

**SUBMITTAL TO THE BOARD OF SUPERVISORS
COUNTY OF RIVERSIDE, STATE OF CALIFORNIA**



ITEM: 3.53

(ID # 30448)

MEETING DATE:

Tuesday, July 14, 2026

FROM : SHERIFF-CORONER-PA

SUBJECT: SHERIFF-CORONER-PA: Approve Resolution No. 2026-145, Authorizing the Riverside County Sheriff's Office to Accept Donation of One (1) Dialed King Sauna and One (1) Dialed Pod Pro (Cold Plunge) from Dialed N Defend, a California Corporation; All Districts; [Total Cost \$0]

RECOMMENDED MOTION: That the Board of Supervisors:

1. Adopt Resolution No. 2026-145, Authorizing the Riverside County Sheriff's Office to Accept the Donation of One (1) Dialed King Sauna and One (1) Dialed Pro Pod (Cold Plunge) from Dialed N Defend; and
2. Authorize the Sheriff, or designee, to execute any and all other documents to complete the acceptance of this donation on behalf of Riverside County.

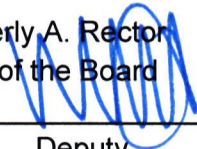
ACTION:


David Lelevier, Assistant Sheriff 7/2/2026

MINUTES OF THE BOARD OF SUPERVISORS

On motion of Supervisor Gutierrez, seconded by Supervisor Medina and duly carried, IT WAS ORDERED that the above matter is approved as recommended.

Ayes: Medina, Spiegel, and Gutierrez
Nays: None
Absent: Washington and Perez
Date: July 14, 2026
xc: Sheriff

Kimberly A. Rector
Clerk of the Board
By: 
Deputy

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FINANCIAL DATA	Current Fiscal Year:	Next Fiscal Year:	Total Cost:	Ongoing Cost
COST	\$ 0	\$ 0	\$ 0	\$ 0
NET COUNTY COST	\$ 0	\$ 0	\$ 0	\$ 0
SOURCE OF FUNDS: N/A			Budget Adjustment:	No
			For Fiscal Year:	26/27

C.E.O. RECOMMENDATION: Approve

BR: 26-104

BACKGROUND:

Summary

The Riverside County SWAT team is a highly trained tactical unit within the Special Enforcement Bureau (SEB), responding to high-risk incidents such as hostage situations, barricaded suspects, and active shooter events. SEB handles critical incidents and complex law enforcement problems, including high-risk apprehensions, warrant services, fugitive apprehensions, hostage rescues, active shooters, dignitary protection, and counter-terrorism operations. Personnel assigned to the SEB receive advanced training and certification to perform these specialized duties and collaborate with other agencies throughout Riverside County and California.

SWAT personnel undergo rigorous, ongoing training to maintain proficiency in tactical operations, firearms, negotiation, and crisis management. The team is on call 365 days a year, ready to respond to emergencies at any time. Their operations are carefully planned and executed to minimize risk to civilians and officers, which is why SWAT call-outs can take extended periods to complete.

Acceptance of the donated sauna and cold plunge supports the Riverside County Sheriff's Office commitment to operational readiness, resiliency, recovery, and long-term performance for personnel assigned to specialized tactical operations. SWAT personnel routinely operate in high stress environments involving elevated physical exertion, sleep disruption, critical incident exposure, and sustained operational demands requiring ongoing physical and cognitive readiness.

Peer reviewed research published in JAMA Internal Medicine found regular sauna bathing was associated with improved cardiovascular health outcomes, reduced cardiovascular mortality, and enhanced physiological recovery mechanisms (Laukkanen et al., 2015). Additional findings identified positive effects involving autonomic nervous system regulation, vascular function, stress recovery, and overall wellness.

Further research published in Mayo Clinic Proceedings concluded that sauna bathing may improve cardiovascular function, reduce arterial stiffness, support recovery, and positively

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influence stress regulation and long-term wellness (Laukkanen & Laukkanen, 2018). Harvard Health Publishing additionally noted that regular sauna use has been associated with improved blood pressure regulation, relaxation, stress reduction, and overall cardiovascular wellness (Harvard Health Publishing, 2015).

The National Tactical Officers Association recognizes that physical wellness, recovery, and resiliency directly impact operational readiness, injury reduction, safety, and long-term tactical performance (National Tactical Officers Association, n.d.). Likewise, United States Special Operations Command's Preservation of the Force and Family program identifies human performance, recovery, and resilience as critical components necessary to sustain operational effectiveness within high stress tactical environments (United States Special Operations Command, n.d.).

Structured wellness and recovery initiatives have increasingly become recognized within law enforcement and tactical communities as important components of long-term resiliency, emotional regulation, stress mitigation, and sustained operational performance following repeated exposure to critical incidents and high stress operational environments.

This donated equipment is not intended to provide medical treatment or replace medical care. Rather, it is intended as a wellness and recovery resource supporting post training recovery, stress mitigation, physical readiness, and long-term resiliency for personnel assigned to high-risk tactical operations. Maintaining optimal operational readiness among SWAT personnel is essential to ensuring preparedness, sound decision making, and effective response capabilities in situations directly impacting community safety.

Acceptance of the donation is limited to the equipment and installation provided at no cost to the County and does not create any obligation for vendor recognition or future purchases.

Assets are identified as:

- 1 Dialed King Sauna – No serial number available
- 1 Dialed Pod Pro (cold plunge) – Serial number BP20250822-08L-06

Upon approval, Dialed King Sauna and the Dialed Pro Pod (cold plunge) will be issued a County Asset Tag for tracking purposes.

Impact on Residents and Businesses

Accepting the donation of a sauna and cold plunge will benefit the Riverside County Sheriff's SWAT personnel in support of enhancing first responders' wellness and recovery resources. The Riverside County Sheriff's Office will be responsible for the maintenance of these two units.

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ATTACHMENTS:

Letter from Dialed N Defend
Resolution No. 2026-145

Rebecca S Cortez
Rebecca S Cortez, Principal Management Analyst

7/6/2026

Amrit Dhillon
Amrit Dhillon

7/1/2026

Aaron Gettis
Aaron Gettis, Chief Deputy County Counsel

7/1/2026

Board of Supervisors

County of Riverside

RESOLUTION NO. 2026-145

AUTHORIZING THE RIVERSIDE COUNTY SHERIFF'S OFFICE TO ACCEPT
DONATION OF ONE (1) DIALED KING SAUNA AND (1) DIALED PRO POD (COLD PLUNGE)
FROM DIALED N DEFEND

WHEREAS, Dialed N Defend, a California corporation, would like to donate a Dialed King Sauna (no serial number available) and a Dialed Pro Pod (cold plunge) (serial number BP20250822-08L-06) to the Riverside County Sheriff's SWAT Team;

WHEREAS, pursuant to Government Code Section 25355, the Riverside County Board of Supervisors may accept any gifts or donations made to or in favor of the County for any public purpose;

WHEREAS, acceptance of the donated sauna and cold plunge supports the Riverside County Sheriff's Office commitment to operational readiness, resiliency, recovery, and long-term performance for personnel assigned to specialized tactical operations. SWAT personnel routinely operate in high stress environments involving elevated physical exertion, sleep disruption, critical incident exposure, and sustained operational demands requiring ongoing physical and cognitive readiness;

WHEREAS, peer reviewed research published in JAMA Internal Medicine found regular sauna bathing was associated with improved cardiovascular health outcomes, reduced cardiovascular mortality, and enhanced physiological recovery mechanisms (Laukkanen et al., 2015). Additional findings identified positive effects involving autonomic nervous system regulation, vascular function, stress recovery, and overall wellness;

WHEREAS, further research published in Mayo Clinic Proceedings concluded that sauna bathing may improve cardiovascular function, reduce arterial stiffness, support recovery, and positively influence stress regulation and long-term wellness (Laukkanen & Laukkanen, 2018). Harvard Health Publishing additionally noted that regular sauna use has been associated with improved blood pressure regulation, relaxation, stress reduction, and overall cardiovascular wellness (Harvard Health Publishing, 2015);

WHEREAS, the National Tactical Officers Association recognizes that physical wellness, recovery, and resiliency directly impact operational readiness, injury reduction, safety, and long-term tactical performance (National Tactical Officers Association, n.d.). Likewise, United States Special Operations

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FORM APPROVED COUNTY COUNSEL
DATE 7/1/2026
BY AMY F. HILLON

1 Command's Preservation of the Force and Family program identifies human performance, recovery, and
2 resilience as critical components necessary to sustain operational effectiveness within high stress tactical
3 environments (United States Special Operations Command, n.d.);

4 WHEREAS, structured wellness and recovery initiatives have increasingly become recognized within
5 law enforcement and tactical communities as important components of long-term resiliency, emotional
6 regulation, stress mitigation, and sustained operational performance following repeated exposure to critical
7 incidents and high stress operational environments;

8 WHEREAS, the donated equipment is not intended to provide medical treatment or replace medical
9 care. Rather, it is intended as a wellness and recovery resource supporting post training recovery, stress
10 mitigation, physical readiness, and long-term resiliency for personnel assigned to high-risk tactical
11 operations. Maintaining optimal operational readiness among SWAT personnel is essential to ensuring
12 preparedness, sound decision making, and effective response capabilities in situations directly impacting
13 community safety; and

14 WHEREAS, the donation of these items would benefit the Riverside County Sheriff's SWAT Team
15 by enhancing first responder's wellness and recovery resources.

16 NOW, THEREFORE, BE IT RESOLVED, DETERMINED, AND ORDERED by the Board of
17 Supervisors of the County of Riverside (Board), assembled in regular session on July 14, 2026, at 9:30 am
18 or soon thereafter, in the meeting room of the Board located on the 1st Floor of the County
19 Administrative Center, 4080 Lemon Street, Riverside, California, authorizes and accepts the donation
20 of a Dialed King Sauna and a Dialed Pod Pro (cold plunge), in favor of the County.

21 BE IT FURTHER RESOLVED, DETERMINED, AND ORDERED that the County Sheriff, or their
22 designee, is authorized to execute any documents to complete this transaction.

23 BE IT FURTHER RESOLVED, DETERMINED, AND ORDERED that a copy hereof be forwarded
24 to Dialed N Defend as evidence of this authorization and acceptance of the donation.

RESOLUTION NO. 2026-145

**AUTHORIZING THE RIVERSIDE COUNTY SHERIFF'S OFFICE TO ACCEPT
DONATION OF ONE (1) DIALED KING SAUNA AND ONE (1) DIALED PRO POD (COLD
PLUNGE) FROM DIALED N DEFEND**

ROLL CALL:

Ayes: Medina, Spiegel, and Gutierrez

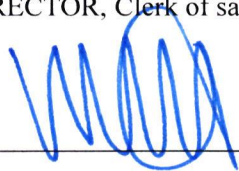
Nays: None

Absent: Washington and Perez

Abstain: None

The foregoing is certified to be a true copy of a resolution duly adopted by said Board of Supervisors on the date therein set forth.

KIMBERLY A. RECTOR, Clerk of said Board

By:  _____

Deputy

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To Whom It May Concern,

Dialed Labs is pleased to formally confirm its donation to **Riverside Sheriffs SWAT** in support of enhancing first responders wellness and recovery resources.

Donation Details

Dialed Labs will be donating 2 (1 cold plunge, 1 sauna) of the following equipment at no cost to the department at all, any additional units for other stations will have a 35% “station” discount applied:

Item	Quantity	List Price	Discounted Value
Dialed Smart Pod Sauna	1	\$8,500 dialled-labs.com	\$5,525 (after 35% discount)
Dialed Barrel Sauna	1	\$10,499 dialled-labs.com	\$6,824.35
Dialed King Sauna	1	\$12,999 dialled-labs.com	\$8,449.35
Dialed Queen Sauna	1	\$6,500 dialled-labs.com +1	\$4,225
Dialed Vertical Plunge (Wood)	1	\$6,499 dialled-labs.com	\$4,224.35
Dialed Vertical Plunge (Black)	1	\$6,499 dialled-labs.com	\$4,224.35
Dialed Pod (Cold Plunge)	1	\$5,999 dialled-labs.com	\$3,899.35
Dialed Pro Pod (Cold Plunge)	1	\$11,499 dialled-labs.com	\$7,474.35
Dialed Air Plunge	1	\$3,499 dialled-labs.com	\$2,274.35

Assembly & Installation

Dialed Labs technicians will **deliver and assemble** the sauna(s) on-site as part of this donation. If requested

Social Media Acknowledgment

As part of this donation, we kindly ask **one (1) social media post** on the department’s official platform(s) recognizing Dialed Labs as the donor. This acknowledgment helps further our mission of supporting first responders and expanding access to wellness tools. If denied, this has no impact on the donation itself.

We are proud to support the dedicated men and women of **Riverside Sheriffs SWAT**, and we look forward to working with your team to ensure a smooth delivery and installation process.

If you require any additional documentation, such as detailed spec sheets, warranties, or a breakdown for the City Council presentation, please don’t hesitate to reach out.

Sincerely,

Andrew Gonzalez

Director of Facilities & Operations

Dialed Labs

(562) 685-6300

drew@dialled-labs.com