

## VÄIMELA HEALTH CENTER INTERNAL RULES

Approved Head of Väimela Health Center Decree No 4 (16.03.2018)

- When you enter the Väimela Health Center, buy a ticket and keep it until the end of the visit
- Tickets will be closed 1 hour before the closing of the house
- The visitor of the health center confirms purchasing a ticket that his health is in order and he is able to consume the services offered at the health center
- Children up to 10 years of age (incl.) Can only access the swimming pool with an adult sender. The sender is responsible for the child's behavior and safety
- In addition to the adult (who also purchases a ticket) for children from the age of 0-6, using the services of a health center, services are free of charge (other than children's birthday parties).
- Adult persons accompanying them are responsible for children's skills and state of health;
- Before going out of the pool, wash your body (without swimwear). After using the toilet, wash yourself again;
- Remove any patches from the body before swimming
- Loose and long hair to fasten a punch or use a swim shirt;
- Children can use the Jacuzzi only in the presence and responsibility of the adult
- Valuable items may be left to the administrator to be deposited;
- The administration of Väimela Health Center is not responsible for things left out of the cloakroom;
- Do not take drinks in glass bottles or chew gum in the swimming pool of the health center;
- Do not wear clothes in the sauna room (chlorine vapors that run on clothing);
- Throw only hot water to dry stones;
- After having been in the sauna, wash yourself with a shower;
- Use a swimsuit or swimsuit to swim. We should not swim in "shorts";
- Select a swimming area according to your skills and health status, taking into account the co-visitors. Be alert to children;
- Only the starter sprocket can jump into the water. Jerk jumps are not allowed;
- Swim in the pool while keeping the right traffic. Relative to your coworkers. Do not swoop over the tracks. Sitting, standing and soaking are not permitted;
- When using the equipment of the swimming pool, take it as a gentleman. After use, place the equipment back in place;
- Before entering the pool room and after leaving the pool room, dry yourself to prevent the floor from becoming too wet and slippery;
- During the hours of sleep and training, a trainer and / or teacher in the pool room with children until the end of the hour. He is responsible for pool, shower, cloakroom and swimming equipment maintenance;
- The employees of Väimela TK have the right to make a note to the visitor if the visitor's inappropriate activity appears and ask the visitor to leave the health center;
- We do not store laundry and clothes for the health center until one calendar month.

**Thank you for taking care of the Väimela Health Center's internal rules !**