

RULES FOR USING THE POOL ZONE

§ 1

1. These Regulations contain supplementary and specific provisions specifying the rules for using the swimming pool and water zone, separated in the Chochołów Thermal Baths Facility.
2. In all matters not covered by these Regulations, the other Regulations in force in the Chochołów Thermal Baths Facility shall apply, particularly the provisions of the main Regulations of the Facility.
3. Each person using the swimming pool area is obliged to read the content of these Regulations before entering the zone and starting to use individual devices/services provided by the Company in this zone, and then comply with its provisions.
4. Each User of the swimming pool area is also obliged to strictly comply with the provisions of the main Regulations of the Facility.
5. In addition, all persons using the swimming pool area 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 the information or warning boards and signs placed in the swimming pool area;
 - comply with the instructions, commands and sound signals of lifeguards and employees of the swimming pool area, as well as messages given through loudspeakers;
 - adapt your activity plans to your own skills and general fitness and health, 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 employees of the pool area (in particular lifeguards) in the event of noticing any defects, faults, failures, accidents, injuries or any other situations that pose a real threat to other Users or the Staff.
6. Whenever the definition of a swimming pool is used in these Regulations, it should be understood each time as all tanks and basins filled with water located in the Facility, including swimming pools, bathtubs, barrels, paddling pools, etc.

§ 2

1. Detailed rules for the use of devices or attractions available in the swimming pool area, 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.
2. Before using any attractions/devices, the Guest should carefully read and understand the rules of their use. In case of any doubts, please ask the Staff for clarification.
3. It is forbidden to use individual zones and to use attractions/devices contrary to the 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. Restrictions on entering and using the Facility applicable to Users are detailed in the main Regulations of the Facility. The following rules are only a clarification and in no way exclude the provisions of the main Regulations, which are also fully applicable to the Users of the swimming pool area.
2. Due to hygiene rules, it is forbidden to enter the water for guests suffering from contagious skin diseases, with open wounds and skin inflammations, plasters and bandages on the body, and whose hygiene status differs from generally accepted standards.
3. Children up to 3 years of age and persons using diapers, when using the swimming pool area, are obliged to have and use disposable diapers/ diapers designed specifically for bathing throughout their stay.
4. Private prams are prohibited in the pool area, starting from the entrance to the locker room. Strollers must be left in the marked place. The thermal baths give you the opportunity to rent a stroller free of charge, which can be used in the swimming pool area. The number of prams available for rent is limited.
5. The use of private wheelchairs in the swimming pool area is allowed. However, the Baths also offer the possibility of renting a wheelchair free of charge, which can be used in the swimming pool area. The number of wheelchairs available for rent is limited.
6. It is forbidden to leave unsupervised children who cannot swim in the swimming pool area.
7. Children up to 6 years of age should use appropriate swimming sleeves or other buoyancy equipment, and their entry into the water may only take place under the constant supervision of an adult guardian.
8. For safety reasons, it is strictly forbidden to run and jump into the water.

§ 4

Access to the swimming pool area 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.

§ 5

1. Using the Facility's cloakroom (changing room) and lockers is mandatory. The key to opening and closing the cabinets is a transponder.
2. Before entering the cloakroom, it is mandatory to change outer footwear to swimming pool footwear (barefoot walking is allowed at this stage). After swimming and changing clothes, the change of footwear from the swimming pool to the outer one takes place after leaving the locker room.
3. When moving around the locker room and subsequently after leaving it and when moving around the swimming pool area (starting from changing cabins, through showers, to the sauna and swimming pool area, as well as in the open swimming pool area), it is necessary to use appropriate bathing shoes with anti-slip properties. Going barefoot is prohibited.

4. Changing clothes into a swimming outfit takes place in the changing rooms. Due to the monitoring of changing rooms, you should change in cabins intended for this purpose. Only one guest may stay in the changing cabin, except when helping a child or a disabled person, be dependent.

§ 6

1. Before entering the swimming pool area, each person is obliged to thoroughly wash the whole body under the shower with the use of appropriate cosmetics or washing agents, and additionally rinse the feet by passing through a specially designed paddling pool filled with water. The same rule applies after each use of the toilet. The use of bath cosmetics outside the shower rooms is prohibited. The use of massage sponges or the use of exfoliating products, depilation, shaving, hair dyeing, manicures or pedicures, etc., is not allowed for hygiene reasons.
2. It is forbidden to enter the shower with clothes or outer shoes on.
3. In the swimming pool area (except for the sauna area, non-textile rooms and showers), only clean swimwear that meets hygienic and aesthetic requirements, does not have zippers or other metal or plastic inserts that may pose a threat to the health or safety of the User, as well as cause damage to the equipment of the swimming pool area. A swimsuit is considered to be:
 - bathing/swimming briefs;
 - bathing/swimming shorts;
 - bathing suits (including burkinis);made only of materials specifically and intentionally intended for bathing in water.
4. It is forbidden to wear everyday clothes in the swimming pool area. The exception is light clothes if the Guest does not plan to enter the pools or slides.
5. It is not allowed to be topless in the swimming pool area, with the exception of the SPA and sauna areas, according to the rules applicable in these zones.

§ 7

1. In the swimming pool area, there are pools of different depth levels. Each area is clearly marked. The following basic areas have been distinguished:
 - paddling pool - up to 0.3 m deep;
 - zone for non-swimmers - up to 1.2 m deep;
 - zone for those who can swim - with a depth of up to 1.8 m.
2. The actual depths in individual zones are given in the form of pictograms on the walls of the pool basins or near them.
3. Each Guest should be aware of their level of swimming ability and be required to adapt their activities to the appropriate depth level.
4. Non-swimmers may only use the non-swimmer areas.
5. The swimming pool located on level "-1" is intended only for people swimming on their own or swimming schools using the swimming pool area under the supervision of an instructor.
6. Within the swimming lanes, right-hand traffic along the lanes applies. It is forbidden to swim across the tracks.

§ 8

1. Lifeguards are people wearing a uniform colour outfit with the word "RATOWNIK" visible.
2. All swimming pools and water attractions are supervised by the rescue service. This does not release carers from direct and continuous supervision of their charges, particularly children.

3. The following sound signalling applies in the swimming pool area:
- a series of short sound signals - ALARM - a call for all Users to immediately leave the pool basin and to comply with further instructions from lifeguards or Facility administration;
 - long sound signal - end of classes - immediate exit from the water; after hearing the signal, leave the basin and wait for further instructions from the lifeguards or the Staff;
 - short sound signal - an order to pay attention to the messages of the lifeguard and the pool staff.

§ 9

1. Due to the need to ensure hygiene and safety rules, people in the swimming pool area are not allowed to:
- violate the rules of using the zone, including individual attractions and equipment;
 - use swimming pools, slides and saunas while intoxicated or after consuming narcotic substances or other substances causing a similar effect;
 - enter the water against the prohibitions of lifeguards when there is no rescue service on duty and during a rescue operation;
 - use clothes and items that are visibly soiled or that may react chemically with water;
 - dive and jump into the water without the consent or against the lifeguard's prohibition;
 - dive in barrels with thermal water;
 - swim underwater and dive under the outlets of water slides;
 - train apnea;
 - run;
 - push and throw other people into the water;
 - shout and behave in a way that threatens their own safety and that of other Users of the Facility;
 - raise false alarms;
 - throw any objects into the water;
 - perform gymnastic exercises on ladders and handrails;
 - enter and leave the pools outside the designated areas (ladders, stairs);
 - reserve chairs or deckchairs - they should not be occupied when the Guest is not using them;
 - enter and climb to rescue stations and use rescue equipment (except in special emergencies);
 - climb on the elements of individual structures;
 - litter and contaminate rooms and pool basins;
 - use washing agents, cosmetics and chemicals in the swimming pool halls;
 - destroy the facilities and equipment of the Facility;
 - move movable equipment without the consent of rescuers or Staff;
 - use mobile phones, tablets and similar devices in a way that disturbs others (e.g. speaking loudly or taking pictures of other people without their consent);
 - use mobile phones, tablets and similar devices inside the pools, on slides or in the sauna area ;
 - use cameras, camcorders or other devices recording images and sound inside the pools or on the slides;
 - bring in and use musical and playing instruments and equipment; sound reproduction devices; television sets;
 - chew gum;

- spit on the ground or in the pool;
 - consume drinks and food in the swimming pool hall (including in particular in the pool or on the slides), in changing rooms and showers; excluding drinking at the pool wet bar and in the designated area around it, as well as eating and drinking in individual catering zones;
 - leave glasses or dishes near the edge of swimming pools;
 - leave pool flip-flops in communication and pool overflow areas;
 - introduce animals;
 - bring in and use vehicles (rollers, scooters, bicycles, skateboards, boards, strollers, etc.) and objects that hinder communication in the Facility;
 - climb the walls surrounding the pool, railings, lane ropes and other structural elements and devices not intended for this purpose;
 - dirty and contaminate the pools, slides and other water devices, and in particular, it is forbidden to settle physiological needs outside the toilet, pour cosmetic liquids into the water, etc.;
 - jump into the water, including in particular from the walls, balustrades, figures, stairs, Jacuzzi tubs, flowerbeds and other parts of the Facility's structure, as well as from the edge of the basin, in particular from the run-up or head-on;
 - wear flip flops or fins in the water;
 - use rescue equipment for purposes other than intended;
 - use the slides or attractions in a manner contrary to the instructions;
 - conduct physical activities and ball games outside the designated areas;
 - place deckchairs, chairs or other equipment in a way that interferes with traffic on the premises of the Facility.
2. Wearing glasses and contact lenses is at the User's own risk. If wearing corrective glasses in the swimming pool hall, they must be fixed to prevent them from falling.
 3. The use of dryers and other electrical equipment may only take place in the Facility's dry zone.
 4. Bringing in and using your own sports and recreational equipment on the premises of the Facility may take place only after obtaining the consent of the lifeguards.

§ 10

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 pool 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.