

# **SPATA**

## **Standards for Swimming Pools**

### **Domestic and Commercial**

#### **Part 6**

##### **Steam Rooms**

## STEAM ROOMS

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### Definition

A cabin often prefabricated with internal seating. Both cabin and seating impervious to damage by steam.

Steam is generated by an externally located generator, to provide a wet air temperature between 45°C and 50°C.

Bathers should remain within the steam room for no longer than 10-15 minutes at each visit.

### Equipment

Equipment should include:

1. Door should be provided with toughened safety glass.
2. The steam generator should be capable of producing steam at the rate of 10m<sup>3</sup>/person/hr.
3. Thermostatic temperature control.
4. Steam injection nozzle designed and positioned to prevent scalding of users.
5. An essence dosing pump to introduce a fragrance to the cabin is optional.

### Ventilation

To achieve correct ventilation it is necessary to include a 100mm rigid plastic vent for connection to the steam room. The pipe should be connected to the rear of the roof of the

steam room and run directly to outside air, within a distance of 8 metres. The vent pipe is connected to an adjustable air vent within the cabin. If the run exceeds 8 metres an in line vent fan should be installed.

### **Electrical**

A suitable isolator is required for the steam generator. This must be located no further than 1m from the steam room. **NOTE – With some types of generator use of an RCD will cause nuisance tripping as the steam cylinders elements use the conductivity of the water to generate steam.**

### **Water**

With some methods of steam generation the water supply must NOT be chemically softened. There is a risk of scaling occurring in steam generators. Dependent on the type of generator, it may be necessary to chemically check the mains water and/or descale the generator on a regular basis. Automatic descaling units are available with some generators.

A 15mm cold water mains supply is required at a pressure between 1 and 6 bar (15 to 85 psi). This facility should be provided within 1 metre of the plant area and should be terminated with a stopcock.

### **Flooring**

The steam room should be erected on a specially prepared floor finished in anti slip, non porous suitable tiles, or other suitable floor covering.

### **Drainage**

In addition to a floor drain within the steam room, a drain is required for the waste outlet from the steam generator. The drain should be outside the cabin and should be a minimum of 40mm (1.5”) diameter. Where there is a risk of odour returning into the cabin a suitable drain trap should be fitted. The drain from the generator should be 22mm and capable of withstanding temperatures up to 100°C.

### **Maintenance**

The steam generator should be serviced regularly. The commercial steam cabin should be cleaned thoroughly daily with particular attention to floor and seating.

### **Safety**

The following points of safety should be addressed.

1. The steam room should not be used by pregnant women, children under 4 years, unsupervised children under 8 years, children over 8 years where the temperature exceeds 37 °C or those with any medical condition, without specific medical approval.
2. The steam room should not be used by any person under the influence of alcohol or drugs.
3. Surfaces should be kept clean and free of oil or grease to prevent slipping, tripping or the spread of bacteria.
4. All electrical controls should be out of the reach of users.
5. Doors must open outwards to ensure that users can exit safely without problem should panic occur.
6. For commercial saunas, consideration should be given to fitting an emergency alarm (internally).
7. Users should be advised to drink sufficient fluids before entering the steam room to avoid the risk of dehydration; not to enter within an hour of eating a meal; not to use a steam room if you have open cuts or wounds; and to allow time for the body to cool down after exercise before entering a steam room.