

REGULATIONS AND TERMS OF INDIVIDUAL SWIMMING CLASSES

Apply from 2.07.2024 r.

General Provisions § 1

1. The rules for participation in individual swimming lessons, referred to as the "Regulations," apply to all participants of sessions held at the CSiR Przystań na Eisenberga facility.
2. Each participant is required to familiarize themselves with the Regulations and to strictly adhere to its provisions.
3. Swimming lessons last 45 minutes within the swimming pool area. After this time, participants must leave the pool area and proceed to the changing rooms. Otherwise, an additional fee will be charged according to the swimming pool's pricing list. The final settlement without additional charges must occur within 75 minutes of entering the paid area.
4. Swimming lessons are available for adults and children aged 5 and older, including in English. The lesson program is tailored to the participant's needs and skills. Sessions are conducted in the sports pool with a depth of 130-180 cm.
5. Individual swimming lessons are available in the following configurations:
 - a) Instructor + Participant
 - b) Instructor + Two Participants with similar swimming abilities.

Course Participation Conditions § 2

1. Individual lessons are available to those who have purchased a pass (package) for a specified number of lessons or a single lesson.
2. To participate in individual swimming lessons, one must register with the chosen instructor at the pool reception or by phone at 721-949-101, and then arrange an individual session schedule with the instructor.
3. Participation in lessons for minors requires written consent from parents or legal guardians.
4. An individual lesson can be canceled by either part with a 12-hour notice. Cancellation can be made in any form, provided it is effectively received by the Instructor or Participant.
5. If a Participant fails to notify the Instructor of their inability to attend a lesson on the scheduled day without 12 hours' notice, the lesson is considered completed, and the Participant is not entitled to a make-up session unless the absence was due to force majeure, which clearly justifies and excuses the Participant's absence.
6. Participants are required to arrive at least 10 minutes before the start of the session to prepare for the lesson.
7. For minors, the parent or guardian must hand over the child to the instructor before the lesson and collect them immediately after the lesson. Failure to pick up the child equates to the parent/guardian assuming responsibility for the child.
8. Parents and guardians of minor participants may stay in the swimming pool area by purchasing an admission ticket according to the pricing list.
9. Swimming skills are not required to participate in the lessons.
10. The instructional staff is responsible for conducting the training sessions accurately, while the safety of individuals using the pool is the responsibility of the lifeguards employed at the facility.
11. The participant in swimming lessons, or in the case of minors, the legal guardian, declares that their health condition allows them to participate in sports and recreational training and that there are no medical contraindications to active participation in the training.
12. Individuals with health contraindications or limitations should consult both their doctor and the instructor before participating in the training.
13. The instructor conducting the session and CSiR Przystań na Eisenberga are not responsible for damages or injuries resulting from failure to comply with the Regulations or instructions from the staff.
14. Pregnant women may participate in training after presenting a medical certificate indicating no contraindications and signing a statement that they participate at their own risk.
15. A participant who disrupts the training with inappropriate behavior or failure to adhere to the pool area regulations may be removed from the sessions.
16. Participants are required to wear a swim cap and appropriate swimwear in accordance with the pool's Regulations.

Safety and Hygiene Rules § 3

1. Before entering the water, participants must thoroughly wash themselves under the shower.
2. Individuals with skin diseases, infections, open cuts, or wounds cannot participate in individual swimming lessons.
3. It is recommended to participate in training wearing a swim cap, one-piece swimsuits, using swim sandals, and bringing a towel (a towel can be bought for an additional fee).
4. During the lesson, participants must correctly respond to all instructions from instructors, lifeguards, and other staff.
5. Any injuries or cuts should be reported immediately to the instructor or lifeguard.

Payments § 4

1. Payment for the pass (lesson package) or single swimming lesson must be made before starting the session at the CSiR Przystań na Eisenberga reception.
2. The pass (package) is personal and cannot be transferred to third parties.
3. A 6-lesson pass must be used within 50 days of purchase.
4. In the event of an absence due to the participant's fault and failure to cancel the lesson according to § 2 point 4, the lesson is considered completed.
5. In case of health issues (hospitalization, fractures), participation in swimming lessons may be suspended, and part of the payment for the pass may be transferred to a continuation of the pass at a later date after arranging with the lead instructor.
6. Unused passes are not eligible for a refund or extension of validity, except as stipulated in § 4 points 7 and 8 of these Regulations.
7. If a swimming lesson is canceled due to circumstances beyond CSiR Przystań na Eisenberga's control or due to the instructor's fault, the lessons will be rescheduled for another date.

Contraindications for Training Participation § 5

1. Cardiovascular diseases, such as heart failure, atrial fibrillation, congenital heart defects, venous thrombosis, and others.
2. Respiratory diseases, such as bronchitis, pneumonia, pulmonary emphysema, bronchial asthma with frequent attacks of shortness of breath, and others.
3. Digestive system diseases, such as stomach and duodenal ulcers, acute gastritis, acute enteritis, viral hepatitis, cholecystitis, and bile duct inflammation.
4. Endocrine system diseases, such as hyperthyroidism, diabetes with complications, adrenal insufficiency.
5. ENT diseases, such as damage to the outer ear and ear canal, acute inner ear inflammation, vestibular organ diseases (labyrinthitis), acute and chronic rhinitis and sinusitis, palatine tonsillitis. Ophthalmic contraindications include acute and chronic conjunctivitis, tear sac inflammation, sclera inflammation, retinal detachment.
6. Surgical contraindications: acute inflammatory conditions of the abdominal organs, skin, subcutaneous tissue, muscles, boils, purulent infections.
7. Gynecological diseases, such as inflammatory conditions of the reproductive organs, uterine fibroids with bleeding, pregnancy (only up to 6 weeks before delivery).
8. Other conditions: stroke risk, acute and chronic kidney inflammation, rheumatic diseases in exacerbation, severe and progressive blood diseases, and any conditions with elevated body temperature.
9. Individuals participating in the sessions should confirm with a primary care clinic that there are no contraindications to participating in the training.

Final Provisions § 6

1. CSiR Przystań na Eisenberga reserves the right to amend the Regulations.
2. Participants will be informed of any changes through the website, reception, email, or SMS.
3. The organizer reserves the right to substitute instructors and does not guarantee that all sessions will be conducted by the same instructor.
4. All requests, comments, and complaints should be submitted to the Pool Area Coordinator or via the contact form on the website www.przystannaeseisenberga.pl.

5. In case of renovations, technological breaks, or other events at CSiR Przystań na Eisenberga that prevent the use of swimming training, purchased passes (packages) will have their validity extended by the period during which the participant could not use the lessons, and the organizer will arrange additional lessons on a date specified by the organizer.
6. For matters not regulated by these Regulations, decisions will be made by the Management of CSiR Przystań na Eisenberga.

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(date and signature)