

### Attachment No. 3 to Rules and Regulations of Zdrofit Fitness Clubs

#### **RULES OF USING SWIMMING POOLS AVAILABLE WITHIN CLUBS RUN UNDER THE NAME OF ZDROFIT**

1. The services of the pool are available in some Zdrofit Clubs.
2. Club Members using a pool within the hours called the "Silence Zone" (Monday – Friday from 6 am to 8 am and from 9 pm to 11 pm and Saturdays and Sundays from 7 am to 8 am and from 9 pm to 10 pm) are obliged to remain quiet. Zdrofit's employees are entitled to demand leaving the pool from the person breaching this obligation.
3. Club Members using services of the pool are obliged to familiarize themselves with pictogram boards and information displayed at the pool and follow the instructions presented on them.
4. Using the services of the pool can be limited due to fitness classes taking place at the pool, limits concerning the number of persons using it at the same time, as well as in case of failure or maintenance.
5. Persons remaining at the site of the pool are obliged to use a swimwear and a swimming cap (guardians who do not get into the water are obliged to use clean sportswear) and flip-flops.
6. Club Members who use or need diapers are obliged to use special disposable swim diapers, designed for swimming.
7. The Club Member is obliged to wash their body with soap or shampoo before entering the pool and every time after using a restroom.
8. Before entering the pool, a make-up should be taken off.
9. While using the services of the pool, the Club Member is obliged to follow orders of Zdrofit's employees.
10. At the pool, it is forbidden to:
  - a. run;
  - b. jump into the water and push or throw others into the water;
  - c. swim across trucks;
  - d. sit on pool lines;
  - e. climb on walls surrounding the pool;
  - f. drink (with the exception of water) and eat (including chewing a gum);
  - g. use emergency equipment for purposes other than it is intended;
  - h. destroy equipment;
  - i. contaminate water, use soap or other chemicals in the pool;
  - j. use scuba-diving equipment;
11. It is advised not to wear jewelry, watches and other sharp objects at the pool.
12. 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 must not use the pool. Zdrofit's employees are entitled to deny such persons using the pool because of their safety or safety of other swimmers.
13. Any noticed cuts, injuries, malaise, as well as failures of equipment and machines should be immediately reported to Zdrofit's employees.