

# REGULATIONS

## Mare SPA

Regulations of 25.03.2025

# MARE

SPA

### Availability

The Aqua Mare Spa Zone comprises a pool, a Jacuzzi, a sauna zone and an aromatic cave.

### Opening hours:

1. Pool and Jacuzzi: every day from 9:00 am to 9:00 pm.
2. Sauna zone and aromatic cave:
  - a. From Monday to Thursday: in the morning 9:00 am – 12:00 pm and in the afternoon 4:00 pm - 9:00 pm.
  - b. From Friday to Sunday: from 9:00 am to 9:00 pm.
3. For the Hotel Guests: the Guests of Marena Wellness & SPA may use the Aqua Zone within its opening hours free of charge.
4. For non-residents: Persons not being Guests of our Facility may use the zone at extra cost:
  - a. Pool and Jacuzzi: from Monday to Sunday from 9:00 am to 9:00 pm.
  - b. Sauna zone and aromatic cave: from Monday to Thursday in the morning 9:00 am – 12:00 pm and in the afternoon 4:00 pm – 9:00 pm, and from Friday to Sunday 9:00 am – 9:00 pm.

### General rules of use

1. Before using the Aqua Zone, please make yourself acquainted with these regulations as well as with the rules for the use of individual attractions.
2. Remember to follow these regulations and instructions given by the lifeguard being on duty in the Aqua Zone.
3. Persons with health problems, such heart diseases and high blood pressure, as well as pregnant women should consult a doctor prior to using the pool, Jacuzzi or saunas.

### Age restrictions

1. The Aqua Zone is intended for adult persons, whereas children up to the age of 15 years may only use the Aqua Zone if attended by adults.
2. The sauna zone is intended for children over the age of 16 years.

### Attire and personal hygiene

1. Persons using the pool and Jacuzzi must have their own swimming costumes and non-slip footwear.
2. Children up to the age of 3 years may use the pool and Jacuzzi only if wearing waterproof diapers.
3. Before entering the Aqua Zone, remember to wash your full body thoroughly under the shower.

### Using the sauna zone

1. Using the devices of the sauna zone is only allowed naked. Enter the sauna with a towel or an apron in order to avoid direct contact between your body and the wooden or ceramic seats.
2. Hygiene rules and respect for other users are to be observed in the sauna.

### Prohibitions

The following activities are prohibited in the Aqua Zone:

1. Jumping into the water and running around.
2. Bringing in glass packaging and generally objects that may pose a threat to others.
3. Smoking tobacco, consuming alcohol and using intoxicants.
4. Consuming foodstuffs and chewing gum.
5. Leaving children up to the age of 15 years unattended by adults.
6. Contaminating the pool basin, Jacuzzi or other areas.

### Liability and charges for causing damage

1. Persons damaging the Aqua Zone equipment or devices bear material liability for the damage caused.
2. In case of contamination:
  - PLN 5000 for replacing water in the pool or Jacuzzi.
  - PLN 2000 for cleaning the sauna area, aromatic cave, pool beach or changing rooms.

### Cleanliness and safety of personal belongings

1. Devices that can be damaged or destroyed (e.g. mobile phones, watches...) as well as sharp-edged objects should be left in the changing room.
2. It is recommended to leave valuables in the hotel rooms. The staff bears no liability for loss of stolen items.

### Supervision

1. The observance of the regulations is supervised by the lifeguard on duty.
2. In the event of any serious infringement or irregularity in the respect of these regulations, the lifeguard has the right to prohibit further use of the Aqua Zone.

### Complaints and comments

1. Complaints, requests and comments referring to the Aqua Zone can be made at the reception of Marena Wellness & SPA.