

URBAN INDIAN CENTER OF SALT LAKE (UICSL)

SWEAT LODGE RULES

The purpose of the Urban Indian Center of Salt Lake City (UICSL) sweat lodge is to provide a healing and cleansing ceremony with a priority on “beneficiaries”. Pursuant to federal law, beneficiaries are American Indians who are eligible to receive UICSL services. In addition, beneficiaries will receive priority in the provision of UICSL services.

1. Every person in attendance will sign an attendance sheet.
2. Every person must sign a Sweat Lodge Waiver of Liability prior to participation. (Located on attendance sheet)
3. No children under 5 years of age in the sweat lodge. Children over 5 years old must sit with their parents.
4. If under 18 years of age, a permission slip signed by a parent or guardian is required.
5. Females CANNOT attend sweat lodge when they are menstruating or pregnant.
6. First time sweat lodge participants must speak with the sweat leader prior to entering the sweat lodge.
7. The UIC is required to provide health services to the American Indian community (“beneficiaries”). As a result, in case of high number of participants entering into the lodge, priority of entrance will be determined as follows:
 - a. UICSL clients have first priority.
 - b. American Indian Community members have second priority.
 - c. Non-Native community members have third priority.
 - d. Non-Native Non-community members have fourth priority.
8. All participants must:
 - a. Have no severe breathing problems / heart problems / high blood pressure, etc. Check with your health care provider before participating.
 - b. Be free from alcohol or illicit drugs.
 - c. Be free of any communicable sicknesses, or infectious diseases such as TB, Hepatitis B and C.
 - d. Know your heat limits so that we do not have to interrupt the ceremony by letting you out during the middle of a round.
9. Dress code for the sweat lodge:
 - a. For Male: Knee length shorts and underpants.
 - b. For Female: Knee length shorts, modest underpants, and non-transparent shirt; sweat skirt/dress is preferred.
10. No foul language, derogatory comments, or horseplay is allowed.
11. Respect the confidentiality of participants. What is said in the sweat lodge stays in the sweat lodge.
12. Only designated fire keepers will be permitted to manage the fire and rocks. Speak to the fire keeper if you are interested in fire keeping.
13. Only ceremonial tobacco will be allowed in the sweat lodge.
14. Pick up your trash and place all cigarette butts in the designated urn.

If any of these rules are violated you be asked to leave the premises. If you are asked to leave, you will need to set an appointment with the UICSL Executive Director to resolve the situation before returning to the sweat lodge.

Drink plenty of water and eat lightly prior to entering the sweat to ensure you have a meaningful and safe experience. Please speak to the sweat leader **and** UICSL staff prior to entering the sweat lodge if you are experiencing severe emotional or physical problems. UICSL is not responsible for any lost or stolen items.