

TERMS AND CONDITIONS AND THE PRINCIPLES OF ENTERING AND USING THE SAUNAS

I. TERMS AND CONDITIONS

1. Prior to entering the sauna, it is hereby required to wash the entire body by means of taking a shower, and afterwards wipe it until dry.
2. In the dry sauna, it is hereby required to use one's own towel in order to avoid a direct contact between the body and the wooden surface, and also to leave footwear suitable for a swimming pool at the doors of the sauna.
3. Prior to entering the sauna, it is hereby required to take off all metal items because they may cause body burns.
4. The saunas may be used exclusively by healthy persons.
5. It is hereby rigorously forbidden to use the saunas in the case of persons:
 - suffering from heart diseases, with the past history of strokes, suffering from the diseases of blood vessels;
 - suffering from the inflammatory states of internal organs, or from elevated temperature;
 - suffering from the conditions of the thyroid;
 - pregnant;
 - suffering from epilepsy,
 - young children because of the fact that their organism has not fully developed centre of thermal regulation yet;
 - persons the condition of whom indicates that they have consumed liquors, spirits or intoxicants.
6. In the case of bad affection in the sauna, it is hereby required to leave the cabin without delay, or to press the alarm button, thanks to which the rescue personnel of the Water Voluntary Rescue Service will be able to provide medical assistance.
7. Persons under the age of 18 may use the sauna only and exclusively in the company of an adult guardian.

II. MANUAL OF ENTERING AND USING THE DRY SAUNA

1. Taking a bath in the sauna consists in alternative overheating and cooling the entire body.
2. Those activities may be performed in 2 or 3 consecutive cycles
3. In the sauna, it is hereby permitted to stay in a horizontal or seating position.
4. A single cycle lasts no more than 25 minutes, which includes 8-12 minutes of a stay in the hot section of the sauna, and, afterwards, 8-12 minutes of cooling down the body.
5. Cooling down the organism by means of taking a shower consists in pouring cold water on the entire body, commencing from the feet and in the direction of the heart, and afterwards, in cooling down the nape, and also the head.
6. After cooling down the body, it is hereby required to wipe it until dry and remain in a horizontal position for several minutes.
7. The final stage of a stay in the sauna is a cool bath without the application of soap.
8. In the case of the occurrence of bad affection, the procedure has to be discontinued.

CAUTION: ENTERING AND USING SAUNAS AT INDIVIDUAL RESPONSIBILITY