

### **Attachment No. 4 to Rules and Regulations of Zdrofit Fitness Clubs**

#### **RULES OF USING A SOLARIUM**

1. Only persons over 18 years old are entitled to use a solarium.
2. Using a solarium is payable. The amount of current charges for the use of a solarium are available in the Club.
3. Before using a solarium, one should consult their doctor in order to confirm that using a solarium is possible.
4. The person using a solarium is obliged to follow orders of the Club's employees.
5. Using a solarium under influence of alcohol or drugs is forbidden.
6. Persons having medical conditions, cut wounds, being at risk of hemorrhage or suffering of other reasons that may bear risk while sunbathing and using a solarium, persons with skin diseases, having birthmarks or pigmented naevi, persons with skin prone to discoloration, persons suffering from epilepsy must not use a solarium.
7. Using a solarium by pregnant women, persons with allergy to UV radiation and women during period is not advised.
8. Sunbathing in solarium should be started from short sessions.
9. Perfume and deodorants should not be used before sunbathing. Cosmetics may cause allergic reactions. Make-up, jewelry and watches should be removed.
10. Using protective glasses is advised.
11. Sunbathing twice during one day is not advised. It is really harmful for skin. Sunbathing in solarium and sunbathing outside should not both be done on the same day.
12. In solarium, only cosmetics intended for solarium should be used.
13. In case of deterioration of wellbeing, sunbathing session should be stopped immediately. In case of need, ask the Club's employees for help.
14. After using a solarium, resting for a few minutes before leaving the Club and replenishing the fluids is advised.