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★ ★ ★ ★ ★
Keine Stimmen

Sauna



The sauna is a relatively simple camp structure. It can become a highlight for both children and camp counselors (not just in winter).

There are many different ways to build a sauna. This article presents a simple, tried-and-true method.

Materials Required

To build a sauna the size of a Berlin bivouac:

- 12 military tarps (each with at least 4 ropes included)
- 4 tent stakes (tent set; requires 11 tent poles and 12 tent pegs)
- Plastic tarp (at least 3x3m)
- For each sauna session, 2 large, fire-resistant stones (ideally firebricks)
- Shovel

You'll also need a way to cool off (shower, river, or lake)

Procedure

*Build a fire to heat the stones and water
*Dig a hole for the stones
*Tie together the tarps
*Set up the sauna over the hole
*Place the hot stones into the hole with a shovel
*Sit inside the sauna
*Pour water over the stones
*Leave the sauna and cool off in a stream, lake, or shower

Heating the Stones and Water

Before you begin setting up the sauna, you should already start heating the stones. To do this, arrange the stones as loosely as possible. Then build a fire as hot as possible over the stones. It takes 1–3 hours to heat the stones.

The water that will later be poured over the stones should also be heated if possible, as this will help prevent the stones from cooling down too much. However, the water does not necessarily have to boil;

heating it to about 60°C reduces the risk of burns. Since the water takes much less time to heat up, this can also be done later.

Building the Sauna

First, you need to dig a hole that will later be located in the center of the sauna. Later, the hot stones will be placed in this hole and doused with water. It should be large enough so that the hot stones (about 2 larger ones) can be submerged in it later. This means the stones should no longer protrude.

The sauna basically consists of a “Berliner” (bivouac). Instructions on how to build this can be found in the corresponding article. Old tarps should be used, especially for the floor of the tent. The “Berliner” is set up over the previously dug hole.

After setting up the “Berliner,” its floor can be untied in the middle so that the hole is exposed.

Four additional tarps, tied together to form a square, are placed over the “Berliner.” These provide additional insulation. Finally, a plastic tarp is placed over the entire structure.
Optionally, fir branches and leaves can also be used for additional insulation.

Operation

Once the sauna is fully built and the stones are properly hot, you can begin using the sauna. Before children enter the sauna, an adult should use a shovel to place the hot stones inside the sauna (in the hole). About 6–7 people can then carefully enter the sauna. Afterward, the entrance can be closed (**Caution: It must be possible to exit the sauna quickly at any time**).

A supervisor can now begin pouring warm water over the stones. Only pour enough water so that none pools in the hole. If it gets too cool in the sauna, more water can be added. After about 10 minutes (max. 15 minutes), everyone should leave the sauna and cool off with water (in a lake, stream, river, or in the shower).

After a 20–30-minute break, a second sauna session can be conducted. For health reasons, further sauna sessions should be avoided.

Uses

Saunas can be built at camps as well as on regular afternoons (however, participants must bring their swimwear).

Building a sauna works very well as a workshop, especially since no one should be forced to use it.

Safety Instructions

- Contrary to popular belief, children can safely use saunas; the health risk is no greater than for adults
- The stones must not be prone to shattering (Never use river stones!)
- No one should be forced to participate in a sauna session

- Only healthy individuals may participate in a sauna session
- If anyone feels unwell, they should leave the sauna immediately (the entrance must be able to be opened quickly)
- Everyone should drink plenty of fluids both before and after the sauna session (preferably water, broth, or similar)
- No more than two sessions should be conducted, with a minimum 20-minute break in between.
- No one should stay in the sauna for longer than 15 minutes

Photo Credit

- Cover photo: Courtesy of the Schinznach Youth Group / Manuel Meier

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Age
No data available.

Number of participants
No data available.

Bible
This information is missing.

Duration
Up to 1 hour
No data available.

Terrain / surroundings
Not specified

Material
None
Almost effortless

File download
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