

REGULATIONS FOR USING NORMOBARIC CHAMBERS

LOCATED IN THE CHOCHOŁÓW THERMAL BATHS COMPLEX
AT THE ADDRESS: CHOCHOŁÓW 400, 34-513 CHOCHOŁÓW

consolidated text, version effective as of 27 June 2023

GENERAL PROVISIONS

§ 1

1. These Regulations for the use of normobaric chambers, hereinafter referred to as the "Regulations", define the terms and conditions of using the normobaric chambers located in the Chochołów Thermal Baths complex at the address: Chochołów 400, 34-513 Chochołów and taking part in sessions organised in such chambers, which services are provided by Chochołowskie Termy Spółka z ograniczoną odpowiedzialnością with its registered office in Chochołów, Chochołów 400, 34-513 Chochołów (hereinafter referred to as the "Thermal Baths" or the "Company").
2. The Regulations are the basis for using normobaric chambers and are the main document defining the rights and obligations of Participants participating in sessions organised in such chambers.
3. Each Participant is obliged to read the content of these Regulations, including in particular the provisions regarding contraindications, before using the chamber.
4. The Regulations are available for viewing on the official website of the Thermal Baths at: <https://www.chocholowskietermy.pl>, in the tab: <https://www.chocholowskietermy.pl/regulamin-normobaria/>, placed in a visible place at the reception of the rooms where normobaric chambers are located, and for interested persons, additionally distributed for individual familiarisation by the chamber staff before the start of the session in the chamber.

RULES OF USING THE CHAMBERS

§ 2

Indications and contraindications for the use of chambers

1. Indications for therapy in a normobaric chamber:
 - Diseases associated with tissue hypoxia
 - Treatment of bacterial diseases, e.g. Lyme disease
 - Fibromyalgia
 - Skin diseases such as psoriasis, erythema, rheumatoid arthritis, urticaria, acne
 - Gastrointestinal disorders, malabsorption of food

- Oedema, mycosis
 - Influence on the inhibition of the ageing process
 - Complications after radiotherapy of soft tissues and bones
 - Anaemia
 - Migraine
 - Depression
 - Asthma
 - Potency disorders, support in the treatment of infertility
 - Supporting the treatment of overweight and obesity
 - Chronic fatigue by increasing physical and mental performance
 - Problems with memory and concentration
 - Cardiovascular diseases (atherosclerosis and hypertension)
 - Nervous system diseases such as ADHD, autism, Asperger's syndrome, Alzheimer's disease, Parkinson's disease
 - Autoimmune diseases
 - Inflammation, post-traumatic conditions, hard-to-heal wounds
 - Slowing down the ageing process of the skin, such as flaccidity, discolouration
 - Supporting the treatment of ageing processes of internal organs
 - Diabetic foot
 - Treatment of post-stroke foci
 - Cerebral palsy
 - Allergies, alcoholic liver damage
 - And many others.
2. Contraindications to the use of the normobaric chamber are as follows:
- Haemorrhage
 - Pregnancy
 - Cataract
 - Virus infection
 - Optic neuritis
 - Fever
 - Epilepsy or seizures
 - Hypoglycemia in people with diabetes
 - Pneumothorax (pneumothorax) and chest surgery
 - Emphysema
 - Otitis or acute ear disease
 - Sinusitis
 - Upper respiratory tract infection
 - Disseminated cancer (after chemotherapy, the use of the chamber is possible after a minimum of 4 weeks)
 - Lung diseases with carbon dioxide retention
 - Pacemaker
 - Damage to the eardrums in divers
 - Eustachian tube obstruction

- Permanently implanted hearing aid
 - Taking certain medicines with substances such as: doxorubicin (adriamycin), disulfiram, cisplatin, mafenide acetate (sulfamylon)
 - Claustrophobia (enter at your own risk)
 - Other individual contraindications.
3. Familiarisation with the above contraindications to using the normobaric chamber is mandatory before using it.
 4. Before entering the chamber, it is also mandatory to complete and sign the appropriate form(s) and submit the required statement(s) (in writing) - for this purpose, the person planning to use the chamber should arrive at least 15 minutes before the scheduled start time of the session in the chamber (in addition, it is necessary to take into account the time necessary for a possible change of clothes, change of shoes, etc.).
 5. If a person intending to use the normobaric chamber has any contraindications (both those listed directly in section 2 above and individual contraindications not listed), the use of the chamber is strictly prohibited and contrary to these Regulations.
 6. A person using the normobaric chamber, knowing the indications and contraindications to use it, entering the chamber confirms that there are no contraindications listed in section 2 above of these Regulations and other individual contraindications. If entering the chamber takes place despite existing contraindications, the sole responsibility for any complications resulting from reasons related to these contraindications rests with the person using the chamber.

§ 3

Age (and other) restrictions for using the chambers

1. The chamber can be used by:
 - a) adults;
 - b) persons under 18 years of age and incapacitated persons only with the written consent of a parent/legal guardian, including:
 - c) persons from 6 to 13 years of age inclusive and incapacitated persons only in the company of adults.
2. Children under the age of 6 cannot use the chamber.
3. Persons under the influence of alcohol or drugs cannot use the chamber.

§ 4

Discounts and passes

1. Reduced prices for a session in the chamber are available to:
 - a) children from the age of 6 to the age of 16;
 - b) disabled people with an appropriate certificate of inclusion in the first group of invalids and their guardians;
 - c) seniors over 60 years of age.
2. People who want to use the chambers can purchase either single-entry tickets or 10-session passes with a 3-month validity period counted from the date of purchase of the pass.

§ 5

Preparing to use the chamber

1. Preparing to use the chamber:
 - a) no consumption of alcohol and other stimulants, including drugs, at least 12 hours before entering;
 - b) no smoking at least 30 minutes before entering;
 - c) no carbonated drinks are allowed at least 30 minutes before entering;
 - d) before entering the device, people with diabetes should eat a meal and take antidiabetic medicines according to the current treatment regimen;
 - e) persons taking medicines should follow the individual treatment scheme during a single stay and cyclical use of the chamber.
2. Before entering the chamber, it is mandatory to complete and sign the appropriate form(s) and submit the required statement(s) (in writing) - for this purpose, the person planning to use the chamber should arrive at least 15 minutes before the scheduled start time of the session in the chamber (in addition, it is necessary to take into account the time necessary for a possible change of clothes, change of shoes, etc.).
3. The entrance to the chamber takes place after leaving the outer garments in the cloakroom.
4. Persons entering the chambers directly from the swimming pool area must change into dry clothes in the changing room available at the chambers. It is possible to rent bathrobes at the reception of the rooms where the chambers are located.
5. For hygienic reasons, replacement shoes are required in the normobaric chamber. Shoes should be left in the lockers provided for this purpose.
6. The user is responsible for the safe closing of the cabinets referred to in section 5 above. The Staff and Management of the Thermal Baths are not responsible for items left in open or incorrectly closed cabinets, money and valuables,.
7. You cannot bring any luggage, bags, handbags, etc., into the chambers. It is also forbidden to bring:
 - a) alcoholic and carbonated drinks;
 - b) meals;
 - c) spray cosmetics;
 - d) chargers for mobile phones and other mobile devices;
 - e) sharp tools;
 - f) lighters, matches and any devices that could cause a fire;
 - g) cigarettes, including electronic cigarettes and e-cigarettes.

§ 6

Using the chamber

1. Each chamber has a limited number of seats: 15 in the comfort zone and 4 in the VIP zone.
2. Due to the dimensions of the passage, the entrance to the chamber's sluice takes place in groups of no more than 10 people, not counting the Staff.

3. The chamber can be entered through the sluice, in which the pressure between the outside and inside of the chamber is normalised. Entry time is about 3-4 minutes. A noticeable effect may be clogged ears - if this occurs, use one of the following methods:
 - a) drink water;
 - b) Valsalva test: we exhale air from the lungs through the nose while closing the mouth and nostrils;
 - c) stuffing of the wings of the nose and swallowing of saliva;
 - d) Lowrey's manoeuvre: blocking the nostrils while blowing air out and swallowing saliva;
 - e) Frenzel's manoeuvre: when blowing air, we press the back of the tongue to the palate as if we wanted to pronounce the letter "K".
4. A person from the Staff decides about raising and lowering the pressure in the sluice. The change in pressure is very slow to reduce unpleasant sensations in the ears.
5. In the event of feeling unwell or experiencing any ailments while staying in the sluice, you should immediately notify the staff member in the sluice. If the Participant, due to bad feelings, decides that he/she wants to stop using the chamber at this moment (i.e. while still in the lock), he/she should immediately inform the person from the staff in the sluice. In such a situation, the Participant who resigned from using the chamber while still in the sluice is entitled to a refund of the cost of admission tickets. If the resignation occurs after entering the main chamber, the cost of admission tickets will not be refunded.
6. Sessions are held daily at specific times. The session lasts 2 hours, counted from the entrance to the exit from the main chamber. The moment of leaving the chamber is decided by the person serving the group in the chamber.
7. Normobaria is a zone of silence and relaxation. During the session in the normobaric chamber, the behaviour of the participants participating in it must not disturb other people's rest or be a nuisance to them. Persons who do not comply with the rules set out in these Regulations may be reprimanded by the Staff and/or asked to leave the normobaric chamber without the cost of the entrance ticket being refunded.
8. Once you are seated, you should limit walking around the chamber, except when you need to use the toilet or water dispenser.
9. In the chambers, it is forbidden to throw into the toilets items other than toilet paper available in the chamber.
10. In the chambers, it is forbidden to pour Redox water into private containers and take it outside the chamber.
11. The main chamber is divided into two zones: comfort and VIP zone. Persons with a ticket to the comfort zone are strictly forbidden to enter the VIP zone.
12. During a session in the chamber, it is allowed to use a telephone or tablet, but remember that this must not disturb the peace of other people using the chamber - it is necessary to use headphones.
13. All audio-video devices available in the chambers are operated only by the Staff.
14. Refreshments served by the staff are available in the chamber. It is possible to drink a hot beverage, however, care must be taken to avoid burns.
15. Contact with the reception is possible via the intercom - to do this, pick up the telephone's handset on the cabinet in the main chamber and press key No. 1.
16. If you feel unwell during the session, immediately notify the person from the service in the chamber.

17. In the event of the need to leave the chamber suddenly, the Thermal Baths staff should be notified of the situation or, as a last resort, press the red emergency button located in each room on the wall. The time necessary to deflate the chamber is about 4 minutes. Please note that in the event of unjustified use of the emergency button, the customer will be charged with the costs of refilling the chamber in the amount of up to PLN 3,000.00 (in words: three thousand zlotys).
18. In the event of resignation from using the chamber and leaving it after entering the chamber, the cost of admission tickets is not refunded.
19. During and after using the chamber, the following side effects may occur:
 - Headache
 - Nausea or vomiting
 - Ear and sinus pain
 - Ear pressure trauma
 - Transient blurred vision
 - Restriction of vision
 - Aggravation of viral disease
 - Fatigue resulting from staying in the device for too long
 - In addition, there may be other, not listed above, individual complications for the person using the device.

§ 7 **Security**

The normobaric chambers in Thermal Baths have the following protections:

- Two independent control systems for biological conditions
- Smoke detector systems
- Systems for quick electrical emptying of the chamber through emergency buttons located on the walls of each room of the chamber, lock and vestibule
- Chamber emptying system through manually operated valves; the valves are located in the main chamber at the entrance to the sluice and outside in the vestibule
- Automatic and mechanical pressure control
- Protection system against excessive concentration of gases
- Power failure protection
- Fire extinguishers
- Connection with the outside world via Wi-Fi and a landline phone
- In the normobaric chamber, materials with a non-flammability and high-quality certificate are used
- Double duct air conditioning system that controls temperature and humidity at the same time
- The rooms are regularly disinfected with ozone
- An emergency lighting system has been installed.

BOOKING A SESSION DATE IN THE CHAMBER

§ 8

Booking rules

1. Due to the limited number of places in the normobaric chambers in the Thermal Baths, it is necessary to book the date of the session in the chamber in advance (including the session cycle), which is possible:
 - a) by telephone at: +48 572 70 80 96;
 - b) by e-mail to the following address: normobaria@chocholowskietermy.pl;
 - c) via the form on the website: <https://www.chocholowskietermy.pl/formularz-rezerwacyjny-normobaria/>;
 - d) in person at the reception of Chochołowska Normobaria.
2. As part of gift vouchers and/or purchased passes, it is also necessary to book a specific session date in the chamber in advance.
3. When making a reservation, the customer sets the date/s on which he/she wants to use the chamber.
4. In order to book the date(s) of the session in the normobaric chamber and subsequently confirm the reservation, as well as to verify the possibility of participating in the session in the normobaric chamber, it is necessary to provide the data as follows:
 - a) participant's name and surname;
 - b) participant's age;
 - c) name and surname of the participant's legal guardian (when the participant is a minor or incapacitated person);
 - d) telephone number and/or e-mail address of the participant or the person making the reservation on behalf of the participant or the participant's legal guardian (when the participant is a minor or incapacitated person);
 - e) name and surname of the organiser/guardian of the group (in the case of a group booking);
 - f) telephone number and/or e-mail address of the organiser/group leader (in case of a group booking).
5. It is possible to make reservations on behalf of and for several participants at the same time.
6. Refusal to provide the data indicated in sections 4 and 5 above makes it impossible to make a reservation.
7. The person making the reservation is responsible for the correctness of the data provided for the purpose of booking. The Company is not responsible for the incorrect selection of the session date in the chamber or incorrectly provided/entered data.
8. The date of the session in the normobaric chamber is booked after the Thermal Baths staff checks the availability of a given date and is made by providing the appropriate feedback via e-mail or by telephone to the contact details provided during the booking process. In addition, the Thermal Baths staff may contact you the day before the booked session date in the chamber to remind you about the reservation and confirm its validity.
9. Reservation is free.
10. It is possible to cancel a previously unpaid session reservation. Cancellation of such a reservation should be reported as soon as possible and no later than 2 hours before the scheduled session in the chamber in order to enable other people to use the services.

11. In order to complete and sign the relevant forms and submit the required declarations, the person planning to use the chamber should appear on site, i.e. at the reception desk of the rooms where the normobaric chambers are located, at least 15 minutes before the scheduled start time of the session in the chamber (in addition, it is necessary to take into account time necessary to change clothes, change shoes, etc.). In the event of a delay preventing the fulfilment of the above obligations in a timely manner, i.e. without affecting the start of the session at the scheduled time, the Thermal Baths staff reserves the right to cancel the reservation and refuse to participate in the session in the chamber.
12. In the absence of a prior booking of a session in the normobaric chamber, participation in such a session will be possible only if there are free places. This rule applies to both people who want to use the chamber on the basis of a single-entry ticket, as well as holders of passes and vouchers.

PERSONAL DATA

§ 9

Personal Data Administrator

The Administrator of personal data of people using normobaric chambers is Chochołowskie Termy Spółka z ograniczoną odpowiedzialnością with its registered office in Chochołów (34-513) Chochołów 400, entered into the Register of Entrepreneurs of the National Court Register kept by the District Court for Kraków - Śródmieście in Kraków, 12th Commercial Division of the National Court Register under KRS number: 0000261672, REGON: 120300433, NIP: 7361640322.

§ 10

Video surveillance

1. The zone where the normobaric chambers are located is under video surveillance.
2. Cameras recording the image are located in: the reception (view of the service station), in the waiting room, in the cloakroom and in each of the chambers: in the sluice, in the comfort zone and in the VIP zone.
3. The sole purpose of video monitoring is to ensure the safety of people staying in the monitored area (including the safety of employees), order and protection of property, and possible determination, investigation and defence of mutual claims.
4. The registered information will not be used for purposes other than those listed above.
5. It is noted that the monitoring will interfere with customers' privacy as little as possible.

§ 11

Detailed information

Any other details required by law regarding the processing rules of personal data of persons using normobaric chambers are contained in the relevant information clause constituting an Annex to these Regulations, also available on the official website of the Thermal Baths at: <https://www.chocholowskietermy.pl>, in the tab: <https://www.chocholowskietermy.pl/klauzula-informacyjna-normobaria/>, placed in a visible place at the reception of rooms where normobaric

chambers are located, as well as for interested persons, additionally distributed for individual familiarisation by the chamber staff before the session in the chamber begins.

FINAL PROVISIONS

§ 12

1. In all matters not covered by these Regulations, generally applicable provisions of Polish law shall apply, including in particular the provisions of the Act of 23 April 1964 Civil Code and other relevant legal acts, as well as internal regulations in force in the Thermal Baths, including in particular the main Regulations of the Chochółów Thermal Baths Facility, specifying the organisation and rules for using the services provided by Termy, including the rules of liability and obligations of customers.
2. The Company reserves the right to change the provisions of these Regulations.
3. Amendments to the Regulations will be valid on the date provided together with the information about its change. A given Participant using the normobaric chamber shall be bound by the version of the Regulations that is in force at the time the Participant submits a declaration that he/she has read the Regulations.
4. The attachments are an integral part of the Regulations.
5. The Regulations come into force on 18 October 2021.