

## REGULATIONS FOR USING THE FINNISH SAUNA /NON-TEXTILE/

### § 1

1. These Regulations contain supplementary and specific provisions specifying the rules for using the Finnish /non-textile/ sauna, located in the sauna zone separated in the Chochołów Thermal Baths Facility.
2. The Finnish sauna is an integral part of the sauna zone, and all persons using it must comply with both these Regulations and the Regulations for using the Saunarium.
3. Each User is also obliged to strictly comply with the provisions of the main Regulations of the Facility.
4. 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.
5. Each person using the Finnish sauna must read the content of these Regulations before starting to use it and then comply with its provisions. Reading the information boards available in the sauna area is also required.

### § 2

1. The Finnish sauna is available to Users authorised to use the sauna zone in accordance with the rules applicable in this zone, taking into account the following reservations.
2. The Finnish sauna is a dry sauna with a temperature of 90°C and air humidity of up to 20%.
3. The Finnish sauna can only be used by healthy people or people whose ailments are not contraindications to using this type of sauna.
4. It is not recommended to use the Finnish sauna for:
  - people suffering from heart disease, hypertension and blood vessel diseases;
  - people suffering from thyroid, claustrophobia, epilepsy, acute rheumatic conditions, cancer, acute infections and asthmatic conditions;
  - people with fever;
  - women during menstruation and pregnancy;
  - people who are tired and intoxicated;
  - people who are allergic or sensitive to essential oils.
5. Using the Finnish sauna is at the User's own risk. The Company and its Management are not responsible for the health effects of staying in the sauna.

### § 3

1. Before entering the Finnish sauna room, you should:
  - take care of physiological needs;
  - remove all metal objects (especially jewellery), as they may cause burns to the body;
  - remove glasses and contact lenses (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);
  - wash the whole body in the shower with soap, then wipe dry;
  - take off your pool shoes.

2. There can be a minimum of two people in the sauna.
3. In the Finnish sauna, as a dry sauna, you should sit on a towel and keep your feet on it. The towel should be spread out so that no part of the body is in contact with the surface of the seat.
4. Any deterioration of well-being should be immediately reported to a staff member or lifeguard, or use the emergency button.
5. All persons using the Finnish sauna are obliged to strictly follow and comply with the instructions, commands and sound signals of lifeguards and employees of the sauna zone, as well as messages given through loudspeakers.

#### **§ 4**

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, as well as from the Saunarium area.
3. Saunarium zone and the main Regulations of the Facility.