

IJSS The International Journal of
SAUNA STUDIES

A project of the International Sauna Research Network

Health Science | History & Culture | Technology & Design

www.saunaresearch.org

International Journal of Sauna Studies (IJSS) BUSINESS MEETING #1

XVII International Sauna Congress
13:45 – 15:00pm, June 9, 2018
Park Hotel, Tornio

— MEETING SUMMARY —

CONTENTS

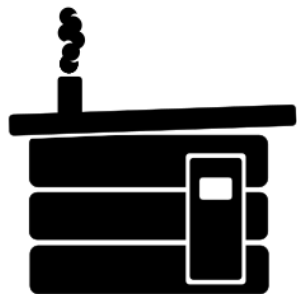
- 1) AGENDA:** The PDF Slides from the meeting are reproduced below
Slides are included first, with minutes following
- 2) MINUTES:** Minutes correspond to PDF Slides
Minutes prepared by Dr Jack Tsonis for circulation to all participants registered for the XVII International Sauna Congress
- 3) IJSS POLICIES:** IJSS formal establishment clauses
(extract from the ASBA Constitution)
Includes summary comments about the document

Meeting summary circulated July 2018 to all registered participants of the XVII International Sauna Congress, and will be made available for other interested parties. Minutes will be published in IJSS Vol. 1.

For all questions, email info@saunaresearch.org

AGENDA AND MEETING SLIDES BELOW





IJSS The International Journal of
SAUNA STUDIES

A project of the International Sauna Research Network

Health Science | History & Culture | Technology & Design

www.saunaresearch.org

INAUGURAL BUSINESS MEETING

XVII International Sauna Congress

13:45 – 15:00

June 9, 2018

Park Hotel, Tornio

Chaired by Dr Jack Tsonis

Editor-in-Chief | International Journal of Sauna Studies (IJSS)

President | Australian Sweat Bathing Association (ASBA)

jack@asbasweat.org



Minutes of this
meeting will be
circulated to all
Congress members

MEETING AGENDA

1. IJSS – Proposal Overview (presentation)

- Context/Background
- Proposed structure of IJSS
- International Sauna Research Network (ISRN)
- IJSS administration & policies
- Timeline for IJSS

2. Collaboration between ISA and IJSS (discussion)

- Publication of ISA Congress report as IJSS Vol. 1
- Ongoing collaboration between IJSS and ISA

3. Preservation of Existing Sauna Research (discussion)

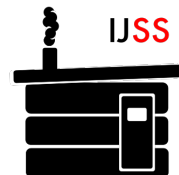
- IJSS collaboration with ISA and Deutscher Sauna-Bund
- Preservation of other existing sauna research

4. IJSS Editorial Board (discussion and nominations)

- Structure of Editorial Board
- Selection criteria for Editorial Board members
- Editorial Board – processes
- Editorial Board – nominations

5. Future Directions for IJSS (discussion)

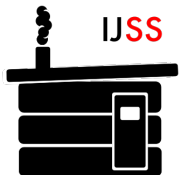
Bus to Kukkolaforsen @ 4pm



1. IJSS – Proposal Overview

a. CONTEXT/BACKGROUND

- **There is a need to promote English-language sauna research**
 - Previous coordinated research from C20th is almost exclusively in Finnish and German
 - Other English-language research is not well connected – many papers but no conversation
- **Without coordinated research, we cannot properly spread sauna culture at a global level**
 - We do not have enough evidence for sauna as a wide-scale health intervention
 - We do not have enough evidence about the social power of sauna (of interest to national and municipal governments)
- **Jari Laukkanen's work has created a new era of English-language scientific research**
- **See also Tsonis (2016):**
 - "Sauna Studies as an Academic Field: A New Agenda for International Research", *Literature & Aesthetics* 26: 41-82



SAUNA STUDIES

Sauna Studies as an Academic Field: A New Agenda for International Research

Literature & Aesthetics (2016) 26: 41-82

Jack Tsonis

Access the full paper online:



Overview

This article is a proposal for Sauna Studies as an academic field. Although previous sauna research exists in areas of health science and historical/cultural studies, it is scattered, unconnected, significantly non-English, and, to date, largely undigitized. An International Sauna Association does exist, and its two key members (the Finnish Sauna Society and the Deutscher Sauna Bund) produced interesting research from the 1940s to the 1990s. But this does not amount to a proper academic field, especially considering the global prevalence of saunas, steam rooms, and other types of hot-air bathing. To remedy this situation, an *International Journal of Sauna Studies* is being created. Commencing in 2017, the IJSS will have three sections: 1) Health Science; 2) History and Culture; and 3) Technology and Design. This article lays out a programme for Sauna Studies by exploring the history of sauna research, surveying existing literature, and suggesting research directions across the three areas. It is an exciting opportunity for international collaboration. The greater purpose of Sauna Studies is to promote physical and mental health around the world in a time of increasing stress and social fracture.

1. IJSS – Proposal Overview

b. PROPOSED STRUCTURE

- **Three sections**

- Health science
- History & Culture
- Technology & Design

- **Editorial Board**

- Editor-in-Chief
- Section Editors
- Interdisciplinary representation
- International representation

- **Peer review process**

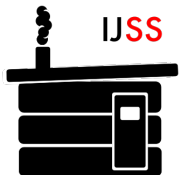
- Double-blind peer review by topics experts
- Organised by Editor-in-Chief and Section Editors
- Other Editorial Board members can be peer-reviewers

Section Editors:

Health Science: Jari Laukkanen
History & Culture: Jack Tsonis
Technology & Design: TBC

All requirements for IJSS will
be explained for authors and
editors in the
IJSS Publication Handbook

(aiming for publication online
by December 2018)



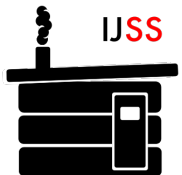
1. IJSS – Proposal Overview

C. INTERNATIONAL SAUNA RESEARCH NETWORK (ISRN)

- Idea is for **free online network** of interested people for promoting sauna research
- Also aim to create network of experts available for peer-review in different topic areas
- People can register for free to become EITHER:
 - **Research Affiliate** → you want to be involved in sauna research
 - **Observer** → you want to receive all updates about sauna research



REGISTRATION WILL BE AVAILABLE IN JULY 2018
(notification will be circulated to all Congress participants)



1. IJSS – Proposal Overview

d. IJSS ADMINISTRATION

- IJSS journal launched by ASBA
- ASBA is hosting IJSS website (www.saunaresearch.org)
- Journal will be fully online using **Open Journal Systems** (like WordPress for academic journals)



ASBA

The Australian Sweat Bathing Association

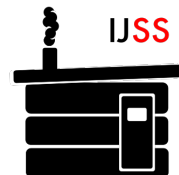
Promoting Happy and Healthy Communities
since 2016

Australia's representative in the International Sauna Association (est. 1956)



A New Australian Sauna Culture

www.ASBAsweat.org

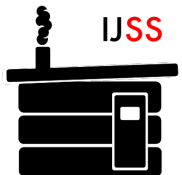


1. IJSS – Proposal Overview

e. IJSS POLICIES

*** See *Constitution of the Australian Sweat Bathing Association* – **Part VII, §50** ***
(PDF available below)

<http://www.asbasweat.org/about/constitution/>



1. IJSS – Proposal Overview

f. IJSS TIMELINE

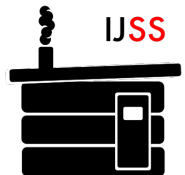
- **2018 (December) – Vol. 1**
Based on XVII International Sauna Congress
- **2019 – Vol. 2**
Based on 2019 IJSS Research Symposium
(See section 5 below)
- **2020 – Vol. 3**
More based on 2019 Research Symposium
- **Etc. – one volume per year**

GOAL:

To become a fully-legitimate academic journal within 10 years.

This means a Q1 ranking on indexes such as [Scimago](#), which use “indicators based on research performance, innovation outputs and societal impact measured by their web visibility.”

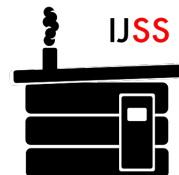
**These are our targets
– we can achieve it!**



2. Collaboration between ISA and IJSS

Discussion

- Preservation of existing sauna research **[next slide]**
- ISA should have members on the Editorial Board – help to use ISA networks for promoting IJSS research and events
 - ISA President
 - ISA Members from national associations?
- Other ideas for collaboration?



3. Preservation of Existing Sauna Research

Discussion

Three important bodies of research that are currently not available online:

1. Finnish sauna research at Vaskiniemi and in National Archives
2. Also *Sauna-Archiv* journal published by ISA and Deutscher Sauna-Bund (1958–1996)
 - Need to fully digitize this journal – there is no copyright issue
 - Also need translations – at least short summaries
 - Can we integrate with the existing www.saunaliteratur.de database?
3. Russian and Soviet literature – huge amounts of non-digital and untranslated information from Imperial and Soviet times



4. IJSS Editorial Board

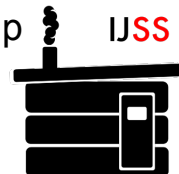
Discussion

Criteria

- Seeking international representation – need reasonable English skills
- Need majority of members with PhD to ensure scientific credibility
- Also seeking other members for wide representation, e.g.
 - health practitioner, research student, technician, member of a not-for-profit organisation, community leader, public health worker, bath master, etc.

Summary of responsibilities for Editorial Board members

- Be part of discussions about direction of the journal (email discussions)
- Assist in finding reviewers for articles
- Assist with publicizing journal items when published
- Position should not require large amounts of time, just enthusiasm, emails, and occasional help



4. IJSS Editorial Board

Nominations

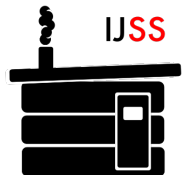
Seeking:

1. Section Editor for Technology & Design section
2. Area experts with PhD in relevant topic area:
 - (i) Health Science
 - (ii) History & Culture
 - (iii) Technology & Design
3. Non-PhD area experts in relevant topic areas
 - E.g. health practitioner, research student, technician, member of a not-for-profit organisation, community leader, public health worker, bath master, etc.



Note:

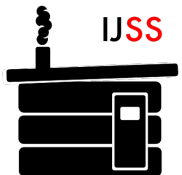
Positions do not need to be filled today, but we invite interested parties to self-nominate



5. Future Directions for IJSS

Discussion

- **IJSS Research Symposium #1 in 2019:**
Establishing Standards for Sauna Research
 - Somewhere in Finland or Sweden
 - Building on discussions from this Congress
 - Consolidating earlier attempts to establish standards
 - Establishing standards for the development of the field
- **Other ideas from the audience?**
- What should IJSS be aiming to do?
- What would you like to see?
- What research topics should we investigate?

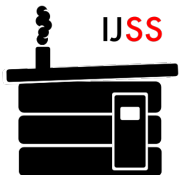


**Thank you for participating
in this historic meeting!**

#saunamakespeoplehappy

#spreadthegoodheat

#saunaresearch



2) MINUTES

- Meeting opened at 13:47 by Jack Tsonis (Australia)
- Noted that minutes will be circulated to all XVII International Sauna Congress members
- Meeting participants signed attendance list – list at end of minutes

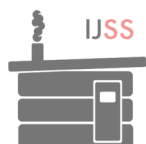
Note: Minutes correspond to PDF Slides above

1. IJSS – Proposal Overview (presentation)

- Jack Tsonis talked through the following slides:
 - a) *Context/Background*
 - b) *Proposed Structure of IJSS*
 - c) *International Sauna Research Network (ISRN)*
 - d) *IJSS Administration*
 - e) *IJSS Policies*
 - f) *Timeline for IJSS*
- ▶ **See slides for key points (above)**

Additional notes from discussion:

- The need for more English-language research was emphasized as central rationale for the IJSS – i.e. the need to provide an evidence base for the physical, mental, and social benefits of sauna and other types of thermic bathing
- Emphasis also placed on the need for full academic credibility if the journal is going to (i) improve the possibility of funding for future sauna research, and (ii) gain influence in promoting sauna at wide-scale level, including government policy
- Regarding the name ‘Sauna Studies’, it was noted that this term is not taxonomically precise, as the journal will also cover related modes of sweat bathing such as banya, pirtis, hammam, etc. However, the name ‘Sauna Studies’ will sound more appealing/interesting to a much wider audience (more so than a journal with a scientific name). For now the ‘Sauna Studies’ is serviceable, but the term may transform in future years.
- Regarding ASBA’s administration of the IJSS:
 - Website hosting cost is minimal (only \$25AUD per year), because ASBA has registered the domain www.saunaresearch.org from within existing hosting plan for www.asbasweat.org (which costs around \$150AUD per year). ASBA is able to support this cost.
 - Currently no other money is required for hosting the journal; however it is likely that some costs will be involved in registering the IJSS with various databases once the journal begins publishing.
 - IJSS website is still under construction (will launch by December 2018)
 - For further notes see Section 3A in this document (below)
- Regarding IJSS policies – see full summary in Part 3 of this document (below)



2. Collaboration between ISA and IJSS (discussion)

Additional notes:

- Risto Elomaa (president, ISA) agrees that ISA president should have position on the IJSS Editorial Board to maintain link between ISA and IJSS. Risto Elomaa hereby appointed to the IJSS Editorial Board.
- Regarding representation from ISA national members, Risto Elomaa suggested that representation be drawn from specific countries with historical record of sauna research (esp. Finland, Germany, and Russia), not necessarily every country.
- No firm resolutions about participation structure of ISA national associations; to be determined at a later time
- Regarding publication of XVII Sauna Congress record as part of IJSS Vol. 1, Jack Tsonis will coordinate with Hans Hägglund (Sweden) and ISA for development and publication of Congress record

3. Preservation of Existing Sauna Research (discussion)

Additional notes:

- Sarah Everts (Canada) suggested that review articles of existing non-English material (e.g. Russian, German, Finnish) would be a strong way to build up levels of translated research
 - General agreement about this strategic plan
- Risto Elomaa noted that the Finnish state archive now holds records from 70 years of the Finnish Sauna Society, recently catalogued by a professional archivist
 - Suggestion that further exploration of this archive (in order to produce English-language summaries and analysis) is a good research project for IJSS to encourage
- Regarding the previous journal *Sauna-Archiv*, it was agreed that it is important to collaborate with ISA and Deutscher Sauna-Bund to develop translated English summaries, including full list of contents (i.e. titles of papers) from all volumes of *Sauna-Archiv*
- Mention of again of Russia as important location; also Baltic and Slavic states as locations with similarly important research needing translation
- Question about whether IJSS will publish non-English research
 - Jack Tsonis responds that it is possible, but would be difficult without extensive volunteer labour and editorial board experts
- Follow-up question about how translations would be funded
 - Jack Tsonis responds that the current business model is volunteer labour. If sufficient interest exists for non-English publications, the Editorial Board



will consider a plan of action. This is not anticipated in the initial phase of 1-3 years.

4. IJSS Editorial Board (discussion and nominations)

Regarding nominations:

- There were three self-nominations for the Editorial Board:
 - Health Science:
Mark Timmerman MD (USA), Family Practice and Sports Medicine, River Valley Clinic
Joy Hussain MD (Australia), RMIT University
 - Technology & Design:
Prof. Olle Hagman (Sweden), Luleå University of Technology
- Other members of the Editorial Board will be confirmed in coming months. Board appointments are being coordinated by Jack Tsonis and Jari Laukkanen (Finland).

Additional notes:

- Open science was discussed, i.e. the principle of transparent, reproducible science as promoted by entities such as the Centre for Open Science (<https://cos.io/>), whose mission is “to increase openness, integrity, and reproducibility of research”. This involves multiple approaches, including open access to datasets, and preregistering studies prior to data collection. For more information about preregistration, see here: <https://cos.io/prereg/>
 - General agreement about the importance of this orientation, which aligns with IJSS open access policy
 - But also recognition that such requirements will only apply to research using scientific methodologies. Other types of research will be subject to commensurate requirements to ensure transparency and integrity.
 - These details will be developed in the *IJSS Publication Handbook*
- Related to open science, Mark Timmerman suggested that a key role of the Editorial Board could be to lead in the development of standards and protocols for sauna research, which would inform research design feedback in the preregistration phase. Agreement; see Section 5 below.

5. Future Directions for IJSS (discussion)

Regarding proposed 2019 Research Symposium:

- Agreement about the need for an IJSS Research Symposium in 2019, with topic of “**establishing standards for sauna research**”.



- This proposal built on an earlier Congress presentation by Hans Hägglund (Sweden) and Jarkko Tissari (Finland) about the need to establish standards for sauna research – especially in health and technical research
- Event ideas:
 - Discussion about possible location; Sweden and Finland both considered; preference for Finland. Risto Elomaa suggests coordination with Jari Laukkanen for event supported by a Finnish university
 - 2-3 day event including both plenary sessions and disciplinary working parties, with the aim of producing IJSS #2 (2019) and set of new standard for international collaboration
 - Invite researchers from universities around the world; focus on traditional sauna countries but also try to attract new audiences and build new relationships
 - Importance of cataloguing existing work on standards in addition to establishing new ones. Pre-symposium phase should include organising and disseminating existing research where possible.
 - Loose timeframe: first half of 2019.
- Further information will be circulated in coming months. Jack Tsonis, Jari Laukkanen, and Hans Hägglund to coordinate.

Additional notes:

- Regarding standards for sauna research Risto Elomaa commented on the need for technical standards to be in line with EU regulations, otherwise major developments may be impeded (e.g. manufacture of sauna stoves)
- Jesce Walz (USA) asked about whether cold bathing is included in the scope of the journal. Lead to short group discussion about the recent high-profile activity of Wim Hof (AKA “The Ice Man”).
 - Group agreement that cold bathing is essential to consider when explicitly related to thermic bathing (e.g. sauna cool down; alternating hot/cold practices)
 - No firm resolution made about whether cold bathing independent of thermic bathing fits within the scope of the IJSS. It would likely depend on the individual piece of research, and would probably need to have at least some link to thermic bathing (at least in the background/introduction section) for inclusion in IJSS. But open to considering any possible submissions of this nature. Ryan Galliford (USA) also noted relevance of ritual elements of cold bathing as possible thematic bridge to thermic bathing conversations.
 - Agreement that 2019 research symposium should consider guidelines for inclusion of ice bathing
- Tomi Ullgren suggested possible connection with established network of biohackers, who have interest in sauna and cold bathing.
 - General agreement that IJSS should approach biohacking networks to notify about the creation of the new journal and to consider possible research directions; Tomi Ullgren to facilitate connection with Finnish biohacking community



- Joy Hussain (Australia) raised point that lots of contemporary research is interested in hyperthermia – not necessarily sauna, but other types of whole-body hyperthermia. IJSS should identify experts working in such fields and seek connections.
- Joy Hussain asked about the requirement for majority PhD quota on the IJSS Editorial Board (ASBA Constitution 50.8 – see below), and asked about the role of MD (medical doctors), as well as ND (naturopathic doctors) and other non-PhD health practitioners
 - Jack Tsonis acknowledged that these non-PhD health practitioners had not been sufficiently mentioned in 50.8, and suggested that language encouraging such participation can be made more explicit when full IJSS policies are developed for the *IJSS Publication Handbook* (also to be ultimately reflected in the ASBA Constitution)
 - Since the meeting, the ASBA executive has considered the issue, and resolves to keep the requirement for a majority PhD representation on the Editorial Board, on grounds that PhD qualifications are the most rigorous in terms of research training, and because this reflects the standard for any major international research journal. The additional participation of MDs (in particular) is encouraged in order to create a well-rounded Editorial Board, as is the participation of other kinds of health practitioners and community health workers.

Meeting closed at 14:51

LIST OF PARTICIPANTS

at IJSS Business Meeting #1

Present:

Axel Rodhe	France	Mark Timmerman	USA
Erik Bäck	Sweden	Markku Seppänen	Finland
Hans Hägglund	Sweden	Mika Meskanen	UK
Jack Tsonis (chair)	Australia	Mikkel Aaland	USA
Jesce Walz	USA	Olle Hagman	Sweden
Joy Hussain	Australia	Risto Elomaa	Finland / ISA
Juozas Šarkus	Lithuania	Ryan Galliford	USA
Jussi Niemelä	Finland	Sarah Everts	Canada
Katie Bracher	UK	Tommi Ullgren	Finland
Kimmo Raitio	Finland	Wendy Liu	UK
Lasse Viinikka	Finland	William (Bill) Pupchek	USA

Apologies: Jari Laukkanen (Finland) Lassi Liikkanen (Finland)
 Sofia Eriksson (Australia) Rimas Kavaliauskas (Lithuania)
 Alex Norman (Australia)





Group photo taken outside Park Hotel at conclusion of Inaugural IJSS business meeting

Left to right: Erik Bäck (Sweden), Kimmo Raitio (Finland), Jesce Walz (USA), Mika Meskanen (UK), Jussi Niemelä (Finland), Tommi Ullgren (Finland), Risto Elomaa (Finland), Jack Tsonis (Australia), Ryan Galliford (USA), Hans Hägglund (Sweden), Mark Timmerman (USA), Joy Hussain (Australia), Axel Rodhe (France), Sarah Everts (Canada), Olle Hagman (Sweden)

3) IJSS POLICIES

At present, the IJSS is still developing a full policy document. This will be part of the ***IJSS Publication Handbook***, to be published by the end of 2018.

In the meantime, the journal is moving forward based on the formal establishment clauses in the Constitution of ASBA (the Australian Sweat Bathing Association). ASBA formally created the IJSS and the web domain (saunaresearch.org) in 2017.

See below for the rationale for ASBA's creation of the IJSS.

The relevant section of the ASBA Constitution is extracted below

For the full ASBA Constitution, see link below (3C)

3A. DOCUMENT OVERVIEW

- The clauses relating to the IJSS are detailed and extensive in order to provide full academic credibility for the journal. They were established in 2017.
- Rationale for ASBA's administration of IJSS:
 - ASBA has the required expertise in English-language academic research to manage an English-language research journal
 - ASBA has sufficient technical knowledge to host an online journal
 - Any journal must be owned by an entity for technical and financial management; ASBA has taken the lead on creating the IJSS due to strong motivation promote English-language sauna research

3B. SUMMARY FROM THE IJSS BUSINESS MEETING (JUNE 2018):

- Participants looked at the extract document (ASBA Constitution Part VII, §50)
- Particular focus was placed on open access policy (Section 50.11) and non-profit ethos of IJSS (e.g. Section 50.26 and Sections 50.23-25). See the following pieces on problems with the for-profit academic publishing industry:
 - <https://sasconfidential.com/2016/01/04/elsevier-25-billion/>
 - <https://www.theguardian.com/science/2017/jun/27/profitable-business-scientific-publishing-bad-for-science>



- Focus was also placed on public access, public impact, and knowledge translation orientation of the IJSS (Sections 50.1, 50.3, 50.5, and 50.13).
- Jussi Niemelä (Finland) asked if ISA should appoint Editor-in-Chief so that the journal is truly international
 - Jack Tsonis replied that for now ASBA will retain administrative control of the IJSS because it has already launched the website and has begun doing the necessary work. ISA will have a say via the ISA president sitting on the Editorial Board.
 - ASBA will ensure international participation, and the international scope of the journal will come primarily from the publication of research from around the world. But ASBA is maintaining ownership of the IJSS for the reasons given in 3A above.
- Prior to meeting, Jari Laukkanen (University of Eastern Finland) made suggestion to include explicit policy about the requirement of reporting ethics clearance for human research.
 - This will be handled in the *IJSS Publication Handbook* and eventually be written into the formal establishment clauses. For now, all such implicit policies sit under the general orientation of Section 50.9 (“*The journal shall operate in accordance with accepted scholarly practices for a peer-reviewed journal.*”)

3C. IJSS DOCUMENT EXTRACT (PDF):

{PTO}



A New Australian Sauna Culture

ASBA

The Australian Sweat Bathing Association

Promoting Happy and Healthy Communities

CONSTITUTION

of

THE AUSTRALIAN SWEAT BATHING
ASSOCIATION INCORPORATED

#saunamakespeoplehappy

#spreadthegoodheat

#ASBA sweat

This is an extract
containing **establishment**
clauses for the IJSS.

Version 2
Adopted June 2017

For the full ASBA constitution, [click here](#)

THE BATH and its purposes have held different meanings for different ages. The manner in which a civilization integrates bathing within its life, as well as the type of bathing it prefers, yields searching insight into the inner nature of the period.

Bathing, in whatever fashion performed, is concerned with care of the body. To maintain the balance of this delicate instrument, to dwell in harmony with our organism, is a prime necessity of life. Some periods have viewed bathing as part of a broad ideal: total regeneration. Other periods have seen it as a mere ablution to be performed in swiftest routine. One age may weave bathing into the well-being of the whole society. Another age may see it as an isolated act, or neglect it almost altogether.

The role that bathing plays within a culture reveals the culture's attitude toward human relaxation. It is a measure of how far individual well-being is regarded as an indispensable part of community life.

This is a social problem. Should society assume responsibility for guarding health and promoting well-being, or is this a private matter? Is it a duty of the state to provide the agencies of relaxation regardless of cost? Or should it regard its people as mere components of the production line, leaving them to their own devices as soon as they have finished their work?

Sigfried Giedion

Mechanization Takes Command: a contribution to anonymous history
(New York: Oxford University Press, 1948), p. 628.

PART 7 – International Journal of Sauna Studies

50. The International Journal of Sauna Studies

- 50.1 The association shall publish a scholarly journal to be called *The International Journal of Sauna Studies* (IJSS). The journal is being launched to address the lack of organised sauna research at a global level. The journal also reflects ASBA's commitment to promoting sauna as a powerful technology of social change.
- 50.2 The scope of the journal shall be interdisciplinary. The journal may also publish research on related types of thermic bathing such as steam rooms, sweat lodges, and hamams.
- 50.3 The aim of the journal is to promote sauna research at a global level, to create an international community of enquiry around sauna and related topics, and to establish an evidence-based foundation for the promotion of sauna as a healthy and socially important activity in the twenty-first century.
- 50.4 ASBA shall handle the finance and web hosting of the journal, and may change such arrangements at any time as deemed necessary.
- 50.5 The journal shall be published online in order to minimise costs and maximise accessibility, but printed material may be produced as deemed necessary for archiving, commemorative, or artistic purposes.
- 50.6 Publication frequency is at the discretion of the Editorial Board. Individual articles should be published online as soon as practicable after peer review, but in general at least six (6) articles are required for a volume. Where sufficient submissions are received, the journal may publish multiple issues that make up a yearly volume. At least four (4) articles are required for an issue, unless the Editorial Board determines otherwise.
- 50.7 The journal shall operate under the control and direction of an Editorial Board consisting of not less than five (5) members, and shall aim for a larger board than this. The Editorial Board should be comprised of international members in reflection of the journal's international scope. The Editorial Board should also be composed to reflect the journal's interdisciplinary structure.
- 50.8 The Editorial Board should contain a majority of members who hold a PhD, but a person may become a member of the Editorial Board without holding a PhD where they can make an important contribution to the journal and fill an important representation (e.g. research student, technician, member of a not-for-profit organisation, community leader, public health worker).
- 50.9 The journal shall operate in accordance with accepted scholarly practices for a peer-reviewed journal.
- 50.10 Any individual or group that publishes original research in the journal must disclose relevant funding, affiliations, and potential conflicts of interest. The Editorial Board should provide clear guidelines for authors about how to understand and make such disclosures.
- 50.11 The journal shall be fully open-access, in accordance with the following principles:

"The International Journal of Sauna Studies is fully open access, which means that all online content is freely available without charge to authors, readers, and institutions. Users are allowed to read, copy, distribute, print, search, or link to the full text of the articles, or use them for any legal purpose, without asking prior permission of the author, so long as attribution is given and the use is non-commercial. This is in accordance with global standards of open access. The IJSS is committed to the principles of open access and a vision of academic scholarship that serves the global community. The IJSS uses a Creative Commons license that prohibits commercial gain. This an explicit protest against the for-profit practices of many large academic

publishing firms. Authors retain full copyright of their work and there is no fee for publishing in the journal."

Fees may be charged to cover the cost of hardcopy material published by the journal, but all efforts should be made to keep production costs to a reasonable minimum. Any material published in hardcopy should also be made freely available online following the principles of open access above, although in occasional circumstances exceptions may be permitted on artistic grounds.

- 50.12 The following Creative Commons license elements shall apply to all published IJSS materials: BY = attribution; NC = non-commercial; ND = no derivatives. Any changes or exemptions to this condition must be approved by the ASBA executive.
- 50.13 The Editorial Board is charged with promoting the publications and activities of the journal as widely as possible in both academic and public forums, including regular use of social media channels, engagement with governments and other authorities, and engagement with journalists, bloggers, and media outlets. The Editorial Board must also ensure that authors are given guidance and support for self-promotion of their publications.
- 50.14 Volumes and issues of the journal should also contain non-reviewed material to make them more interesting for a wide audience, such as photo essays, ethnographic snapshots, travel stories, personal reflections, poetry, sauna tips, and letters to the editor. The inclusion of such items is at the discretion of the Editor-in-Chief, but at least one non-reviewed item should be published in every volume or issue.
- 50.15 The journal may maintain a blog, social media accounts, and/or other informal publication platforms as part of its web presence, so long as this activity does not compromise the academic character of the journal.
- 50.16 All decisions made in relation to the operation and publication of the journal must be consistent with the goals of ASBA. This does not preclude publication of material that offers robust critique of ASBA, the IJSS, or any aspect of global sauna culture, but such critiques shall only be considered for publication where they have intellectual merit and offer a substantive contribution to debate.
- 50.17 Members of the Editorial Board shall be appointed by the ASBA executive for a term of no more than three (3) years. Members may be reappointed. New members may be appointed as deemed appropriate, particularly where this enhances disciplinary representation.
- 50.18 The ASBA executive shall appoint an Editor-in-Chief to oversee general administration of the journal, to coordinate the activities of the Editorial Board, and to chair any business meetings of the Editorial Board. The term of appointment shall be no longer than three (3) years. An Editor-in-Chief may be reappointed.
- 50.19 The ASBA executive shall appoint Section Editors to handle editorial processes across significant disciplinary divides. The section must be named, e.g. Section Editor (Health Science) or Section Editor (History & Culture). Titles of Section Editors may be changed as required, but any changes must be approved by the ASBA executive. The Editor-in-Chief may act as a Section Editor.
- 50.20 A member of the Editorial Board is eligible for appointment as Section Editor. The term of appointment shall be three (3) years. Section Editors may be reappointed.
- 50.21 An Editorial Board member may be regarded as an Associate Editor of a section, should they engage in substantial collaboration with the relevant Section Editor in the handling of that section. The section must be named, e.g. Associate Editor (History & Culture).
- 50.22 The journal may utilise different requirements for different sections in terms of formatting, referencing, submission, data transparency, and other areas relevant to disciplinary practice. This notwithstanding, efforts should be made to create uniformity of style and process as far as possible, including the creation of a single *IJSS Author Submission Guide* (or similar) that outlines all requirements. Where a requirement deviates from standard practice, a rationale should be offered to prospective authors about why the requirement is in place.

- 50.23 The journal may accept donations and sponsorship from individuals or entities, but any sponsorship arrangements must be approved by the ASBA executive, and must not be contrary to the goals and values of ASBA.
- 50.24 No advertising may appear in any volume or issue of the journal, nor in any individual academic article published by the journal, nor in any other significant academic document produced under the banner of the journal.
- 50.25 In certain circumstances, advertising may be associated with the journal as part of sponsorship arrangements (e.g. conference sponsorship), but any such arrangements must be approved by the ASBA executive. Advertising is not encouraged, and shall only be considered if the Editorial Board or the ASBA executive can propose clear purposes for which additional funds might be raised. If undertaken, advertising must always be displayed in a manner that does not compromise the academic character of the journal.
- 50.26 Let it be emphasised that all visual advertising is subject to ASBA's declared goal "to promote an understanding of the human body that is not driven by the profit motive" (3.14). Among other things, this means that typical images of pristine bodies that are barely sweating may be deemed inappropriate for advertising associated with the IJSS.
- 50.27 The ASBA logo may appear in a volume or issue of the journal, but should only appear in the front matter or end matter in the context of "journal information" or similar. Basic information about ASBA may be provided for transparency, but such information should be kept to a minimum. Where ASBA's involvement is noted in other content produced by the journal that is not a volume or an issue, similar principles of minimalism should be applied. This includes information on the IJSS website.
- 50.28 The logo of other organisations may appear in a volume or issue of the journal where an organisation has partnered directly with the IJSS in the production of the volume or issue (e.g. where IJSS works with a partner to facilitate a conference that results in proceedings published by the journal), but should only appear in the front matter or end matter in the context of "journal information" or similar. Basic information about the organisation may be provided for transparency, but such information should be kept to a minimum. Where the involvement of a partner organisation is noted in other content produced by the journal that is not a volume or an issue, similar principles of minimalism should be applied. This includes information on the IJSS website.
- 50.29 The journal may publish notifications for events and research opportunities deemed relevant to readers of the journal (e.g. conference notifications, research meetings, trade fairs, research participant opportunities, community events, sauna parties). No fee shall be charged for such notifications, and therefore such notifications will not be considered advertising. Notifications may contain images, but images must not conflict with the goals of ASBA. Notifications must be for bona fide events related to sauna research or the propagation of global sauna culture. Inclusion of event notifications is at the discretion of the Editor-in-Chief.
- 50.30 The Editorial Board has all other powers necessary or convenient for the publication of the journal. The Editorial Board may enter into agreements with commercial publishers or other individuals or entities to facilitate the publication of the journal, provided that any such agreement does not prejudice open-access to the research published in the journal. Any commercial transactions or agreements over \$500 (AUD) must be approved by the ASBA executive.

