

## SAUNA AREA REGULATIONS

1. The Sauna Area forms an integral part of the Swimming Pool and is located within the Krokowa Sports and Leisure Centre, ul. Szkolna 6, 84-110 Krokowa (hereinafter referred to as: the Centre) owned by the Krokowa Commune. The Centre is managed and operated by Krokowskie Przedsiębiorstwo Komunalne Sp. z o.o. with its registered office in Żarnowiec (hereinafter referred to as: the Operator).
2. These Regulations set out the rules for using the Sauna Area located within the Centre.
3. These Regulations supplement the Centre Regulations and must be applied in conjunction with them.
4. Every person using the Sauna Area (hereinafter referred to as: the User) is obliged to read these Regulations and comply with them.
5. Entry into the Sauna Area constitutes acceptance of these Regulations.
6. The Sauna Area is open in accordance with the rules set out in the Centre Regulations.
7. By entering the Sauna Area, Users acknowledge that they may be in the presence of persons who are naked or partially clothed.
8. The Sauna Area is open to Users aged 18 and over.
9. The Sauna Area consists of sauna rooms, including dry saunas and steam rooms, as well as a relaxation room, showers, and a cold plunge tub.
10. Only persons in good health may use the saunas. Users bear full responsibility for their health and declare that they are physically fit to use the services provided by the Sauna Area.
11. Users who are feeling unwell must leave the Sauna Area immediately.
12. Contraindications to using the Sauna Area include:
  - a) skin lesions, skin inflammation, open wounds;
  - b) cardiovascular and respiratory conditions, high blood pressure, vascular diseases;
  - c) thyroid disorders, claustrophobia, epilepsy, acute rheumatic conditions;
  - d) acute infections and asthma;
  - e) elevated body temperature;
  - f) pregnancy and menstruation;
  - g) condition indicating the consumption of alcohol or other intoxicants.
13. The Sauna Area is a quiet zone. Its Users are required to behave quietly. Loud conversations, shouting and any other behaviour that may disturb other Users are prohibited.
14. Only Swimming Pool staff may operate the saunas and adjust the Sauna Area equipment.
15. Users of the Sauna Area undertake to maintain order and keep the rooms and equipment clean.
16. Before entering the Sauna Area, Users must:
  - a) remove all metal objects and jewellery, as these may cause burns;
  - b) take a shower, washing their whole body thoroughly, then dry themselves completely.
17. Use of the dry saunas is permitted only in appropriate sauna attire (e.g. a towel, wrap, or sheet) that meets hygiene requirements and contains no plastic or metal elements.
18. Towels can be hired at the Sauna Area reception. In the event of damage to or loss of a hired large towel, a fee of PLN 75 will be charged.
19. Resting in the Sauna Area is only permitted on a laid-out towel, large enough to accommodate the entire body.
20. Users must use the steam rooms, cold plunge tub and showers without clothing. Use of other rooms not mentioned above is allowed exclusively in sauna attire (cotton towels, sauna wraps, hammam towels).

21. Before taking a seat in a steam room, and after leaving it, Users must rinse the seating area with water.
22. When sitting or lying in a dry sauna, Users must place a towel under their entire body so that no part of their body, including feet, touches the wood.
23. After a session in a dry sauna or steam room, Users must use the showers before entering the cold plunge tub.
24. Users are prohibited from using their own liquids, essences, oils or other substances whilst using the dry saunas and steam rooms.
25. Before each aroma session conducted by the Sauna Area staff, there is a 15-minute technical break in a sauna during which the steam will be generated.
26. It is prohibited to place any towels, wraps or bath sheets near or on the sauna heater, due to the risk of fire.
27. The following are prohibited in the area:
  - a) presence of persons under the influence of alcohol or other intoxicants;
  - b) walking in clothing, swimwear or footwear other than pool footwear;
  - c) bringing in and using mobile phones and any devices used to record images or sound;
  - d) reserving loungers in the relaxation area by leaving items such as towels;
  - e) running, making noise or engaging in loud conversations;
  - f) bringing in alcohol, alcoholic beverages or other intoxicants;
  - g) destroying or damaging Sauna Area equipment;
  - h) indecent behaviour likely to be considered inappropriate;
  - i) moving about in common areas without clothing;
  - j) using other facilities and areas (including the cold plunge tub) after leaving a sauna or steam room without first washing the body in the shower.
28. Behaviour that may cause discomfort to other Users of the Sauna Area is prohibited. Any behaviour constituting voyeurism or sexual activity is prohibited. The Sauna Area staff have the right to ask Users to leave if their behaviour does not comply with the provisions of these Regulations.