Lied Recreation Athletic Center Steam Room Policies

Recreation Services welcomes you to the Lied Recreation Athletic Center. In an effort to ensure a safe and enjoyable experience for our patrons, your observance of the following rules is appreciated.

- Please be aware that participation in all Recreation Services programs is voluntary, and use of these facilities involves a level of risk. Participants are encouraged to have a physical examination prior to participating in any activity and maintain their own medical and health coverage.

- Spirited participation is encouraged, however; please refrain from inappropriate behavior and the use of profanity.

- Priority usage is designated for ISU students, faculty & staff during open hours.

- All Lied Recreation Athletic Center patrons are expected to be responsible, courteous and safety conscious at all times.

- This steam room is designated for use by the ISU Community (i.e. students, faculty, and staff) and members 18 years of age or older. Proper identification will need to be provided to the Building Supervisor upon request (ISU card, valid driver’s license, etc.). Patrons must be 18 years of age or older. All patrons must show one of the following for entry into the facility:
  
  Students: valid, current ISU card
  Patrons: ISU card and/or current user card
  Student Athletes: valid, current ISU card
  Guests: proof of eligibility or sponsor to purchase a daily guest pass

- Individuals under the age of 18 (who are not current ISU students) are prohibited.

- The steam room temperature is set between 100 and 110 degrees Fahrenheit. (Temperature cannot be adjusted by the user)

- Limit yourself to a maximum of 10 minutes exposure.

- Due to high temperatures and humidity, the steam room can be dangerous to your health. We recommend that you consult your physician before you use the steam room. Those with medical conditions such as high blood pressure, heart disease, and respiratory problems, and those who are pregnant, should avoid exposure to high heat and humidity.

- Allow yourself at least 5 minutes after exercising to cool down before entering.

- No food or drink (except water) is allowed inside.

- Please shower before entering.

- Appropriate clothing required. Shorts are required.

- No shaving allowed for sanitary reasons.

- Please notify the Building Supervisors (515-294-7140) of any needs you may have, unsafe activities or facility problems immediately. Call ISU Police (515-294-4428) if it is an emergency.

- Patrons may be billed for late, damaged or lost equipment. Removing equipment from the facility is not permitted.

- Animals are not permitted in facilities except, trained service animals.

- Tobacco and gum are prohibited.

- All patrons may use day-use lockers in the building, but contents and locks must be removed on a daily basis. Locks will be cut and lockers will be cleared at the end of each day. Patrons should report missing items to the respective facility supervisor as soon as the items are noticed missing. Recreation Services is not responsible for lost or stolen items.

- Violations of the Lied Recreation Athletic Center rules, Recreation Services program policies, or ISU student conduct policies, may lead to removal from the facility and loss of privileges. This includes use of false identification.