

RULES AND REGULATIONS

§1 General rules and regulations

1.1 A hot tub is an integral part of “Na Klifie” and the general rules and regulations of the building, as well as the rules and regulations listed below, apply there.

1.2 Prior to using the hot tub the one is obliged to become familiar with these rules and regulations and abide by them.

1.3 The hot tub is available to all guests, who have paid for the access.

1.4 Prior to the bath in the hot tub it is necessary to wash one’s body in the shower with soap and hot water.

1.5 Prior to going to the hot tub it is necessary to take off one’s shoes.

1.6 The hot tub can be used only by healthy persons and by those whose ailments do not constitute any medical contraindications.

1.7 Everybody uses the hot tub at their own risk and is personally responsible for its effects on health.

1.8 Children under 10 are allowed to use the hot tub only in the care of adults and on their responsibility.

§2 Contraindications:

- circulatory system dysfunctions
- respiratory system dysfunctions
- neurological and gastric disorders
- pregnancy (only after medical consultations)
- infectious diseases
- visible skin disorders, dressing
- hypertension
- diabetes
- allergy, especially to chlorine
- urinary tract infections
- mycosis
- epilepsy
- varices
- chronic diseases

- genital disorders.

§3 It is forbidden to:

- use the hot tub when under the influence of alcohol or other drugs,
- use the hot tub in the group of more than 5,
- put any objects or chemical substances, such as shampoo, soap, oil, bath salts, to the hot tub,
- use the hot tub and consume food at the same time,
- dip one's head or face in water,
- act in the indecent, socially unacceptable, or offensive way.

§4 How to use the hot tub:

- one is allowed to get into/leave the hot tub only in the marked place and with utmost care,
- the person leaving the hot tub has priority over the person getting into it,
- a recommended single session in the hot tub should not exceed 30 minutes,
- the bath can be taken only in the sitting position,
- any irregularities or ailments should be reported to the present lifeguard immediately.

ATTENTION! A LONGER STAY IN THE HOT TUB, ESPECIALLY COMBINED WITH USING THE SAUNA, MAY RESULT IN OVERHEAT. THE OVERHEAT SYMPTOMS ARE: CONVULSIONS, SUDDEN DROP IN BLOOD PRESSURE, DIZZINESS, COLLAPSE.