

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 standands.
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 proibited to use pool area if signs point to: skin desease, fungus, 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 attnections 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

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16. Before the entrance to saunas one should remove all metal elements because it could be a reason of scorch marks.
17. In a dry sauna (wooden) one should sit on towel and hold on it feet. The towel should be spread to prevent touching with wooden surface.
18. Cuts, injuries and irregularities one 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, ledge or other parts of the structure
 - Create situations endangers human health
 - Run and shaking other users to the pool
 - Bring glass packaging, sharp tools and different dangerous items
 - Consume food stuffs beyond the bar and indicated area
 - Throw to the water item that are not to that intended
 - Destroy inventory
 - Pollute the pool water
 - Smoke
20. User of the pool is financially responsible of any damage caused and or destroy equipment and inventory
21. Owner of the Adler Medical SPA is not responsible for things lost or stolen if it is not deposited.
22. Owner of the resort is not responsible for accidents caused non-compliance with regulations of the pool.
23. In disputed cases that are not determined in this regulations shall be subject to stipulations of the Polish Civil Code



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