

REGULATIONS FOR USING THE PIEROŃSKA SAUNA

§ 1

1. These Regulations contain additional and specific provisions specifying the rules for using the PIEROŃSKA sauna, located in the sauna zone separated at the Chochołów Thermal Baths Facility.
2. The PIEROŃSKA sauna is an integral part of the sauna zone, and all persons using it are obliged to comply with both the provisions of 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 regulated in these Regulations, the provisions of the other Regulations applicable at the Chochołów Thermal Baths Complex shall apply, in particular, the provisions of the main Regulations of the Facility.
5. Every person using the above-mentioned sauna is obliged to read the Regulations before starting to use it, and then to comply with their provisions. It is also required to read the information boards available in the sauna area.

§ 2

1. The PIEROŃSKA 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 PIEROŃSKA sauna is a dry sauna with a temperature of up to 100°C and air humidity of up to 10%.
3. The PIEROŃSKA sauna can only be used by healthy people or people whose ailments do not constitute contraindications to using this type of sauna.
4. It is not recommended to use the PIEROŃSKA sauna for:
 - people suffering from heart disease, hypertension and blood vessel diseases;
 - people suffering from thyroid disease, 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 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 sauna room, you should:
 - meet physiological needs;
 - remove all metal objects (especially jewellery), as they may cause burns to the body;
 - remove glasses and contact lenses (if you do not comply with this requirement, the User must take into account the risk of damage to glasses/contact lenses, for which, if it occurs, the Company and its Management are not responsible);
 - wash the entire body in the shower with soap and then wipe dry;

- take off your pool shoes.
2. A minimum of two people can stay in the sauna.
 3. In the PIEROŃSKA sauna, a dry sauna, you should sit on a towel and keep your feet on it. The towel should be placed so that no body part comes into contact with the seat surface.
 4. Any deterioration in well-being should be immediately reported to a service employee or a rescuer, or use the alarm button.
 5. All persons using the sauna are obliged to strictly follow and obey the instructions, commands and sound signals of rescuers and sauna area employees and messages given by loudspeakers.

§ 4

1. In the event of an accident caused by failure to comply with these Regulations, the User bears all liability.
2. All persons violating public order or the provisions of these Regulations will be removed from the sauna and the Saunarium area.
3. Other basic rules for using the Facility and the rules of liability and obligations of Customers are regulated in the Regulations for using the Saunarium zone and the main Regulations of the Facility.