

RULES AND REGULATIONS FOR USING THE SAUNA

1. Before entering the sauna, please make yourself familiar with these rules and regulations.
2. While using the sauna premises, strictly follow the instructions of use, orders and information given by the service personnel.
3. All adjustments of the sauna equipment, particularly heating the stove, can be performed only by service personnel.
4. Only healthy people can use sauna.
5. Minors can use the sauna only accompanied by an adult guardian.
6. People remaining in the sauna declare by the same that they are fit and healthy to use that kind of treatment and bear sole responsibility for their health condition.
7. The users of the sauna are obliged to keep the order and cleanliness of the used premises.
8. It is recommended to use the sauna twice a week in order to improve the efficiency of the organism.
9. Before entering the sauna, a bath with soap is obligatory in order to remove all cosmetics and contaminations from the body.
10. Take off all metal jewelry in order to avoid burns.
11. You must not enter the sauna in glasses or contact lenses.
12. You must use sauna wearing only cotton clothing.
13. During gradual heating of the body, you should change places from the lower benches to the higher once subject to your organism tolerance.
14. While using the sauna you should try to loosen your muscles in order to reach as deep psychological relaxation as possible; keep quiet and silence.
15. When you finish using the sauna, do not use soap during body cooling procedures.
16. On the premises of the sauna it is forbidden:
 - to enter the sauna fully clothed or in shoes,
 - to perform cosmetic routines,
 - to make noise or to talk loudly,
 - to bring in dishes, food or any other objects,
 - to bring in alcohol,
 - to behave in an indecent way, or in any other way commonly regarded as obscene or insulting,
 - to smoke,
 - to destroy or damage the equipment.
17. After using the sauna, it is absolutely forbidden to use the Jacuzzi, and any physical effort is not recommended.
18. In case of bad disposition, press the emergency button immediately.
19. The use of sauna is not recommended:
 - directly after intensive endurance training,
 - for people with circulatory disorders,
 - for people suffering from diabetes,

- for people under the influence of alcohol,
- pregnant women,
- women during menstruation.

20. Persons violating the order or the provisions of these rules and regulations shall be removed from the premises with no right to reimbursement.

21. Using the sauna is equivalent with making oneself familiar with and acceptance of all the above provisions of rules and regulations.

22. The Management of the swimming pool assumes no responsibility for accidents resulting from not following these regulations or instructions from the personnel.

23. The rules and regulations have been approved by the Director of the Center.