

REGULATIONS FOR USING THE SAUNARIUM

§ 1

1. These Regulations contain supplementary and specific provisions specifying the rules for using the sauna zone (Chochołowskie Saunarium) - hereinafter referred to as the "sauna zone" or "Saunarium", separated in the Chochołów Thermal Baths Facility.
2. In all matters not covered by these Regulations, the provisions of the other Regulations in force in the Chochołów Thermal Baths Facility, particularly the provisions of the main Regulations of the Facility, shall apply.
3. Each person using the sauna zone is obliged to read the content of these Regulations before entering the zone, use individual attractions/devices/services provided by the Company in this zone, and then comply with its provisions.
4. Each User of the sauna zone is also obliged to strictly comply with the provisions of the main Regulations of the Facility.
5. In addition, all persons using the sauna zone are obliged to exercise due diligence in order to protect their own and other people's life and health, and in particular to:
 - comply with the bans, orders and recommendations presented on information or warning boards and signs placed in the sauna area;
 - comply with the instructions and commands of the employees of the sauna zone, as well as messages given through loudspeakers;
 - adjust your activity plans to your own health, individual limitations and contraindications and general fitness, as well as to current weather conditions;
 - use equipment appropriate to the type of activity undertaken, technically efficient, in accordance with its intended use and rules of use;
 - immediately inform the employees of the sauna zone in the event of noticing any defects, faults, failures, but also accidents, injuries or any other situations that pose a real threat to other Users or the Staff, as well as in the event of noticing situations and behaviour affecting the comfort of sauna use or the sense of security of Users.

§ 2

1. Detailed rules for the use of individual parts, rooms, devices or attractions available in the Saunarium, including parameters and restrictions related to the possibility of their use, are specified in separate regulations, and they may also be specified in instructions, information boards and pictograms. The above documents are available at the entrances to each of the zones or attractions, and the regulations and instructions are also available on the official website of the Facility. Relevant information can also be obtained from the Sauna Zone Staff.
2. Before using any attractions/devices/services, the Guest should carefully read and understand the rules of their use, analyze the recommendations and contraindications to use, and verify their condition. In case of any doubts, please ask the Staff for clarification.
3. It is forbidden to use individual zones and attractions/devices contrary to the established rules of their use, particularly by persons whose conditions and physical condition prevent safe use, per the instructions (including the manufacturer's instructions).

4. Ultimately, each Guest, individually and on their own responsibility, makes an independent decision to use a given attraction/device/service available in the Facility, considering all possible hazards and risks associated with it.

§ 3

1. The basic restrictions on entering and using the Facility, applicable to all Users, are specified in the main Regulations of the Facility. The following rules are only to clarify them and in no way exclude the provisions of the main Regulations, which are also fully applicable to Saunarium Users.
2. Only adults can use the sauna area.
3. Entrance to the Saunarium (during the opening days and hours of the Complex) is only possible with a valid admission ticket (one-time or pass), gift/gift voucher, special gift voucher or other types of invitation issued by the Company (hereinafter jointly referred to as "Entry Ticket(s)") - specifically to the sauna zone or the open ticket. The entry ticket to the swimming pool area does not entitle you to use the Saunarium.
4. The sauna area is a non-textile area. Users using this zone are obliged to stay in the Saunarium without swimwear or other clothing, with the proviso that Guests should not be naked when moving around the entire sauna zone - after the end of the thermal bath or sauna session, including the required cooling phase, the Guest is obliged to wear appropriate clothing (e.g. towel, bathrobe, pareo, bathrobe); for hygienic and aesthetic reasons, the obligation to wear a cover should be observed in particular when using the bar/restaurant and the area around the bar/restaurant with tables.
5. The Saunarium Users must take into account that this zone will be used by other Users who are incompletely dressed or naked.
6. The sauna zone is a zone of silence and relaxation where Users are obliged to keep silence and not to disturb other Users.
7. The behaviour of Users staying in the Saunarium zone may not disturb the rest of other visitors or be burdensome for them. Running, making noise and insistently watching others using the Saunarium are prohibited. In the Saunarium, it is forbidden to practice any behaviour and activities of a sexual nature, as well as any other activities that may cause embarrassment to other Users.
8. It is forbidden to bring and use mobile phones, cameras, cameras, other image recording devices, smartwatches, headphones, tablets, laptops, notebooks and similar devices in the sauna area.
9. Recording videos and taking photos in the sauna area are strictly prohibited.
10. It is forbidden to bring your own food and drinks, including alcoholic beverages, bags, backpacks, other hand luggage, suitcases and other private items in the Saunarium and changing rooms.

§ 4

1. The sauna zone can only be used by healthy people with no contraindications to staying in high temperatures.
2. In particular, the Saunarium should not be used by:
 - people just after endurance training;
 - people aiming to reduce weight (e.g. before competitions);
 - menstruating and pregnant women;
 - people suffering from glaucoma;
 - people suffering from epilepsy and psychotic states;
 - people suffering from acute and chronic infectious diseases and their carriers;

- people with acute febrile illness;
 - people with a high tendency to bleed;
 - people suffering from chronic tuberculosis, cancer and anaemia;
 - people suffering from cardiovascular diseases;
 - people suffering from reduced work of the adrenal cortex and hyperthyroidism and myxedema;
 - people suffering from phlebitis, atherosclerotic conditions and coronary artery disease;
 - people in post-infarction and post-stroke states;
 - people suffering from intense skin diseases, including eczema;
 - people suffering from acute inflammation of internal organs;
 - people with symptoms of decompression;
 - people suffering from severe vegetative disorders of the central nervous system with severe circulatory disorders;
 - people suffering from addiction-related diseases, including such as drug addiction and alcoholism.
3. It is forbidden to enter and stay in the sauna area for people:
 - whose behaviour indicates being intoxicated, under the influence of intoxicants or drugs or other substances with a similar effect, i.e. substances that interfere or limit the assessment of the situation or cause unnatural behaviour;
 - violating public order, generally accepted standards of behaviour, principles of morality or posing a risk and threat to yourself or others or to property;
 - behaving aggressively, dangerously, vulgarly;
 - whose hygiene deviates from generally accepted social norms.
 4. The Management or persons authorised by them from the Staff (including sauna masters) are also entitled to refuse to provide services (including, in particular, the sale/realisation of the admission ticket) to the persons referred to in para. 3 above and for persons violating the provisions of these Regulations, including disturbing public order and generally accepted standards of behaviour, not complying with the Staff's instructions, making a fuss, as well as to demand that these people immediately leave the sauna zone and the Facility, including without the possibility of demanding a refund Entrance ticket.
 5. Familiarization with the above contraindications is mandatory before using the sauna zone.
 6. In the event that a person intending to use the Saunarium has any contraindications (both those listed directly in sections 1, 2 and 3 above, as well as individual contraindications not listed), the use is strictly prohibited and contrary to these Regulations.
 7. The person entering the Saunarium confirms the lack of contraindications described above and other known ones to the User.
 8. Each user of the sauna zone is obliged to independently verify whether his current condition allows the use of this zone. In the event of any doubts of the User as to the lack of contraindications to use the Saunarium, as well as to the current state of health/well-being, possible disease symptoms, etc., he/she should consult a specialist in this respect before using a given service.

§ 5

1. Access to the sauna zone is based on a transponder of the Electronic Customer Service System, which is obtained after purchasing the service in accordance with the applicable Price List. Detailed

rules for using the transponder, including the rules for its return and settlement, are set out in the main Regulations of the Facility.

2. Before using the services in the sauna area:
 - a) in the case of entering the sauna zone directly from the outside:
 - use the cloakroom - undress in the changing room and leave personal belongings in the lockers provided for this purpose; the key to open and close the lockers is a transponder;
 - before entering the cloakroom, it is obligatory to change external footwear to swimming pool footwear (barefoot walking is allowed at this stage); after the end of use and changing clothes, the change of footwear from the swimming pool to the outer one takes place after leaving the cloakroom;
 - b) in the case of going to the sauna zone from the swimming pool zone:
 - take off your swimwear and leave it on special shelves at the entrance to the sauna area, with the proviso that these shelves are not intended to store any items other than swimwear, and the Company is not responsible for the loss or damage of items left on the shelves contrary to this by decision.
3. When moving around the cloakroom and, subsequently, after leaving it and when moving around the sauna area, it is necessary to use appropriate bathing shoes with non-slip properties. Walking barefoot is prohibited (exceptions for the use of individual attractions are specified in the provisions below).
4. For guests with an open ticket or saunarium, one large and one small towel is provided in the ticket price. It is possible to rent additional towels for a fee (according to the Price List). The renter is responsible for the rented towels.
5. Towels are the property of the Company, and the Guest is obliged, before leaving the Facility, to return them to the Staff at the checkouts or in other designated places (properly marked). Not returning and not having the rented towels at the exit is equivalent to their loss and payable (fee according to the Price List).

§ 6

1. In order to ensure hygiene, each Guest is obliged to take a shower with bath products before using the attractions of the sauna zone, and also immediately before entering a given sauna and immediately after using it (and before using a barrel with water to cool the body), rinse the body under showers. Entering the sauna is possible only after it is completely dry.
2. When staying in the Saunarium, you should follow the general sauna rules.
3. You must enter the sauna barefoot. Slippers and bathrobes should be left outside, at the entrance to the sauna or other attractions of the sauna zone.
4. It is forbidden to bring any personal items into the saunas, and in particular, before entering the sauna, metal jewellery (gold, silver, etc.) and any other metal objects should be removed.
5. Steam baths, showers and swimming pools in the Saunarium should only be used naked, barefoot, without towels or other coverings.
6. Dry saunas should be used in a pareo/towel in accordance with the sauna rules - sitting or lying down on benches in such a way that no part of the body is in direct contact with the boards (including feet). Use a pareo or towel for this purpose.
7. In steam (wet) baths, before taking a seat on the bench, rinse it with water using the hose located at the entrance. At the end of your stay, this operation should be repeated.

8. After each session in the sauna, the Guest should take a shower, cool down the body and rest.
9. The vital pools located in the sauna area should be entered naked, and the Guest should take a shower before entering.
10. Do not use individual saunas for more than the time stated in the instructions for each sauna session.
11. The sunbeds and seats located in the sauna area can be used only after they have been covered (e.g. with a towel, coat or bath sheet).
12. Before entering the pools and using the stools and deckchairs, it is forbidden to use any kind of body cosmetics.
13. Only authorised employees of the Saunarium can operate the Saunarium and its devices. Using liquids, essences, oils and other substances for steam baths brought from outside is forbidden. It is especially forbidden to leave any objects in the immediate vicinity of the sauna heater. It is also forbidden to leave any textiles (e.g. towels, coats, bath sheets, clothes) in the saunas, in particular, to take up space, dry them, etc. Due to the fire risk, it is also forbidden to cover any type of radiators, ventilation openings, covers, thermometers and other technical devices.
14. When staying in separate rooms of the Saunarium, you should remember about the temperature difference and be aware of your health.
15. In the event of malaise, dizziness, shortness of breath, etc., it is necessary to notify the Saunarium employees of this fact and, if possible, leave the Saunarium as soon as possible.
16. Do not touch the installation elements that supply heat to the heating devices, as this may cause burns.
17. Pouring water or other liquids on sauna stoves on your own is prohibited.
18. Moving between different levels in a sauna cabin without handrails requires special care.
19. There are emergency buttons in the sauna cabins to call for help in the event of an accident.
20. Performing massages with the use of brushes is prohibited for hygienic reasons.

§ 7

1. Sauna rituals/sessions can be organised in individual saunas at specific, predetermined hours. Their course and topics are determined by an authorised member of the Staff, i.e., the sauna master. Sauna rituals can be accompanied by music.
2. Sauna sessions may only be performed by an authorised member of the Staff.
3. Performing sauna rituals requires prior ventilation of the sauna. Therefore, the sauna master may ask guests to leave the sauna 15 minutes before the sauna ritual.
4. Sauna rituals are an additional attraction of the sauna zone, for which it is impossible to book seats in advance. Each sauna ritual has a limited number of participants, which is determined each time by the sauna master at his/her discretion, in particular considering the number of seats in a given sauna. In order to take advantage of the sauna ritual, you must queue up and wait for the opportunity to participate in the ritual. However, the Company does not guarantee and is not responsible for the permanent and uninterrupted possibility of using the ritual by all Guests.

§ 8

1. Due to the need to ensure hygiene and safety rules, people in the sauna zone are not allowed to:
 - violate the rules of using the zone, including individual attractions and equipment;
 - run;

- shout and behave in a way that threatens their own safety and that of other Users of the Facility;
 - raise false alarms;
 - litter and contaminate rooms and pool basins;
 - destroy the facilities and equipment of the Facility;
 - move movable equipment without the consent of the Staff;
 - introduce animals;
 - bring in and use vehicles (rollers, scooters, bicycles, skateboards, boards, strollers, etc.) and objects that hinder communication in the Facility;
 - with regard to water basins located in the sauna area, it is also not allowed to:
 - dive and jump into the water;
 - train apnea;
 - push and throw other people into the water;
 - throw any objects into the water; dirty and contaminate the basin, in particular, it is forbidden to settle physiological needs outside the toilet, pour cosmetic liquids into the water, etc.;
 - perform gymnastic exercises on ladders and handrails;
 - enter and exit the basins outside the designated places (ladders, stairs);
 - wear flip flops or fins in the water;
 - consume meals and drinks outside the bar/catering area of the sauna zone and tables located in the vicinity of the bar/restaurant - in other places such as saunas, outdoor pools, jacuzzi, etc., eating and drinking are not allowed.
2. Wearing glasses and contact lenses is not recommended. In the event of failure to comply with this requirement, the User must take into account the risk of damage to the glasses/contact lenses, for which the Company and its Management are not responsible if they occur. In the case of wearing corrective glasses in the sauna area (at the User's own risk), these glasses must be fixed to prevent them from falling.
 3. It is forbidden to occupy seats in the Saunarium when the Guest is not using them. This applies in particular to places in saunas, deckchairs, places in rest rooms, etc. (for example, a guest cannot reserve a deckchair by leaving a towel or an object on it). The Guest must leave the place (i.e. remove their belongings) if they stop using it. The staff has the right to remove the items left by people who do not actually use a given place.

§ 9

1. In the event of an accident caused by non-compliance with these Regulations, the User bears all responsibility.
2. All persons violating public order or the provisions of these Regulations will be removed from the sauna area.
3. Other basic rules for using the Facility, as well as the rules of liability and obligations of the Customers, are governed by the main Regulations of the Facility.