

REGULATIONS FOR THE USE OF THE SNOW CAVE

§ 1

1. These Regulations contain additional and specific provisions specifying the rules for using the snow cave located in the sauna area separated at the Chochołów Thermal Baths Facility.
2. The snow cave is a place to cool your body after using the sauna, with a temperature ranging from -5°C to -10°C. It contains nozzles that spray snow made from clean water that lies on the walls. While staying in a snow cave, you can rub the heated body with accumulated snow, collecting it from the floor, walls and rock ledges.
3. The snow cave is an integral part of the sauna area, and all persons using it are obliged to comply with both the provisions of these Regulations and the Regulations for using the Saunarium.
4. Each User is also obliged to strictly comply with the provisions of the main Regulations of the Facility.
5. In all matters not regulated in these Regulations, the provisions of the other Regulations applicable at the Chochołów Thermal Complex shall apply, in particular, the provisions of the main Regulations of the Facility.
6. Each person using the snow cave is obliged to read these Regulations before starting to use the cave, and then to comply with their provisions. It is also required to read the information boards available within the cave.

§ 2

1. The snow cave 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 snow cave can only be used by healthy people or people whose ailments do not constitute contraindications to using this type of treatment.
3. Every person using a snow cave should consult a doctor regarding contraindications to using this form of recreation. It is not recommended to use the snow cave, in particular:
 - after a large meal;
 - after physical exercise;
 - people suffering from heart disease, hypertension and blood vessel diseases;
 - people suffering from thyroid disease, claustrophobia, epilepsy, acute rheumatic conditions, cancer, tuberculosis, acute infections and asthmatic conditions;
 - people with fever;
 - people who are tired and intoxicated;
 - people with a tendency to bleed;
 - people suffering from acute illnesses;
 - people suffering from eye diseases;
 - people after severe sunburn;
 - people sensitive to thermal shocks;
 - women during menstruation and pregnancy.
4. The use of the snow cave is at the User's own risk. The Company and its Management are not responsible for the health effects of staying in a snow cave.

§ 3

1. Before entering the snow cave room, you should:
 - meet physiological needs;
 - wash the entire body in the shower with soap and then wipe dry;
 - remove all metal objects;
 - 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);
 - put on swimming pool shoes;
 - take a dry bath towel inside.
2. A minimum of two people can stay in the snow cave.
3. The stay in the snow cave may be 3 - 5 minutes.
4. If you feel unwell, leave the cave immediately and report to a service employee.
5. After using the snow cave, you should rest for about 15 - 20 minutes. It is advisable to drink mineral water in moderate amounts.
6. After using the snow cave, it is contraindicated to engage in physical activity.

§ 4

1. When using the snow cave, you are prohibited from causing situations that threaten your own safety, the safety of other people using the cave and the sauna area, or that may cause an accident, in particular:
 - using the cave if access is closed with a chain, rope or other visible means;
 - bringing any items into the cave, including bringing and consuming drinks or food, is prohibited;
 - entering the cave without swimming pool shoes;
 - littering and polluting the cave area;
 - destroying cave devices and equipment;
 - moving mobile equipment without the consent of the Staff;
 - touching cooling devices and nozzles and pouring water or other liquids on them;
 - adjusting and covering cooling devices;
 - standing under the nozzles while making snow;
 - throwing snow, in particular, into ventilation holes;
 - making snow;
 - using the cave equipment contrary to its intended use;
 - lying or sitting on the floor and touching the cave walls;
 - carrying snow out of the cave;
 - making noise, disturbing other Users staying in the cave.
2. Be especially careful when moving around the cave due to the slippery floor and increased risk of slipping.
3. All persons using the snow cave are obliged to strictly follow and obey the instructions, commands and sound signals of rescuers and sauna area employees, as well as messages given by loudspeakers.

§ 5

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 snow cave and from the Saunarium area.
3. Other basic rules for using the Facility, as well as 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.