











Nestridge Infrared Sauna Rules

COLLAPSE

NEPTUNE



**Cold Plunge #1**  
Temperature is set to 47 degrees

**Westridge Plunge Pool Rules**

- No one under the age of 18 is permitted in the Plunge Pool
- Only one person per plunge pool at a time
- Recommended maximum time in the water is two minutes.
- No lifeguard on duty, swim at your own risk
- Those that are pregnant, obese, have a history of heart disease, high or low blood pressure, circulatory system problems or diabetes should consult a physician before use
- Prolonged use can increase the risk of hypothermia
- Please put the pool cover back on after use

**Cold Plunge #2**  
Temperature is set to 47 degrees

