



## **REGULATIONS OF THE JAWOR HOTEL & SPA SWIMMING POOL COMPLEX**

We hope that compliance with the following rules will allow a safe stay in our pool complex in a pleasant, relaxing atmosphere.

1. open pool at 6:00 - 22:00, saunar open at 14:00 - 22:00,
2. in the hours 20:00 - 22:00 admission to the saunar only for age people
3. pool parameters: length: 11 m., width: 5.5 m., depth: 1.20 m
4. children under 12 years can stay on the swimming pool complex only and only with the advice of adults.
5. to use the swimming pool complex, should be obtained in flap type footwear
6. for care of hygiene principles, you should take a shower before entering sauna, jacuzzi and pool. this action should be repeated after using the complex.
7. during the stay in the complex, caring for the safety and comfort of guests, it is forbidden to run and jump to the water, entering the pool in clothes and shoes other than pool slippers, noise and noise conversation, bringing: dishes, eating and any shared, glass objects that may create a threat and alcoholic beverage, smoking and entering with animals
8. please reason behavior during the bath. a person who, intentionally or uncontinually contaminates the pool or damaged the equipment will be charged on the cost of removing injury.
9. the pool complex is a place of relaxation and calming out, so it is worth to remember about inefficient, cultural behavior.
10. people who are in low health, efficiency or wellness should use the complex with special care.
11. it is forbidden to use the swimming pool complex to people under the effect of alcohol or release agents, having any healed skin or diseases, people sensitive to deinsfine
12. for value items left in cabinets, in the cloud country or in the hotel area jawor hotel & spa complex is not responsibilities. it is recommended to use deposit in the reception.
13. use of the pool complex and saunarium after a lot of meal is not indicated
14. saunas should be used in accordance with their purpose, only as a form of biological renewal.
15. using sauns, read the methodological principles of using them and contraindications.
16. the financial and infrared sauna should be entered with a towel without flags, to steam baths without towels and without flapes
17. wanting to use the outdoor jacuzzi after the sauna, first you should go to sprayings and dry the body with a towel
18. after saunas, rest about 20-30 min. and drink water (0,5l-1l)
19. guests use the swimming pool complex for the own responsibility.
20. use of the pool complex is equivalent to the acceptance of these regulations