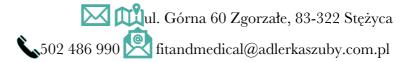


Resort Adler Medical SPA

REGULATIONS OF THE POL AND SAUNAS

- 1. Pool is not guanded. Measuremeuts of the pool: circa 20m length and circa 1,20m depth.
- 2. Before the entrance to the pool area one should get familier with effective regulations.
- 3. Pool area is open everyday from 9.00 a.m. till 9.00 p.m. Saunas are open everyday from 9.00 a.m. till 12.00 a.m. and from 6.00 p.m. till 9.00 p.m.
- 4. During the fay part of the pool could be excluded because of the organized activities.
- 5. Persons using the pool area are oblied to absolute compliance with recommendations of instructors.
- 6. Persons infringing law and order or rules and regulations, that not following recommendations of staff could be asked to leave the pool area.
- 7. Children under 16 years old might be at the pool area only under the care of an adult. It is obtained to be with the child at arm's length.
- 8. For children under 3 years old essential is employing pull up pants for swimming to ensure hygiene and protection.
- 9. At the swimming pool is required swimsuit: bikini or one-piece swimsuit for women or slips for men and flip-flops compatible with hygiene standards.
- 10. Swimsuit should not have zips or another metal or plastic elements. It could constitute health or safety threat of client. It could be the rearon of damage elements of the pool inventory.
- 11. Wearing jewellery is forbidden in the pool area and SPA&WELLNESS.
- 12. Each pool user before the entrance to the water have to take a shower and disinfected feet.
- 13. It is probibited to use pool area if signs point to: skin desease, fungs, verrucae, rubor, erysipelas etc., open cuts and scrapes, infectious discases, woinds that heal body, poor personal hygiene, epilepsy, frequent intravenous, trouble in breathing, imbalance, aggressive behaviour, being under the influence of alcond or of any other abusive substances.
- 14. Persons of unstable health condition should use the attractions with special care (or after connttation with a doctor). For the effets resulting from being of them on the pool Adler Medical SPA in not responsible for.
- 15. Before the entrance to saunas are should take a shower with soap and warm water and after that dry with towel







Resort Adler Medical SPA

- 16. Befor the entrance to saunes one should remove all metal elemnts because it could be rearon of scorch marks.
- 17. In a dry sauna (wooden) are should sit on towel end hold on it feet. The towel should be spread to prevent touching with wooden surface.
- 18. Cuts, injuries and irregularities are should report to the nearest member of staff.
- 19. At the swimming pool it is prohibited to:
 - Jump to the water: duck dive and on pins
 - Jump to the water from walls, railings, stairs, leridge or other parts of the structure
 - Create situations endangers human health
 - Run and shaking other users to the pool
 - Bring glars packaging, sharp tools and different dangerous items
 - Consume food stuffs beyond the bar and indicated aera
 - Throw to the water item that are hot to that intended
 - Destroy inrentory
 - Pollute the pool water
 - Smoke
- 20. User of the pool is financial responsible of any damage caused and or destroy equipment and inventory
- 21. Owner of the Adler Medical SPA in not responsible for things lost or stolen if it is not deposited.
- 22. Owner of the resort in not responsible for accidents caused non-compliance with regulations of the pool.
- 23. In disputed cases that are not determined in this regulations sheel be subjest to stipulatons of the Polish Civil Code

