



Recovery Zone Induction & Use Guide

Department: Operations / Coaching / Member Services

Applies To: All UAC Clubs, Franchisees, and Members

Purpose: To ensure all members and staff use the Recovery Zone safely and effectively. This SOP standardizes the induction process, equipment usage, and signage requirements for all UAC recovery areas, aligning with UAC’s high-performance standards and safety protocols.

Scope

This policy applies to:

- All UAC clubs equipped with recovery facilities (ice bath, sauna, compression boots, dry zone).
- Coaches, Facility Managers, and Members utilizing or supervising recovery sessions.

Objectives

1. Provide consistent member education on the benefits and usage of each recovery module.
2. Reduce safety risks through proper induction and clear signage.
3. Maintain hygiene, comfort, and performance standards across all clubs.

Recovery Zone Overview

Recovery Module	Purpose	Typical Duration	Frequency
Ice Bath / Chiller	Reduces inflammation, aids muscle recovery post-training	3–10 mins	2–4x per week
Sauna (Infrared or Dry)	Promotes circulation, detox, muscle relaxation	10–20 mins	2–4x per week
Compression Therapy	Enhances lymphatic drainage, reduces DOMS	15–30 mins	2–5x per week
Dry Recovery Lounge	Relaxation, breathwork, and mental decompression	As needed	Daily optional

Induction Process

Step	Action	Responsible	Documentation / Tools
1	Introduce Recovery Zone to new members during induction / onboarding	Coach or Manager	Induction Checklist
2	Review Safety Guidelines and Contraindications	Coach	Signage & Verbal Overview
3	Demonstrate correct use of each module (ice bath, sauna, compression)	Coach	Recovery Module Manual
4	Explain member booking process (via app / front desk)	Admin / Coach	GymMaster App
5	Record induction completion in member profile	Manager / Admin	GymMaster Notes
6	Provide QR link to Recovery Video Guide (UAC)	Coach	Digital QR Poster

Recovery Zone Safety Guidelines

General Rules:

- Members must complete induction before first use.
- No use if feeling faint, dizzy, unwell, or under influence of alcohol/substances.
- Pregnant members or those with cardiovascular/respiratory conditions must seek medical clearance.
- Always hydrate before and after use.
- Use towels at all times (provided by the club or bring your own).

Ice Bath / Chiller Unit

Purpose: Reduces swelling, inflammation, and speeds up muscle recovery.

Duration: 3–10 minutes.

Temperature: Typically 8–12°C.

How to Use:

1. Shower before use.
2. Enter slowly and control breathing.
3. Do not submerge head or face.
4. Exit carefully and dry off immediately.
5. Log your session if required by your program.

⚠ Safety Note:

- Do not use if you have heart disease, open wounds, or Raynaud's Syndrome.
- Always test the water temperature before entry.
- Max 10 mins per session.

Sauna

Purpose: Increases blood flow, reduces stress, and assists detoxification.

Duration: 10–20 minutes at 70–90°C (infrared or dry sauna).

How to Use:

1. Hydrate before entering.
2. Enter with towel (sit on towel).
3. Do not apply oils or lotions inside.
4. Exit if lightheaded or overheated.
5. Allow 10 mins cool-down before shower or next activity.

⚠ Safety Note:

- No food or drinks inside.
- Not suitable for pregnant women or those with uncontrolled hypertension.
- Keep door closed at all times to maintain temperature.

Compression Therapy (e.g., Normatec, AirRelax)

Purpose: Enhances blood flow, decreases swelling, accelerates recovery.

Duration: 15–30 minutes.

Pressure Level: 4–6 (moderate).

How to Use:

1. Sit comfortably and attach sleeves (legs/arms/hips).
2. Select duration and pressure on the control unit.
3. Relax and remain still during cycle.
4. Clean cuffs after use with disinfectant spray.

⚠ Safety Note:

- Do not use if pregnant or have DVT, varicose veins, or open wounds.
- Report any tingling or numbness immediately.

Dry Recovery Lounge

Purpose: Promotes relaxation, mindfulness, and mental recovery.

How to Use:

1. No phone use during session.
2. Sit or recline quietly for 10–20 minutes.
3. Optional: guided breathing or meditation (QR link to UAC Recovery App).

Cleaning & Hygiene Standards

Frequency	Action	Responsible
After Every Use	Wipe down surfaces & handles	Member / Staff
Daily	Disinfect recovery equipment	Cleaner / Staff
Weekly	Deep clean of sauna, tubs & compression sleeves	Cleaner
Monthly	Maintenance check on chillers & electricals	Manager / Contractor

Signage Requirements (Display in Recovery Area)

A. General Recovery Zone Sign

UNIVERSAL ATHLETE CENTRE – RECOVERY ZONE

Train Hard. Recover Smarter.

Please observe the following rules:

- ✓ Induction required before first use
- ✓ Bring towel and water bottle
- ✓ Use time limits per station
- ⚠ Do not use if you feel dizzy, unwell, or have medical conditions without clearance
- 🚫 No food, glass, or loud music
- 💧 Keep the area clean and dry

Ice Bath Sign

ICE BATH PROTOCOL

- Duration: 3–10 mins max
- Temperature: 8–12°C
- No full submersion of head or face
- Step in slowly – control your breathing
- Exit carefully – floor may be slippery
- ⚠ Not suitable for heart conditions, pregnancy, or cold sensitivity

Sauna Sign

SAUNA GUIDELINES

- Duration: 10–20 mins
- Max temperature: 90°C
- Always use a towel – no lotions or oils
- Hydrate before and after
- Exit immediately if feeling lightheaded
- ⚠ Not suitable for children under 16, pregnant users, or those with high blood pressure

Compression Therapy Sign

COMPRESSION RECOVERY

- Duration: 15–30 mins
- Select moderate pressure (4–6)
- Stay still during cycle
- Clean cuffs after use
- ⚠ Do not use with DVT, pregnancy, or open wounds

Dry Recovery Sign

DRY RECOVERY LOUNGE

- Quiet zone – phones off
- Duration: 10–20 mins
- Use for mindfulness & relaxation
- Please clean area after use

Staff Responsibilities

- Centre Manager: Ensure induction and signage compliance
- Coaches: Conduct member inductions and monitor usage
- Service Attendants / Cleaners: Maintain cleanliness and hygiene
- HQ Operations: Review signage and updates annually

Induction Acknowledgment (Optional Member Form)

I, _____, have completed my UAC Recovery Zone induction and understand how to safely use the ice bath, sauna, compression, and dry recovery modules.

Signature: _____ Date: _____

Staff: _____

Review & Audit

- Recovery induction and signage reviewed quarterly by Franchise Support Officer (FSO).
- Non-compliance (missing signage or skipped inductions) reported in UAC Operational Audit Form.
- Updated posters and QR resources issued annually by HQ Design Team.