

# ACTIVE ZONE REGULATIONS

## GENERAL RULES



- Before entering the changing rooms, please take off your shoes. Place your shoes inside your locker.
- Money, mobile telephones and other valuables should be locked in the safe boxes located next to the Active zone reception; otherwise the hotel bears no responsibility for any lost or stolen items.
- Clients should keep their belongings only in designated places.
- Membership card holders agree with the Active zone regulations by signing the membership agreement.
- The clients must obey the rules and regulations, as well as instructions of hotel staff, in order to keep the environment clean, quiet and safe for all users.
- Hotel management is not responsible for damages or injuries caused by client's own recklessness or by disobeying these regulations.
- In case of health problems or a safety risk, clients should immediately contact Active zone staff.
- It is not allowed to enter the Active zone under the influence of alcohol or other substances.
- There is no smoking allowed anywhere in the Active zone.
- Clients in the pool and sauna are advised to wear their own hygienic slippers.
- There is no shaving allowed in the showers.
- Clients should observe the length of paid stay in pool/gym/sauna.
- Upon leaving the Active zone, clients should hand in the locker key and borrowed towels/sheets.
- Active Zone operating rules are available at the reception.

- **Children under 15 are allowed to use the swimming pool/fitness center/sauna only when accompanied by a responsible adult.**

### FITNESS ROOM

- The fitness room may be used only by people in good health
- The fitness room may be entered only in clean indoor fitness shoes and clean work-out clothes.
- It is strictly forbidden to exercise without shoes.
- When working out on machines, please use a towel.
- Please return all fitness gear to its original place/position after use.
- **Children under 8 are not allowed in the fitness room.**

### SAUNA

- The sauna capacity is 9 people at a time.
- **The sauna is co-ed – it may be used by both men and women at the same time.**
- **Using the sauna in a swimsuit is not allowed; a sheet and a towel may be borrowed at the Active zone reception.**
- Sauna should be used only by healthy people; everyone is using the sauna at his/her own risk.
- Using the sauna is not allowed to people who suffer with acute symptoms (fever, cough, conjunctivitis, etc.) and to individuals with skin ailments or open wounds. Entry is also forbidden to carriers of infectious intestinal disorders, as well as family members of those who suffer with infectious diseases.

- Before using the sauna please use the toilet, shower thoroughly, wash with soap and rinse with clean water.
- All users must shower before using the cooling pool.

### SWIMMING POOL AND RELAXATION ZONE

- Please use the toilet and shower thoroughly (without a swim suit) before entering the pool.
- **For women only European-type swimsuits (bikini or one-piece swimsuit) are allowed.**
- It is not allowed to run and make noise around the pool, push or dunk each other in the water.
- Diving in water is not allowed. Please enter the pool by ladder only.
- It is not allowed to use glass or ceramic objects in the pool area.
- Please be especially careful when walking on wet tiles.
- Children younger than 12 months are not allowed in our swimming pool. Children aged 1 – 3 years may enter the swimming pool only in swimsuits with a tight-fitting rubber band around the legs.

**Ambulance:**

**Call 155**

**Firefighters:**

**Call 150**

**Police:**

**Call 158**