

Operating and Visitor Rules of the Sauna in the Swimming Pool Area

Address: Výstaviště 67, 170 00 Prague 7

Name: Finnish Sauna and Bio Sauna

Operator: **Výstaviště Praha, a.s.**

Registered Office: Výstaviště 67, 170 00 Prague 7

The company was registered on 2 March 1998 in sec. B, file 5231 of the Commercial Register administered by the Municipal Court in Prague.

ID No.: 25649329

VAT No.: CZ25649329

1. Introductory provisions

The operating rules of the sauna at Výstaviště Praha have been prepared in accordance with the provisions of Act No. 258/2000 Coll., on the protection of public health and on amendments to certain related acts, as amended, and Decree No. 238/2011 laying down sanitary requirements for swimming pools and saunas, as amended.

2. Technical description of the facility

- The sauna area is divided into 2 heating rooms:
 - a) Finnish sauna (temperature 80–110 °C, relative humidity 10–30 %),
 - b) Bio Sauna (temperature 50–60 °C, relative humidity 30–60 %).
- For cooling down after the sauna there is an indoor cooling room with cooling buckets and showers, the sauna is without a cooling pool.
- The sauna area includes a relaxation area with chairs/beds.
- The total capacity of the saunas is 12 people.
- In the public pool area, there are separate showers, changing rooms and toilets for men, women, and disabled people, which are also shared by the sauna visitors.

3. Obligations of the sauna staff and the sauna operator

- Know and follow the provisions of the operating rules.
- Observe hygienic and anti-epidemic principles and implement measures to ensure hygienic operation of the sauna.
- Be equipped with and use protective equipment. To observe the principles of safety and fire protection and the prohibition of smoking in the swimming pool area.
- Keep an operating diary.

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4. Sauna cleaning and disinfection rules and procedures

- All sauna areas, items and equipment are kept clean on a continuous basis.
- Cleaning is carried out by the person responsible for cleaning the sauna. When working, this person shall observe the health protection rules and wear protective clothing, especially gloves.
- All areas of the sauna and the warming room shall be washed and disinfected after operation.
- After the end of operation, the staff shall leave the sauna doors open until the next day.
- All areas in the saunas shall be washed with a cleaning detergent and then disinfected, in particular the floor, wooden pallets, handrails, handles and the part of the walls that visitors can reach.
- At least once a week, the doors are disinfected, and the entire walls and wooden flooring are removed for complete cleaning of the heating room area. The staff also washes and disinfects the relaxation room equipment.
- Only anti-viral disinfectant solutions are used and are changed at least every three months.
- The solutions shall be prepared according to the instructions for use indicated on the product label. Disinfected objects shall be rinsed with potable water. Disinfectants shall not be interchangeable and shall be used only for the area of use for which they are intended by the manufacturer. When working with disinfectants, health protection principles must be observed, and protective equipment must be used. When using detergents with washing and cleaning properties, the cleaning and disinfection stages can be combined. Products with different active substances shall be alternated to prevent the occurrence of selection or resistance of microbes to the product.
- The wellness area is ventilated partly naturally and partly by air-conditioning. Air-conditioning is running for the entire duration of the sauna operation.
- Waste is removed from the sauna area daily after the end of operation.
- The premises are repainted every two years or as required.

5. Handling of laundry

- Clean laundry (towels and sheets for loan) is stored separately from the used laundry on the premises.
- Used laundry is dried outside of hours on a mobile dryer on the premises and taken to the laundry twice a week.
- The responsibility for the operation of the sauna at the Výstaviště swimming pool lies with the operator and the subcontractor.

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6. Important telephone numbers

- 150 Fire Station**
- 155 Paramedics**
- 158 CR Police**
- 156 City Police**
- 112 Single European Emergency Number**

First aid kit is available upon request from the staff.

7. Sauna Visitor Rules

- 7.1. You automatically agree to the Visitor Rules below when you enter the sauna area. Please read them carefully. Later discussions and excuses will not be taken into account. Violation of the rules will result in immediate expulsion from the premises without refund. Please also familiarise yourself with the health risks and consult your doctor if you have any health problems, as visiting the sauna is at your own risk.
- 7.2. The sauna is open to the public with a properly purchased admission according to the swimming pool price list.
- 7.3. The sauna is intended primarily for healthy people. People suffering from vascular and heart diseases may use the sauna after professional consultation with a doctor. Each visitor shall assume responsibility for the risk.
- 7.4. No food, glass or ceramic containers, bathing caps or fins may be brought into the sauna area.
- 7.5. Visitors enter the sauna area from the men's and women's showers. The saunas are mixed gender.
- 7.6. For hygienic reasons, entry to the saunas is only permitted with a sheet borrowed from the swimming pool.
- 7.7. It is not permitted to use your own scented essences in the sauna.
- 7.8. The operation of the sauna is provided by the operator and his/her designated staff.
- 7.9. Only lockers in the locker room are designated as storage areas. Each visitor is responsible for the proper storage of his/her belongings in the locker. The sauna operator shall not be liable for any loss, theft, or damage of items. Each visitor is obliged to properly supervise his/her belongings throughout the visit.
- 7.10. Every visitor is obliged to behave in a disciplined manner in the sauna premises and avoid actions that endanger his/her safety and that of third parties.
- 7.11. The visitor acknowledges that the relaxation activities are carried out solely at his/her own risk and that the sauna operator shall not be liable for any damage, injuries or accidents caused by the visitor's own actions, failure to comply with the operating rules, or failure to follow the instructions of the staff.
- 7.12. The sauna operator recommends all visitors to consider the health suitability of any relaxation activities before undertaking them and to consult a doctor if necessary.
- 7.13. Children under the age of 15 may only enter the sauna area when accompanied by a person over the age of 18; this person must ensure the safety of the person accompanied and is responsible for that person throughout the visit to the sauna. The sauna operator is not responsible for any injury to the child.

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- 7.14. The visitor is liable for damage to property caused in the sauna by intentional or negligent acts/omissions and is obliged to compensate for this damage without undue delay.
- 7.15. Any damage to property or health will be duly investigated, recorded, and quantified by the sauna operator. Injuries shall be recorded in the Accident Book.
- 7.16. The following activities are strictly forbidden in all areas of the sauna:
- making noise, behaving in a way that disturbs other visitors,
 - eating food and smoking, except in designated areas,
 - polluting these areas in any way,
 - wasting water and energy,
 - deliberately destroying property,
 - staying in the sauna area outside the opening hours,
 - entering with animals,
 - engaging in commercial activities without the prior written consent of the sauna operator,
 - tampering with the equipment, except for authorised persons (heating, wiring, sauna stove, etc.),
 - shouting, running, whistling, calling for help without reason, disturbing other visitors or endangering the operation in any way,
 - washing clothes or other items.
- 7.17. Prohibited access to the sauna area
- Persons suffering from symptoms of acute illness, especially of the upper respiratory tract, with elevated temperatures, cough, cold, diarrhoea, headache, or malaise, as well as persons suffering from skin rashes, warts or open festering wounds are not allowed to enter the sauna.
 - Persons suffering from communicable diseases or persons who are bacterial carriers, as well as persons in the vicinity of which a communicable disease has occurred, are also not allowed entry.
 - Persons who are drunk, under the influence of drugs, insect-infected or dirty are not allowed entry.
- 7.18. Instructions for sauna users
- Every visitor is obliged to take a shower with warm water before entering the sauna.
 - It is recommended to sit on a borrowed towel/sheet in the sauna.
 - The recommended length of stay in the sauna is 7–15 minutes and a maximum of 3 consecutive cycles.
 - The stay in the sauna is guided by how the person is feeling (i.e. the visitor should not feel bad).
 - After each cycle the visitor is obliged to take a shower.
 - Persons suffering from high blood pressure and diseases of the cardiovascular system should consult their doctor.
 - Access to the sauna is controlled by the operator according to the capacity and schedule of the sauna.
- 7.19. Preparation for taking a sauna
- Undress before entering the sauna.
 - A naked body is a basic physiological prerequisite and hygienic requirement. The surface of the body must be completely naked in order to accommodate the thermoregulatory processes that inevitably occur in the heat.

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- Wash the body surface and hair with soap or shampoo and rinse with a lukewarm to warm shower using your own washcloth or brush.
- 7.20. Staying in the hot environment of the sauna bath
- After entering the heating room, one should sit down only on a towel or sheet. When lying down in the sauna, the body warms up evenly, and this is better for it.
 - It is not necessary to measure your stay in the heating room precisely; about 8 to 12 minutes is sufficient to achieve the necessary physiological reactions.
 - An urgent signal to stop the sauna session is always a feeling of considerable heat, sometimes pressure on the chest, heart palpitations or light-headedness, sometimes even a slight shortness of breath.
- 7.21. Types of sauna bathing:
- a) irritating – has a markedly stimulating effect and is induced by a single stay in the warming room followed by cooling. It is advisable to follow up with another activity,
 - b) stimulating (tonic) – a double change of hot and cold environment. It is very suitable for young children,
 - c) relaxing – three repeated stays in the heating room followed by cooling. It induces significant physical and mental relaxation and should be preceded by half an hour of general calm,
 - d) fatiguing (inhibitory) or exhausting (exhaustive) – means repeating each run four to five times. After this sauna bathing, there is a greater inhibition and need for sleep, a decrease in physical performance and neuromuscular efficiency. Sleep should, therefore, immediately follow. This type of sauna bathing is not suitable after exhausting physical exertion.

The sixth and further repetition of stays in the heat is not advisable, as it can cause a disruption in the ionic management of the body's internal environment and cause a critical condition!!

7.22. Cooling

- After each time you leave the heating room, always take a shower, and briefly wash off the sweat and small flakes of skin loosened by the heat. The total cooling by water contributes to a very rapid return of the normal functions of the cardiovascular system, accelerated by the previous warming. A total bath in cool water is the most intense. In saunas, the effect of the sauna bath is often misunderstood, and some people consider it a 'significant achievement' if, in competition with another sauna-taker, one sauna-taker lasts longer in the heat to the point of 'evaporation' or 'freezes' in the cold water. This practice is not advisable and can cause health problems.

7.23. Finishing sauna bathing

- As soon as you have finished the last cycle of the warm-up with the last cool-down, whether after a single or several exchanges of heat and cold, wash off the last remnants of sweat or other impurities from the surface of the body. This is always a short contact of the body with lukewarm water and should be finished with a short shower with cold water only. This is sufficient for the final cleansing. Soap is no longer used. The hygienic cleansing of the body, including the washing of hair, has already been done at the beginning and there is no need to induce further sweating by warming up the body with a warm shower. It is now known that washing the body with alkaline soap breaks the acidic protective surface of the skin, although not so much as to prevent the organism from

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rebuilding it quite quickly. For dry skin, it is recommended to rub a light, non-irritating oil, or thin lotion into the skin after drying.

7.24. Two ways to conclude sauna bathing:

a) The resting method

A long lie-down or sitting on a lounger or on a bench, chair or armchair is sufficient for rest. Rest wearing light underwear, or a bathrobe, or cover yourself with a sheet. Make sure to warm your feet with suitable socks or shoes. As a rule, do not use any wraps, e.g., warm heavy woollen or other blankets because further unnecessary sweating will break the after-effect of sauna bathing and 'hypothermia disease/chilling sickness' may occur when gradually cooling down. After relaxing, inhibitory, or exhaustive sauna bathing, rest is necessary and may be supplemented by a short nap. Such a nap is very refreshing because it is conditioned by the so-called regenerative vagotropic effect of the sauna bath. After waking up, the feeling of recovery and refreshment is really perfect and does not prevent any activity, preferably mental but also undemanding manual work, but rather enables it.

b) Physical activity after sauna:

After an irritating and tonic sauna session, it is best to skip the rest and use the resulting refreshment for appropriate physical activity, e.g., walking in the fresh air in the natural terrain around the house, jogging, or cross-country skiing in winter. This shifts the rest time to the home environment and to the usual sleeping time.

7.25. The sauna "decatalogue"

- In the changing room, put everything away – take only your toiletries, a towel, and a sheet.
- Wash with soap and shower properly before entering the sauna room for the first time. Wash your hair before entering the sauna for the last time.
- Only bring a sheet into the sauna room, and always keep it under the entire surface of your body whether you are sitting or lying down. It is recommended to breathe through your mouth in a Finnish sauna, as dry air can dry out the mucous membranes.
- When sweating, massage the surface of your body, for example with your own brush, either on your sheet or under the shower.
- When you are thoroughly warmed up, after about 8–12 minutes, get out of the sauna, rinse off under the shower and cool off with a Finnish bucket if it feels pleasant to you.
- After each cooling, wipe off the water from the surface of your body. It's a good idea to wear slippers to prevent your feet from getting cold.
- Sit down, relax, and when you feel cold, return to the sauna from the cooling room.
- Repeat the warm-cold procedure according to how you feel – preferably three times, each time with a short break (about 10 minutes).
- After the last cooling, rinse with lukewarm water and do not use soap anymore.
- In the rest room, stay unclothed for at least 30 minutes and rest. After the sauna, have plenty of fluids and a light meal.

7.26. Time for sauna

- Sauna sessions take up a certain amount of time in your weekly schedule and you should usually allow for two or more hours. Rushing and stress during a

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sauna session is a problem. An experienced sauna user takes this into account, and already upon their getting to the sauna they are filled with joyful anticipation.

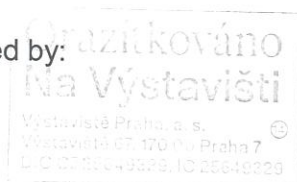
- 7.27. Time limits for sauna sessions
- For adults, a range of between 8 and 15 minutes is recommended, for children 3–8 minutes. The maximum cooling time limit is 2 minutes with water, 5 minutes with cool air resting, and 20 minutes with movement.
 - For children, shivering and bluish lips are the signal to leave cold areas.
- 7.28. Sauna bathing with children
- The lower age limit is shifted to the time when children are equipped for the sauna in terms of mobility and thermoregulatory stability, which is usually around the age of three.
 - Before you bring your children to the sauna, you should know everything that is related to the sauna bathing of children, what can benefit them, and what should be avoided, in order to maximise the effect of the sauna.
 - If the child is not suffering from any serious illness and is capable of normal life activities (especially exercising, running, swimming, and bathing in hot or cold water), you need not worry about the unusual environment of the sauna. Such a capable child can even take a sauna without fear. Proper sauna bathing usually does not cause any difficulties for healthy children, and it certainly does not lead to illness. If you are clear about this, there is nothing to prevent you from starting to enjoy sauna with your children.

The assumption of some sauna users that staying in cold water as long as possible leads to hardiness is false and is more likely to lead to health problems (headaches, bladder inflammation for women). Any exposure to damp cold leads to paralysis of the blood vessels of the nasal mucosa and weakening of the protective barrier against the penetration of disease-causing viruses or bacteria.

Date: 30.11.2022

Stamp and signature:

Approved by:



Date: 30.11.2022

