



New York State YMCA Youth And Government

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Committee Assignment: Assembly Liberty 2

Bill #:AL-12

Sponsors: Aidan Jones, Max Grumberg, Josh Crellin, Henry Wooster

An Act To Amend the New York State Public Health Law 1341 to add Section 1341-a to require bathing establishments in public health centers to provide access to saunas for New York State residents over the age of sixteen.

The People of the State of New York, represented in the Senate and Assembly do enact as follows:

Purpose This legislation will allow all people over the age of sixteen to use and benefit from saunas in bathing establishments in public health centers.

Summary of Provisions

Section 1

Sauna: a small room used as a hot-air or steam bath for cleaning and refreshing the body.

Bathing establishment: every indoor or outdoor place where: (1) there is a swimming, wading, spa, or special purpose pool, (2) there is a sauna or steam room with or without a pool, or (3) there is a spray ground with or without a pool, sauna or steam room that is open to the public.

Public bathing establishment: a bathing establishment at a facility open to any individual seeking to join that is regulated by the New York State Public Health Law.

Section 2

Section 1341-a:

All public bathing establishments within the State that have sauna facilities or a sauna shall be accessible for use by residents aged sixteen and over. It shall be a violation of Section 1342 of the Public Health Law to restrict access to individuals aged sixteen and over.

Justification

Many bathing establishments currently limit access to saunas to individuals over the age of eighteen. Some of the benefits of saunas include weight loss, reduced risk of heart disease, detoxification, improved sleep, stress management, increased cardiac health, and relaxation. Additionally, saunas promote good skin health by opening pores by releasing oil and buildup. These benefits should be available to individuals aged sixteen and over. Many teens suffer from acne, stress and body aches from sports and endurance activities. Teens that participate in sports and endurance activities can use the sauna to recover from athletic events. The muscle is relaxed, which helps with the removal of excess lactic acid and other toxins after the event. Science Daily reported that scientists at the University of Eastern Finland determined that use of a sauna for 30 minutes reduces blood pressure and increases vascular compliance, while also increasing the heart rate to a rate that is



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similar to medium-intensity exercise. The passing of this bill will ensure that people aged sixteen and over will benefit from the positive impacts it has on their health.

Fiscal Implications

Minimal costs will be incurred by bathing establishments as they currently monitor access to and restrictions on the use of saunas. Additional revenue may be available to the establishment by providing access to younger users of saunas.

Environmental Implications

Persons age sixteen and over will gain increased health benefits from the use of saunas. The state and communities overall will benefit from a greater commitment to individual health.

Effective Date

The law will go into effect one year from the date of passage.