



ROAM FITNESS®

ROAM Fitness PHL ADA Assisted Use of Sauna Unit Facilities

ROAM Fitness provides an Infrared (IR) Sauna Unit for all paying ROAM Fitness Members. In preparation for ROAM Members that may need additional assistance under ADA Guidelines, the following procedures are implemented as part of the ROAM Fitness PHL S.O.P. Assisted Sauna Session program to provide best efforts in accommodation and accessibility.

- ✓ All ROAM Fitness PHL Staff are trained in the execution of ADA best efforts use of the Sauna unit including:
 - Operating a Portable Aisle Wheelchair Model,
 - Preparing the temporary ramp and Sauna Unit bench configuration for ADA assisted use indicated below:
- ✓ Information on ADA assisted use of the ROAM Fitness PHL Sauna Unit is included in the PHL location specific details on the ROAM website and the Front Desk can provide additional information as needed. Note: while the Sauna Unit at ROAM Fitness PHL is originally designed as a two-person, simultaneous usage unit, all usage while at ROAM Fitness has been strictly restricted by ROAM to one sole occupant at any and all times for all ROAM Members.
- ✓ ADA ROAM Members interested in the use of ROAM Fitness PHL Sauna facilities are requested to reserve an Assisted Sauna Session 48 hours in advance of a visit by calling the ROAM Fitness PHL Front Desk at (445)-888-1219 and/or emailing p hl@roamfitness.com.
- ✓ The On-Shift Staff at the Front Desk will access the Sauna Unit schedule to ensure the availability of the desired day and time and



BWI 410.553.4701
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info@roamfitness.com
www.roamfitness.com



BWI *opened 2017*
PHL + SFO *opening 2023*



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include the following information when confirming the reservation in order to ensure that the onsite Staff is prepared for the visit:

- Is the ROAM Member requiring use of an aisle wheelchair device for their visit?
 - If yes, are they currently using a personal wheelchair device approved by their airline?
 - If yes, does the wheelchair meet maximum width dimension minimums set by 14 CFR § 25.815 Width of Aisle, where the widest minimum requirement is set at 20 inches for any ticketed passenger traveling through PHL airport, and therefore any person and mobility device must be able to pass through this maximum minimum width:
<https://www.law.cornell.edu/cfr/text/14/25.815>
 - If no, would they transfer to a portable wheelchair device provided by ROAM that accommodates the Sauna Unit with the following requirements and features.
 - i) Must weigh less than 220lbs (maximum chair weight limit)
 - ii) Must be able to transfer to portable unit with limited assistance from ROAM Staff
 - iii) ROAM's provided aisle wheelchair has a maximum width of 19.7 inches and depths of 33.5 inches which is in line with the largest of any airline owned and sponsored aisle wheelchairs and will fit within the current ROAM Fitness PHL Sauna Unit with the bench temporarily removed.
 - Is the ROAM Member not currently using a wheelchair device, but may need assistance, and would prefer using the ROAM portable aisle wheelchair for the Sauna Unit session?
- ✓ Detailed information from the ROAM Member requesting an Assisted Sauna Session reservation will assist the ROAM Fitness Staff to provide the appropriate service and device as needed for their visit.
 - ✓ On-Shift Staff confirming the ROAM Member reservation is responsible for alerting the ROAM Staff & Manager of the ADA best efforts use reservation using the ROAM standard communication process.





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- ✓ On the day of the Assisted Sauna Session reservation for an ADA ROAM Member, the Staff will retrieve the portable wheelchair device from its storage and check for proper use and mechanics. More details on the aisle wheelchair can be found via the following link:
https://www.amazon.com/dp/B0BHZ5RNKQ/ref=sspa_dk_detail_9

- ✓ 30 Minutes prior to visit, Staff will prepare the Sauna Unit for the ROAM Member including:
 - Length of the Session
 - Temperature of the Session
 - Bench Configuration/Removal
 - Deployment of Sauna threshold ADA certified portable ramp for 1" elevation difference between tiled floor and sauna floor:
<https://www.ecoreintl.com/products/accessories/ada-ramps>
 - Other supplies as needed such as towels, water, other.

- ✓ Upon arrival at ROAM Fitness PHL Front Desk, the ROAM Member will complete all required check-in procedures.
- ✓ Staff will proceed in escorting the ROAM Member to the Vanity Area and Sauna Unit.
- ✓ Staff are required to use PPE equipment to assist the ROAM Member.
- ✓ As needed, the ROAM Member may use the ADA compliant Shower Room & Restroom .
- ✓ As needed, the Staff will assist in a transfer of the ROAM Member from their personal device to the ROAM portable aisle wheelchair device.
- ✓ ROAM Staff will guide the ROAM Member in the device into the Sauna Unit.
 - Once inside the unit, Staff will close the Sauna Unit door.
 - Staff is required to remain in the Vanity Area where the Sauna Unit is located to monitor and assist the ROAM Member as needed throughout the entirety of the Assisted Sauna Session, including immediate termination of the sauna heating units, rapid cooling ventilation, and expedited removal of the ROAM Member from the Sauna Unit.



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- When the Assisted Sauna Session is complete, ROAM Staff will open the door and guide the ROAM Member out of the Sauna Unit and into the Vanity Area and/or ADA compliant Shower Room as appropriate.
- If needed, Staff will accompany the ROAM Member to the Front Desk area and exit.

