

RULES

RULES OF USING THE INDOOR SWIMMING POOL AT KORMORAN HOLIDAY CAMP.

1. The swimming pool is open daily from 12.00 to 20.00 exclusively for the guests of Kormoran Holiday Centre.
2. Before entering the swimming pool premises, read these Rules.
3. Persons who disturb the public order, do not observe the Rules or the instructions of the swimming pool personnel responsible for its proper operation may be removed from the swimming pool premises.
4. Do not smoke cigarettes, bring in or consume alcoholic beverages, other food, beverages or any intoxicating substances. Do not use soap or any cosmetics. Persons who appear to be under the influence of alcohol or other intoxicating substances will not be admitted to the swimming pool premises.
5. On the swimming pool premises immediately follow any communications, warning signals or announcements.
6. The maximal number of people in the swimming pool is fourteen.
7. In the swimming pool and other facilities of the swimming pool premises keep quiet. In case of emergency call for help loudly and confidently.
8. Do not enter the swimming pool hall wearing an outfit other than bathing suit. Always wear appropriate footwear (flip-flops). Flip flops are available at the reception at the price of PLN 10.
9. Do not wear outdoor footwear in the swimming pool hall.
10. You can rent a bathrobe for PLN 15 and a towel for PLN 5. Replacement of used towels and bathrobes is free of charge, between 10.00-12.00 and 16.00-18.00 (telephone No. 337).
11. Before entering the swimming pool hall always take a shower.
12. To assure order and safety in the swimming pool hall, do not run, push others into the water, jump into the water, climb on railings and other structures, misuse the life-saving equipment and throw any objects into the water.
13. Persons with open skin cuts and/or persistent wounds, suffering from skin conditions, or considered unclean may not use the swimming pool. Epileptics and sufferers of other conditions that may pose danger while using the swimming pool should notify a person responsible for safety of their condition.
14. If your health is fragile, use the swimming pool and its facilities with special caution and upon consulting a doctor.
15. Children under 12 may enter the swimming pool hall and use it only under the supervision of adults (18+).
16. The swimming pool management is not liable for any personal belongings and documents lost on the swimming pool premises.
17. Persons responsible for any damage to the swimming pool facilities or equipment are obliged to repair the damage.
18. The amount of compensation for any damage is established by the Kormoran Holiday Cano management.
19. The Kormoran Holiday Centre Management is not liable for any accidents or incidents resulting from your failure to observe these Rules.
20. Any comments or complaints should be made to the Kormoran Holiday Camp Management.

SAUNA RULES

THE SAUNA IS OPEN FROM 14.00 TO 19.00

1. Guests under the age of 15 may use the sauna only under the supervision of adults (18+).
2. Guests under the age of 6 and over 50 should consult a doctor before using the sauna.
3. The sauna can only be used by 4 people at a time.
4. Always use a towel while using the sauna.
5. The temperature in the sauna ranges from 60 to 70°C.
6. Sauna thermometers are located inside the sauna and in the wooden box outside it.
7. You are personally responsible for any consequences of using the sauna.
8. Do not use the sauna if you suffer from a condition, especially cardiological, that may pose hazard to your health and life.
9. If you start feeling sick while using the sauna, immediately notify the service.
10. Before using the sauna, read the safety instructions.
11. While in the sauna, do not:
 - move or touch the heater and the stones
 - sit or lie on the bench without a towel
 - use the alarm bell without a justified reason
 - open the sauna control box,
 - damage the sauna equipment
 - use alcohol, strong medication or drugs (before entering the sauna as well).
12. While in the sauna, observe the general principles of decency.
13. Notify the service personnel of any dangerous situation in the sauna or damage to the sauna equipment.

SAUNA SAFETY INSTRUCTION

1. Only use the sauna wearing cotton clothing.
2. It is advisable that you sit on a towel.
3. Do not use the sauna wearing earrings, piercing, jewellery or watches.
4. Do not use the sauna wearing glasses or contact lenses.
5. The following may not use the sauna:
 - sufferers of cardiological and vascular diseases, hypertension and stroke survivors,
 - pregnant women,
 - sufferers of internal inflammatory conditions,
 - persons with fever,
 - sufferers of epilepsy and thyroid conditions,
 - small children (no thermoregulation developed yet).
6. The most beneficial temperature in the sauna is 70-90°C.
7. For a beneficial treatment, enter the sauna twice for 15 minutes.
8. In the break and after a session it is advisable that you take some rest.
9. After a session take a shower, adjusting the water temperature to a desired value.
10. If you are not certain whether your health allows you to use a sauna, consult a doctor.
11. If you start feeling sick, leave the sauna.