

## REGULATIONS AND TERMS OF SAUNA ZONE 01.09.2024

Apply from 30.08.2024 r.

### Rules and Regulations for the Sauna Area

1. The Rules and Regulations for the Sauna Area are established to ensure the safety, comfort, and relaxation of the guests, as well as to maintain order and cleanliness within the facility. They define the rules and procedures for using the Sauna Area.
2. All persons using the Sauna Area are required to familiarize themselves with the Regulations and to strictly adhere to the provisions of these Regulations and all instructions in force within the facility.
3. The Sauna Area operates during the winter season (September 16 - May 31) from Monday to Friday, from 5:00 PM to 10:30 PM, and on Saturdays and Sundays from 4:00 PM to 10:00 PM. The last entry is permitted 65 minutes before closing. During the summer season (June 1 - September 15), the Sauna Area is open from Monday to Friday, from 6:00 PM to 10:30 PM, and on Saturdays and Sundays from 6:00 PM to 10:00 PM. The last entry is permitted 65 minutes before closing.
4. The Sauna Area includes an infrared sauna, Finnish "herbal" sauna, Finnish "stone" sauna, Finnish "fiery" sauna, salt grotto, Roman bath, and hammam.
5. Reservations for entry can be made:
  - a. By phone at +48 721 906 101,
  - b. By email at [wellness@przystannaeisenberga.pl](mailto:wellness@przystannaeisenberga.pl),
  - c. In person at the Sauna Area Reception or the Pool Reception.
6. Before entering the changing rooms, clients are required to change their footwear to pool slippers.
7. The Sauna Area is a textile-free zone. This means that in the Sauna Area, the body should be covered only with a towel. It is recommended to enter without clothing/swimwear and to tie back hair. Clients should bring 2 or 3 bath towels or pareos.
8. Outside of the saunas and showers, clients must cover their bodies with a towel due to the transparency with a view of the pool.
9. A shower is mandatory before using the Sauna Area.
10. By entering the saunas, clients confirm that their health condition allows them to use this form of bathing.
11. Access to the Sauna Area may be temporarily restricted if the maximum number of users is reached.
12. Clients of the Sauna Area must be adults with full legal capacity. A minor over 16 years old may become a client with the consent of their legal guardians, who assume full responsibility for them.
13. A minor over 16 years old may only be present in the Sauna Area in the company of their legal guardian.
14. Persons in the Sauna Area who disrupt public order, good manners, or create a hazard to themselves or others, and who do not comply with the Regulations, instructions, and directives of the Sauna Area staff, may be removed from the facility without refunding the admission fee.
15. For organized groups, the group leader/organizer is responsible for ensuring that all group members familiarize themselves with the Regulations and instructions. The group leader/organizer is liable for the conduct of the group members.
16. A caregiver of a disabled person is entitled to free entry upon presentation of a document confirming the need for constant care by the disabled person.
17. Entry to the Sauna Area is via a locker key, which is obtained after purchasing the service according to the current pricing list.
18. Purchasing entry and receiving a key entitles one to use the facilities and services in the Sauna Area, and requires settling and returning the key upon exit at the Sauna Area's cash desk.
19. The purchase of entry and receipt of the key indicates that the client agrees to adhere to all regulations and other directives issued to ensure safety in the facility.
20. The following actions are strictly prohibited in the Sauna Area:
  - Bringing personal cosmetics into the saunas,
  - Smoking,
  - Bringing, consuming, selling, or serving alcoholic beverages, drugs, or other intoxicants,
  - Bringing animals,
  - Bringing food or beverages (including alcoholic drinks) and consuming meals outside designated areas,
1. Health Restrictions

Persons under the influence of alcohol, with acute skin diseases, open wounds, frequent infections on the upper limbs, poor personal hygiene, noticeable breathing difficulties, balance disorders, or aggressive behavior cannot use the Sauna Area.

2. For your comfort, please refrain from using mobile phones, tablets, and other electronic devices.
3. The management is not responsible for items left on the premises.
4. The management is not liable for any incidents resulting from non-compliance with legal regulations and internal rules applicable on the premises.
5. The management reserves the right to refuse the sale of an entry ticket without providing a reason.
6. Clients use the Sauna Area services at their own risk and responsibility. The management is not liable for any accidents occurring on the premises due to the client's health condition.

## **II. SAFETY AND USAGE RULES**

1. When using the Sauna Area, clients must strictly adhere to the Regulations, instructions, signage, and staff directives.
2. Only healthy individuals without contraindications to high temperatures may use the saunas. Health contraindications include:
  - a. Individuals immediately after endurance training,
  - b. Individuals aiming to reduce weight (e.g., before sports events),
  - c. Women during menstruation,
  - d. Individuals with glaucoma,
  - e. Individuals with epilepsy and psychotic states,
  - f. Individuals with acute or chronic infectious diseases and carriers of such diseases,
  - g. Individuals with acute febrile illnesses,
  - h. Individuals with a high tendency to bleed,
  - i. Individuals with chronic tuberculosis, cancer, and anemia,
  - j. Individuals with cardiovascular diseases,
  - k. Individuals with reduced adrenal gland function, hyperthyroidism, and mucinous edema,
  - l. Individuals with phlebitis, atherosclerosis, and coronary heart disease,
  - m. Individuals in post-myocardial and post-stroke conditions,
  - n. Individuals with severe skin diseases including eczema,
  - o. Individuals with acute inflammatory conditions of internal organs,
  - p. Individuals with decompression symptoms,
  - q. Substance abuse disorders such as drug addiction and alcoholism.
- r. The entrance to the Sauna Area will be considered as confirmation that the individual has no health contraindications to sauna use. If there are doubts about the absence of health contraindications, a medical opinion should be sought.
3. Within the Sauna Area, it is prohibited to:
  - a. Bring any dangerous items: glass containers, pressurized containers (including deodorants, hair sprays, etc.), knives, and other sharp objects (these should be left in lockers),
  - b. Jump from parts of the facility's construction,
  - c. Manipulate technical equipment.
4. Sauna Rules
  - a. Silence must be maintained in the saunas.
  - b. Each client is required to thoroughly wash their entire body with soap before entering the sauna and then dry it carefully with a towel.
  - c. The Roman bath should be used naked. In dry saunas, clients should use a pareo/towel and sit or lie on the benches in such a way that no part of the body (including feet) directly touches the benches. This is to be done using the pareo or towel.
  - d. Clients should enter the sauna barefoot.
  - e. The seating areas in dry saunas should be covered with a towel or similar item before use, including the space under the feet.
  - f. In the Roman bath, before using a bench, it should be rinsed with water from the hose by the entrance. This should be repeated after use.

- g. Only Sauna Area staff are permitted to operate the saunas and related equipment. It is strictly prohibited to use any liquids, essences, oils, or other substances brought from outside. It is also strictly prohibited to leave any items (e.g., towels, robes, bath sheets) near the sauna stove, as this poses a fire hazard.
  - h. Be aware of the temperature differences within the saunas.
  - i. If experiencing discomfort, dizziness, difficulty breathing, etc., immediately notify the Sauna Area staff and, if possible, leave the sauna as soon as possible.
  - j. Touching the heating elements of the sauna is prohibited, as this can cause burns.
  - k. Self-pouring water or any other liquids onto the sauna stove is prohibited.
  - l. Moving between different levels in a sauna without handrails requires special caution.
  - m. Sauna sessions should be limited to approximately 3 sessions of 8-12 minutes each.
  - n. After using the sauna, clients must rinse off under the showers, then cool down under the rain shower, using ice from the ice maker or a bucket of cold water. The body should be cooled from the feet towards the heart; do not pour cold water on the heated head. Each sauna session should be concluded with a 10-20 minute rest in the Relaxation Area or Hammam (if no private session is ongoing in the Hammam, it will be closed for use). After sauna use, it is recommended to replenish fluids with mineral water or juice.
5. Any injuries, cuts, or observed irregularities or hazards should be reported immediately to the nearest staff member.
6. Rules for Using Other Areas of the Sauna Zone:
- When in the Sauna Zone, general sauna rules must be followed.
  - Loungers and seating areas can only be used after covering them with a towel, robe, or bath sheet.
  - The behavior of individuals in the Sauna Zone must not disturb the relaxation of others or be bothersome. Running, making noise, intrusive staring at others using the Sauna Zone, etc., is strictly prohibited.
  - Any behavior or activities of a sexual nature are also prohibited in the Sauna Zone.
  - Individuals using the relaxation areas are required to maintain silence and tranquility.
  - Individuals whose comfort or sense of safety has been compromised due to behavior described in previous points or for other reasons should immediately inform the Sauna Zone staff.
7. In case of feeling unwell during your stay, please promptly inform the staff.

### **III. RESPONSIBILITY**

1. Please do not bring valuable items into the Sauna Zone. Items that may be damaged (mobile phones, watches, etc.) should be left in the lockers in the changing rooms.
2. The management is not responsible for lost or stolen items.
3. Users are responsible for any damage resulting from improper use of the facility and its equipment.
4. Parents, legal guardians, and group organizers are responsible for those under their care and for any damages they may cause.
5. The management is not liable for any incidents resulting from non-compliance with legal regulations and rules applicable on the premises.
6. Individuals who disrupt order or violate the provisions of these regulations will be removed from the premises without a refund of previously paid fees.
7. A fee of 100 PLN will be charged for a lost key or card.
8. Comments and requests should be reported at the Reception or via email at [biuro@przystannaeisenerga.pl](mailto:biuro@przystannaeisenerga.pl).
9. For matters not covered by these Regulations, general provisions and the facility's management decisions will apply.
10. The management is not responsible for any incidents resulting from non-compliance with these Regulations.
11. The facility is equipped with a video surveillance system, and recordings from the cameras may be used to hold users accountable for not adhering to the regulations and instructions. The facility's management guarantees that surveillance is conducted in a manner that respects users' personal dignity and privacy.

12. For issues not regulated by these Regulations, applicable provisions, including the Act of August 18, 2011, on the conditions for ensuring safety for persons staying in mountains, swimming, bathing, and practicing water sports (Journal of Laws of 2011, No. 208, item 1240), will apply.
13. The management and staff of the Przystań na Eisenberga Sports and Recreation Center are not responsible for the loss or theft of valuable items on the premises.
14. The management of the Przystań na Eisenberga Sports and Recreation Center is not liable for accidents resulting from non-compliance with the facility's regulations.

**PERSONS DISRUPTING PUBLIC ORDER OR VIOLATING THE REGULATIONS WILL BE REMOVED FROM THE PREMISES. IGNORANCE OF THE REGULATIONS DOES NOT EXEMPT FROM RESPONSIBILITY FOR IMPROPER USE OF THE SAUNA ZONE AND EQUIPMENT, AND THE PRZYSTAŃ NA EISENBERGA SPORTS AND RECREATION CENTER IS NOT LIABLE FOR ANY NEGATIVE CONSEQUENCES.**

**THE SAUNA ZONE REGULATIONS ARE ANNOUNCED BY POSTING THEM IN DESIGNATED AREAS OF THE FACILITY AND ON THE WEBSITE.**