back support or shall be affixed to a wall. Back support shall be 42 inches long minimum and shall extend from a point 2 inches maximum above the seat surface to a point 18 inches minimum above the seat surface. Back support shall be 2 1/2 inches maximum from the rear edge of the seat measured horizontally.



(a) Clear Floor Space and Size



(b) Bench Back Support and Seat Height