

**THE INTERNAL REGULATIONS OF PUBLIC LIMITED LIABILITY MEDICAL SPA
“EGLĒS SANATORIJA” SWIMMING POOLS AND SAUNA COMPLEX**

I. GENERAL PROVISIONS

1. The internal regulations of the swimming pools and sauna complex of the medical SPA “Eglēs sanatorija” (hereinafter referred to as the Regulations) determine the order of services provided, mandatory safety and hygiene requirements, visitor rights, as well as duties and responsibilities of visitors of the swimming pools and sauna complex of the medical SPA “Eglēs sanatorija” (hereinafter referred to as the swimming pools and sauna complex).
2. The swimming pools and sauna complex visitor (hereinafter referred to as a Visitor) is any person who uses the services provided by the swimming pools and sauna complex.
3. The Regulations are made public and binding for all Visitors, regardless of their age.
4. By accessing the swimming pools and sauna complex, every Visitor shall get familiarized with the Regulations and comply with them unconditionally. Visitors themselves shall be liable for consequences arising from ignorance of the Regulations or failure to observe such.
5. Visitors must follow the lawful instructions of the swimming pools and sauna complex.
6. Children under 14 years of age and children under 16 years of age having a height of less than 1.50 m (one meter fifty centimeters), shall be admitted to the swimming pools and sauna complex only with an accompanying adult who must access a responsible employee of the swimming pools and sauna complex and sign a confirmation that: the child's health condition allows him/her to use the pools and sauna complex services; the child has been familiarized with the Regulations and will comply with them; the accompanying person shall be responsible for the proper behaviour of the child; shall promise to compensate for the damage caused by the child to other clients or the owner of the swimming pools and sauna complex.
7. There shall be no more than three children under the supervision of one accompanying adult.
8. Children up to 3 years of age shall wear special diapers intended for use in water.
9. Children up to 8 years of age shall wear rescue equipment (lifejackets, airbags, etc.) in the pool. This is the responsibility of the accompanying adult.
10. By the order of the responsible staff of the swimming pools and sauna complex (where responsible staff believe this is necessary), children aged 8 to 18 shall wear rescue equipment.
11. Before using the swimming pools and sauna complex services, it is recommended that all Visitors shall check their health with a doctor, and/or be sure that the health condition is appropriate for use of services provided in the swimming pools and sauna complex.
12. If a Visitor buying services at the swimming pools and sauna complex is suspected that he/she does not comply with the prohibitions set out in Clauses 32.1 and 32.2 of the Regulations, the staff shall have the right to register a Visitor for the consultation of the physician, and the service shall only be sold at a positive conclusion reached by the doctor which shall be based on the list of contraindications for the use of the swimming pools and sauna complex.
13. In the case of a Visitor's need for support from an assistant, which is recommended by a physician, such kind of assistance shall be coordinated in advance. If a Visitor categorically refuses the services offered, he/she shall assume full responsibility in writing and in accordance with the provided form (attached), and the possible consequences of such decision.
14. Visitors wishing to place their items in lockers in the changing room shall have a 1 euro coin (deposit) for their use.
15. While staying in the swimming pools and sauna complex, a Visitor shall wear rubber-soled

spa flip-flops.

16. Physiotherapists and pool supervisors (hereinafter referred to as the Responsible staff of the swimming pools and sauna complex) of the swimming pools and sauna complex are responsible for order in the swimming pools and sauna complex
17. The Responsible staff of the swimming pools and sauna complex shall be entitled to expel Visitors from the swimming pools and sauna complex who violate these Regulations and/or disregard the instructions of the responsible staff of the swimming pools and sauna complex. In this case, money shall not be refunded to the Visitor.
18. The medical SPA “Eglès sanatorija” shall not be liable for personal belongings of visitors which were lost or damaged. Please do not leave personal belongings unattended. The found belongings shall be stored in the medical SPA “Eglès sanatorija” at the appropriate time: articles made of precious metals, documents, watches, vehicle keys and money – one year after finding the item, other items - 3 months after finding the item.
19. The medical SPA “Eglès sanatorija” shall have the right to refuse to provide services to persons who have violated these Rules.

II. PROCEDURE FOR USING THE SWIMMING POOL AND SAUNA COMPLEX

20. In order to reduce the amount of dirt entering the swimming pool:
 - 20.1. Visitors to the swimming pools and sauna complex shall put swabs on the outdoor shoes;
 - 20.2. Long hair must be carefully bind;
 - 20.3. Before using the pool, jacuzzi or sauna, a Visitor shall take a shower using soap. A Visitor shall take a shower without bathing suits or swimwear.
21. On entering the swimming pools and sauna complex, each Visitor shall provide the responsible staff with a client's procedure book, a subscriber's card or a check, ie a document confirming that the guest has purchased the service.
22. Visitors with subscriber cards shall bring them every time they come to the swimming pools and sauna complex.
23. While using the swimming pools and sauna complex, all Visitors shall wear swimming attire: a bathing suit or bikini for women and swimming trunks/boxer trunks for men.
24. After sauna before entering the swimming pool, a Visitor shall take a shower.
25. After using the toilet, a Visitor shall take a shower
26. While entering and leaving the pool, a Visitor shall at all times use the steps.
27. When using the pool we recommend wearing swimming goggles and bathing caps. These measures protect the eyes and hair against the effects of chlorine in the pool water.
28. All visitors shall have a towel or a bathrobe in the sauna.
29. The swimming pools and sauna complex is intended for relaxation, therefore visitors shall keep silent.
30. After using the swimming pools and sauna complex, a Visitor shall take a shower, dry himself/herself and drill a bathing suit or swimming trunks. Before going in to the dry area, a Visitor shall not be wet.
31. During the “quiet hour” the pools and sauna area may be attended only by adults (older than 16 years old). The “quiet hour” is from Monday to Saturday (except Sundays) from 21:00 o'clock till 22:00 o'clock.
32. A visitor who has suffered damage to his or her health or property must immediately contact the responsible staff in the swimming pools and sauna complex and inform him/her of the location, time and other circumstances of the event, the persons who have occurred. Failure to comply with this requirement will prevent the Visitor from claiming any damage to health or property.

III. RESTRICTIONS FOR VISITORS

33. It is prohibited:

- 33.1. to enter the swimming pools and sauna complex under the influence of alcohol, narcotic or psychotropic substances;
 - 33.2. visitors who have health disorders that can endanger the health and/or life of the person himself, as well as other visitors, such as: fever, bleeding, heat intolerance, pool allergy, disorder of urination or defecation, decompensated heart failure, respiratory failure (type III), Barthel index less than 61 points, infectious and parasitic diseases, hypertensive diseases with diastolic blood pressure > 120mmHg, acute and exacerbated systemic connective tissue diseases, acute thrombophlebitis (3 months after detection of deep leg vein thrombosis and 6 weeks after the detection of endometrial venous thrombosis), oncological diseases (3 months after specific treatment), mental disorders with personality desocialization, epilepsy, skin integrity disorders, abscess skin diseases, skin and nail fungal diseases;
 - 33.3. to use bunk beds in vertical bath pools not during procedures;
 - 33.4. to film and take photographs of other people;
 - 33.5. to run, jump into the pool, dive, slide, chew the gum while swimming in the pool, disturb other people; otherwise damage the inventory;
 - 33.6. to create dangerous situations for yourself and other Visitors;
 - 33.7. to shout, whistle, falsely call for help;
 - 33.8. get into the pool and get out of it outside the designated areas;
 - 33.9. to use mobile phones and other sound emitting devices;
 - 33.10. to bring glass, breaking, sharp objects;
 - 33.11. to bring and consume intoxicating measures: alcoholic beverages, drugs or psychotropic substances;
 - 33.12. to smoke;
 - 33.13. to bring own food and beverages;
 - 33.14. to bring pets;
 - 33.15. to wear inappropriate clothing, eg underwear, or do not wear clothing at all;
 - 33.16. to wear outerwear and footwear;
 - 33.17. to spit on the floor and in the water;
 - 33.18. to urinate in not designated areas;
 - 33.19. to leave children unattended;
 - 33.20. children under 14 years of age and children under 16 years of age having a height of less than 1.50 m, shall not enter the swimming pool without an accompanying adult.
 - 33.21. to bring own infusions, extracts and bathing brushwood to baths and use them;
 - 33.22. to cut nails, dye hair, shave, depilate and perform other personal hygiene procedures;
 - 33.23. to pour own extracts on rocks in baths themselves;
 - 33.24. to drill wet clothes (swimwear, swimming trunks and towels) in the dressing room.
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