

Sauna Rules For Visitors

Article I **Entry to the Sauna**

1. Sauna is an ancillary facility of the natatorium and together with adjacent areas forms discrete complex.
2. The entry to the sauna is conditioned by the purchase of a valid ticket, or a chip card which is issued by the ticket office attendant at the entrance hall of the natatorium in exchange for payment of the admission fee during opening hours of the natatorium.
3. Upon full utilisation of the sauna capacity (12 persons in the sauna), the entrance to sauna is temporary closed until the sauna capacity has been partially relieved.
4. Children are permitted to take the sauna procedure only under direct supervision of an adult.
5. By purchasing the ticket and entering the natatorium facility via the entrance turnstile, each visitor has elected voluntarily to obey any and all provisions of the Natatorium Rules and adhere to directions given by all appointed staff of the natatorium. The entrance to the sauna premises is permitted to visitors with separate sauna tickets. The ticket is valid for one entry to sauna premises. The time of stay in sauna is terminated upon one's exit from the sauna premises.
6. Sauna is entered from the changing room area.
7. In the event that the sauna visitor was not permitted to take the sauna procedure for sauna capacity reasons, the admission charge shall be refunded to him/her in exchange for return of the unused sauna ticket at the exit from the natatorium premises.

Article II **Exclusion from Entry to the Sauna**

1. Individuals intoxicated or under the influence of drugs, persons suffering from any form of known communicable diseases presenting a danger to health of other persons present in the natatorium, individuals suffering from fever, conjunctivitis, skin rash, running sores or discharge, persons carrying intestinal diseases, as well as lice infested individuals, are not permitted to enter the sauna premises. Furthermore, individuals placed in quarantine due to occurrence of an infectious disease in a group of people, family members or members of the household, in which the contagious disease was found and where the ill person was not isolated from other individuals, are not permitted to enter the sauna premises. Individuals suffering from cardiovascular diseases may use sauna premises following consultation with a medical specialist.
2. A visitor to the sauna, who despite a request disregards provisions of these Sauna Rules or fails to adhere to instructions/directions by appointed natatorium staff or behaves in a indecent and disturbing manner, will be ejected from the facility without a right to reclaim the admission fee. A failure to vacate natatorium premises by a visitor in default upon a request by appointed staff of the natatorium will result in an authorised expel of such individual off the natatorium premises, or a request for assistance by security guards/ authorities.

Article III **Instructions to Sauna Visitors**

1. Upon entry to the sauna, the visitor is asked to perform the following tasks in the order indicated herein:
 - Take a shower and soap wash with no swimsuit on.
 - Dry one's body prior to entry of the sauna room.
 - Use the sauna room.

- Use the cold plunge room. Prior to entry of the cold plunge pool, visitors are required to take a shower.
 - Take a shower. Children are not permitted to use the cold plunge pool; they should be cooled off only using a shower.
 - Use the chill out room.
2. Visitors shall take off their swimsuits or other attire at the area designated for that purpose.
 3. Sauna visitors shall be naked in the course of the sauna bath.
 4. Visitors are required to use a sheet or other suitable textile material (bath towel etc.) to sit on/lie on benches in the sauna room.
 5. Visitors are required to use their own bath towel or sheet to dry themselves and wrap their body up in the chill out room.
 6. In the course of stay in the wet section of the sauna premises, visitors are required to refrain from drinking beverages or eating, and to fully relax and enjoy the sauna bath. Visitors are asked to behave in a decent and discreet manner, contributing to the maintenance of a high hygienic, aesthetic and a social standard of the sauna premises.

Article IV

Ban on Activities in Sauna Premises

1. Smoking is strictly prohibited in the sauna premises.
2. It is forbidden to behave in a manner representing a risk to personal safety and order in the pool premises, or to disturb others by excessive noise.
3. Soap shower with no swimsuit on is required before entering the sauna room.
4. Sauna visitors shall be naked in the course of the sauna procedure. An adult, supervising children in the sauna bath, may adhere to this requirement at her/his own discretion.
5. Operating the heating system, the air conditioning equipment, electrical and other appliances is forbidden.

Article V

Final Conclusions

1. In case of accidents and indispositions, first aid shall be provided in a visibly marked first aid station, the lifeguard's room. First aid is provided free of charge. The first aid kit is located also in the sauna attendant's room.
2. When injured or feeling sick, the incapacitated individual shall ask for assistance other pool visitors, who are to call appointed natatorium staff in charge and assist in rendering first aid.
3. Breach of any provision of these Sauna Rules may be prosecuted.
4. These Sauna Rules – Spa Rules are binding upon all visitors to the sauna as well as natatorium personnel.

Effective as of August 1st, 2013

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