

Attachment No. 2 to Rules and Regulations of Zdrofit Fitness Clubs

RULES OF USING A SAUNA

1. One should use a sauna in accordance with its intended use.
2. Zdrofit reserves the right to periodically exclude a sauna from use in objectively justified cases (e.g. the need of maintenance, failure, health risk), as well as because of limitation of persons using it.
3. Only persons over 18 years of age are allowed to use a sauna.
4. Before using the sauna, every Club Member should consult a doctor in order to determine possible contraindications for using it.
5. In sauna, one can remain only without clothes and footwear that should be left in a locker in the Club. Persons using a sauna should be aware of the fact that people remaining inside are naked or only partially dressed. A towel is a permissible cover.
6. Persons using a sauna are obliged to follow orders given by employees of the Club. In justified cases, employees of the Club can deny using a sauna and insist that the person using it leaves.
7. The following actions are forbidden:
 - a. the use of a sauna by persons whose condition indicates that they had used psychotropic drugs or intoxicants, or are under the influence of alcohol.
 - b. the use of a sauna by persons, whose personal hygiene does not comply with established standards;
 - c. the use of a sauna by persons whose symptoms suggest: contagious skin diseases or other contagious diseases, mycosis, warts, erythema, rubella or similar diseases, open cuts, wounds that will not heal, poor personal hygiene, frequent intravenous injections on limbs, difficulty in breathing, balance disorders, heart diseases, hypertension, vascular diseases, thyroid disease, claustrophobia, epilepsy, cancer, acute rheumatic diseases, acute infection, asthma, increased body temperature, exhaustion and general weakness, as well as by women during menstruation and pregnant;
 - d. run in a sauna, drink and eat (including chewing a gum) inside, foul a sauna;
 - e. bring into a sauna any undesirable items (sport bags, audio/video devices, mobile phones etc.);
 - f. place any items on or near to furnaces;
 - g. interfere in sauna's technical devices, especially blocking temperature sensors;
 - h. behavior that can embarrass other people, especially sexual intercourse and other acts that can be treated as immoral or disturbing public order.
8. It is advised not to wear jewelry, watches, metal objects etc. while using a sauna. It is advised to take off glasses or contact lenses.
9. Before entering a sauna, one should take a shower – wash their body with soap or a shampoo and towel dry. It is advised not to undertake any physical effort after using a sauna.
10. While sitting or lying in a sauna, it is necessary to put a towel under the entire body (including feet) in order to avoid direct contact between a body and seat or back support.
11. Persons using a sauna are obliged to remain quiet; especially loud conversations, screams and other kind of behavior that may disturb others are forbidden.
12. Any noticed cuts, injuries, malaise while using a sauna, as well as failures of sauna's equipment and machines should be immediately reported to Zdrofit's employees.