



# OPERATING RULES

## RELAXATION zone

### of the company Šport aréna Malacky, s.r.o.

#### Facility and Operator Identification Data

Facility name: Sport Arena Malacky  
| | | UNTRANSLATED\_CONTENT\_START | | | Adresa: Na píle 6287/1, 901 01  
Malacky | | | UNTRANSLATED\_CONTENT\_END | | |  
Responsible manager: Boris Sivák  
Contact: sivak@arenamalacky.sk

Name of the operator: Šport aréna Malacky, s.r.o.  
Registered office: Na píle 6287/1, 901 01  
Malacky  
Company ID: 52 471 616  
Statutory representative: Ing. Simona Hlavenková Contact:  
arenamalacky@arenamalacky.sk

#### Type and manner of provision of services

The RELAXATION zone is located in the Malacky Sport Arena building on the second floor. The area of the RELAX zone is 52 m<sup>2</sup>. Primarily, it will be used by accommodated guests and athletes who can order a RELAXATION zone as part of the rental of the sports ground – ice rink, multifunctional hall or gyms.

There are two indoor non-thermal pools with recirculation in the premises.

RELAXATION zone equipment, type and description of equipment:

- a) Sauna section
  - Finnish sauna 8m<sup>2</sup>
- b) Pool area
  - Whirlpool with a capacity of 6 people
  - Cooling pool with a capacity of 2 people
- c) Relaxation room with a capacity of 2 people
- d) Sanitary facilities
  - Two showers
  - One toilet
- e) Changing rooms – one male and one female are located next to the direct entrance to

the wellness The total capacity of the RELAXATION zone is max. 16 people.

Opening times:

Monday	17:00 – 22:00
Tuesday - Sunday	08:00 – 22:00

RELAXATION zone with year-round operation. It can only be used after prior reservation. The operating times are also published on the Operator's website. Entry to the RELAXATION zone outside the opening hours can also be arranged individually directly with the Operator. The sanitary day takes place every Monday in the morning. The Client is obliged to make a wellness reservation at least 1.5 hours before the required date in order for the Operator to be able to provide services of the appropriate quality.

#### Method of maintenance and cleaning of the RELAXATION zone premises

Maintenance and cleaning of the premises is provided by the supplier. Frequency:

- Cleaning of the equipment is carried out daily, before or after the start of operation and continuously during the shift
- Every Monday from 10:00 a.m. to 5:00 p.m. is a sanitary day

Procedure for mechanical cleaning and disinfection of surface areas of rooms and their equipment:

- Surfaces of all areas in the sauna, including the rest room, are disinfected and washed daily or as needed. All facilities – such as wardrobes, toilets and showers and their surroundings - are cleaned daily with disinfectants. All sauna areas, items and equipment are kept clean at all times.
- At least once a day, all areas of the sauna are washed with water and detergent, scrubbed with a brush and disinfected with disinfectants. After the end of the opening hours, floor entry boards are removed from the sauna. Personal hygiene devices are disinfected after mechanical cleaning
- Detergents are stored in separate areas designated for this purpose. Toilet paper and soap refills in dispensers are continuously refilled. The ventilation of the wellness area is provided by means of air conditioning, which is regularly cleaned and disinfected according to the manufacturer's instructions.
- Disinfectants registered in the Slovak Republic are used for disinfection and cleaning of the premises. Cleaning and cleaning aids are maintained on a daily basis and replaced as needed to ensure their functionality.
- Hygiene and anti-epidemiological regulations and measures are observed in the operation. The operation manager is responsible for their compliance.

Means used:

#### Cleaning products

SOMO	acidic agent intended for cleaning sanitary ware and pools
SANOSIL CLEAN CW	detergent and disinfectant
PULIRAPID	detergent – removes lime deposits, stone, rust
FIXINELA	Acidic drain cleaner
SAVO	Disinfectant and water cleaner (swimming pools, floors, flooring, removes deposits, bacteria, fungi)

JARKA	Detergent
SANICID	Acidic sanitary cleaner for daily use of surfaces in the sanitary area (showers, toilets) with antibacterial effect

#### Disinfectants

SANOSIL super	silver-based pool disinfectant
BURAL	acidic daily cleaner for floors, cleaning and removing lime scale residue
TRIPP 3	maintenance and intensive alcohol-based cleaner, for everyday use of floor cleaning
Hollu DESOPAN	Virucidal and bacterial disinfectant based on CARIES, used on all water-resistant surfaces
Holludes use	Solution for washing and disinfection (deck chairs, tables, chairs, deck chairs in the relaxation room)
Saunareiniger	Detergent for saunas
Aquarius Complexon SPA	Disinfection, Anti-Algae, Chlorine Stabilization, Facilitation flocculation

#### Method of providing first aid

Injuries must be reported at the reception desk, which will provide first aid or allow access to the treatment room, located on the first floor. In the treatment room, there is a first aid kit equipped with basic medical supplies.

#### How to store laundry

There is a sufficient amount of laundry in the device, proportionate to the expected number of customers. Clean laundry is used for each customer. The sheets are placed at the reception in a separate cabinet. Before entering the RELAXATION zone, each visitor receives a clean sheet (1pc).

Used laundry is handed over to baskets with a cleanable and disinfectable surface. Used sheets are stored separately from clean laundry in lockable containers in the used laundry warehouse, which are disinfected after dispatching the laundry to the laundry room. |||UNTRANSLATED\_CONTENT\_START||| Čistá bielizeň sa prenáša v jednorazových plastových obaloch. |||UNTRANSLATED\_CONTENT\_END|||

#### Waste management and wastewater disposal method

Solid municipal waste is collected in closable and washable containers equipped with plastic bags. The respective collection containers are emptied, cleaned and disinfected daily. Waste is disposed of through an authorized professional company on the basis of the relevant contract at weekly intervals. Sharp and biologically contaminated waste is not produced on site

All wastewater arising from the operation of the RELAXATION zone in the Malacky Sport Arena, i.e. water from the cooling pool, water from the whirlpool tub, water from showers, etc. is discharged into the public sewage system.

#### RULES FOR CUSTOMERS TO ENTER THE RELAXATION zone

1. Each visitor is obliged to familiarize themselves with these operating rules when entering the RELAXATION zone and comply with its provisions. The operating rules are available in the RELAXATION zone and on the Operator's website.
2. By paying for the reservation, the visitor accepts these operating rules and its provisions become binding on him.
3. All current instructions in the RELAXATION zone are superior to the operating rules of the Sport Arena if they differ from it.
4. For regeneration and reconditioning, the RELAXATION zone provides the following services: a Finnish sauna with a maximum capacity of 12 people, a whirlpool bath with a maximum capacity of 6 people, a cooling pool with a maximum capacity of 2 people and a relaxation room.
5. Entry to the RELAXATION zone is only allowed during operating hours with a valid ticket purchased by the visitor at the ticket office or online as part of their user profile.
6. The visitor enters the RELAXATION zone on their own responsibility and risk, taking into account their current health status.
7. Visitors are obliged to complete their procedures no later than 15 minutes before the end of the opening hours/duration of the RELAXATION zone reservation and to leave the premises no later than the end of the opening hours of the RELAXATION zone /duration of the reservation.
8. Children under 6 years of age are not allowed to enter the RELAXATION zone. Children from 6 to 15 years of age are allowed to enter only when accompanied by an adult.
9. Sauna use in swimsuits is strictly prohibited (only towels are allowed). The guest will receive a sheet (1pc) at the entrance. Upon departure, the borrowed sheet is thrown by the visitor into the container intended for this purpose, which is located at the reception.
10. Entrance to the RELAXATION zone is one-time depending on the type of rental.
11. For safety reasons, people who cannot move independently or dress and undress without the help of others are only allowed to enter the RELAXATION zone with an escort.
12. Persons suffering from any infectious disease or skin disease, persons affected by fever, cough, conjunctivitis, persons suffering from contagious diseases or diseases requiring isolation, bacillus carriers, persons with injuries and diagnoses that are contraindicated by staying in facilities of this type cannot access the RELAXATION zone. Similarly, people who show signs of acute illness do not have access to the RELAXATION zone. In case of vascular and heart diseases, it is advisable to consult a doctor before visiting the sauna.
13. Entry is not allowed to persons who show obvious signs of non-compliance with personal hygiene, persons under the influence of alcohol and other narcotic drugs and addictive substances.
14. Entry may be denied to persons who exhibit aggressive and uncontrollable behavior, violate the provisions of the Visiting Regulations, do not comply with the principles of hygiene and safety, and whose behavior is contrary to moral and social principles.
15. A visitor who, despite a warning, violates the rules of conduct or disobeys the instructions of the operating staff, will be banned from the RELAXATION zone without the right to a refund of the entrance fee.
16. The Operator reserves the right to close the RELAXATION zone during the opening hours if it is necessary to carry out a sanitary inspection or sanitation outside the schedule.

#### **I. Prohibited IN RELAXATION ZONE**

1. smoking in all areas (this prohibition also applies to electronic or smokeless cigarettes and other cigarette substitutes)
2. bring and use glass objects (including bottles)
3. carry sharp objects with you that could cause a risk of injury or injury, or damage to the RELAXATION zone equipment

4. consume food near swimming pools, whirlpools, in the relaxation area.
5. Use of electrical equipment

## **II. LIABILITY**

1. The visitor is obliged to behave in the RELAXATION zone in a way that does not damage or devalue the property
2. The visitor is obliged to compensate for any damage caused by his/her act or omission.
3. The Operator is not responsible for damages, injuries or injuries caused by carelessness or non-compliance with these visitor rules or the instructions of the responsible employees of the RELAXATION zone.
4. The operator is not responsible for the adverse impact of the services provided on the health of the visitor, especially if the visitor does not inform the responsible employees about health problems, allergies, etc. before entering.
5. The Operator is not responsible for the theft of personal items in accordance with the General Terms and Conditions.

The visitor is obliged to hand over the items found in the RELAXATION zone at the reception desk or to the responsible person. If the Client finds any items in the premises of the Sport Arena, he/she shall hand them over at the reception desk or to the responsible employee. Objects found are registered at the reception. The Client may inform the reception desk during opening hours about things forgotten in the Sport Arena. If they have been found and handed over, the Client must prove that they really belong to them (give an accurate description of the lost item) and prove their identity. The items found in the Malacky Sports Arena remain for 3 months, after which they are handed over to the Municipal Office, which is located at Bernolákova Street No. 5188/1A in Malacky. Personal documents (identity card, passport, etc.) are taken over by the Police of the Slovak Republic.

6. Damages caused in the RELAXATION zone by visitors will be recovered in accordance with the applicable legislation of the Slovak Republic.
7. Complaints about the services provided and complaints will be handled in accordance with the applicable directives, which are published on the Operator's website.

## **III. OPERATING INSTRUCTIONS FOR VISITORS**

1. Entrance to the RELAXATION zone is limited in time. If the said time is exceeded, the visitor is obliged to pay the surcharge according to the valid price list.
2. For changing, there is a dressing room with comprehensive social facilities (toilets, showers), located on the second floor.
3. Before entering the RELAXATION zone, the visitor is obliged to take off his shoes.
4. Visitors are obliged to keep the premises of the RELAXATION zone clean and tidy.

## **IV. SAUNA OPERATING RULES**

1. Before entering the sauna, the visitor is obliged to thoroughly wash with soap and take a shower.
2. Enter the sauna without shoes and swimwear, wrapped in a sheet
3. Put away jewelry or watches before entering the sauna.
4. The sauna is usually seated, if allowed by the number of visitors, it is possible to lie down, but in principle only on a sheet.

5. In a sauna, breathe through your mouth as the high temperature and dry air dry out the mucous membrane and can cause headaches.
6. Behave appropriately, do not speak loudly, take into account other visitors.
7. The recommended sauna time is 10-15 minutes, during which time the body will be perfectly vascularized.
8. The sauna temperature is 95°C – 105°C.
9. Cool off in the cooling pool or dry the body in the shower and stay out of the sauna for a short time. Repeat this procedure according to your condition, but at least three times.
10. After your last stay in the sauna, rinse your entire body thoroughly with lukewarm, soap-free water and wipe dry.
11. The total stay in the sauna world should not exceed 3 hours from a health point of view, with the individual condition of each individual being decisive.
12. In the breaks between sauna sessions, visit the rest room, wrap yourself in a towel and lie down for about half an hour.
13. Lie down relaxed to enhance the proper physiological effect of the sauna.
14. It is forbidden to consume food, alcoholic beverages, medicines or other addictive substances in the sauna world.
15. Be sure to get enough fluids to avoid dehydration.
16. Children under 15 years of age must not be in the cabin without adult supervision.
17. Only the Operator or a responsible person authorized by the Operator may manipulate the device
18. In the event of nausea during a sauna visit, immediately find a service employee.

#### Contraindications of the sauna

- All acute diseases, (upper and lower respiratory tract) and febrile conditions and all acute attacks of chronic diseases
- Fungi, infectious, transmissible and parasitic skin diseases and non-healing skin defects of any origin
- Epilepsy, mental illness
- Decompensateddiabetes mellitus
- Total arteriosclerosis with organ damage
- Diseases of the endocrine glands, treatment with corticosteroids and increased thyroid function
- Infectious, communicable diseases, active TB
- Cancer
- Susceptibility to bleeding and bleeding disorders, bleeding conditions
- Open skin injuries
- Age over 70 years, unless the person has not yet had a sauna (relative contraindication)
- Pregnancy, unless the person has already had a sauna (relative contraindication)
- Condition after heart attack and stroke – no complications within 3 months (after medical examination)
- Cardiovascular diseases and varicose veins and conditions after phlebitis
- High blood pressure (arterial hypertension).
- Persons with impaired vision.
- Persons under the influence of even a minimum amount of alcohol.
- A person under the influence of narcotic drugs and psychotropic substances.

- Persons wearing: plaster, plaster splint, bandage, quick dressing, or other orthopedic device.

## POOL AREA

### Type and manner of provision of services: Whirlpool and cooling pool

Whirlpool bath	PRAGUE life 2023
Whirlpool bath size	2000x2000x890mm
Water volume	1,200l
Capacity:	6 people
Number of jerks	49
Motor:	3 HP ( 1.5 kW)

<u>Cooling pool</u>	JK-4 JARES Therm
Capacity	2 persons

### Basic data on water quality

Water source for filling the whirlpool bath: Public water supply

Data on the composition and treatment of water: Bathing water meets the requirements in accordance with the relevant decree of the Ministry of Health of the Slovak Republic.

### Operational checks of bathing water quality in the whirlpool

The operation of swimming pools is ensured by a worker with professional competence in the operation of swimming pools. Regular inspection on a daily basis is carried out 3 times a day for the values of individual water parameters listed below, using the Photolyser 300 device from Dinotec. The data and values of the monitored parameters are recorded daily in the operating log.

- Transparency of water in the whirlpool
- Water reaction 3 times a day (limit value 6.5 – 7.5)
- Water temperature 3 times a day 33 – 38°C
- Bound chlorine 3 times a day (limit value up to 0.3 mg/l)
- Free chlorine 3 times a day (limit value 0 – 1 mg/l)

Laboratory control of the quality of bathing water in the whirlpool bath will be carried out in a supplier manner through accredited laboratories – once a month. The results of the analyses of the pool water samples will be sent to the competent public health authority immediately after delivery.

### Method of water treatment in a whirlpool bath

In a whirlpool with water recirculation, the purification of the entire volume of water on the recirculation device (sand filtration FSP 350-4W) is ensured at least once before the start of operation. Continuous recirculation of water and its disinfection is ensured during the operation of the hot tub. The intensity of water recirculation and the amount of dilution water are carried out according to the number of visitors per day so that the limit values of water quality indicators are met. At least once every six months, the entire volume of water is discharged into the sewage system.

### Operational checks of bathing water quality in the cooling pool

The operation of swimming pools is ensured by a worker with professional competence in the operation of swimming pools. Regular inspection on a daily basis is carried out 3 times a day for the values of individual water parameters listed below, using the Photolyser 300 device from Dinotec. The data and values of the monitored parameters are recorded daily in the operating log.

- Water transparency in the cooling pool
- Water reaction 3 times a day (limit value 7.2 – 7.6)
- Water temperature 3 times a day 5 – 15°C
- Bound chlorine 3 times a day (limit value up to 0.2 mg/l)
- Free chlorine 3 times a day (limit value 0 – 1,5 mg/l)

Laboratory control of the quality of bathing water in the cooling pool will be carried out in a supplier manner through accredited laboratories. The results of the analyses of the pool water samples will be sent to the competent public health authority immediately after delivery.

### Method of water treatment in the cooling pool

In the cooling pool, purification of the entire volume of water is ensured at least once before the start of operation. Continuous recirculation of water and its disinfection is ensured during the operation of the hot tub. The intensity of water recirculation and the amount of dilution water are carried out according to the number of visitors per day so that the limit values of water quality indicators are met. At least once every six months, the entire volume of water is discharged into the sewage system.

## **V. OPERATING RULES OF THE WHIRLPOOL BATH**

1. We do not recommend using the whirlpool bath immediately after using the sauna.
2. The maximum recommended duration of an uninterrupted bath is fifteen minutes. Prolonged stay can cause overheating of the body, as a result of which you may experience malaise, even nausea. In case of nausea during the bath, immediately contact the service personnel.
3. Persons with open wounds and infectious diseases are prohibited from using the whirlpool.
4. Children and disabled persons may use the bath only under the supervision of an adult.
5. Shower thoroughly before entering the whirlpool tub.
6. When entering and leaving the whirlpool tub, also when taking a bath, be careful not to slip and cause injury.
7. After bathing, wash thoroughly (using shower gel or soap) and dry with a towel.
8. Only the Operator or a responsible person authorized by the Operator may manipulate the device.
9. Abusive behavior that threatens the personal safety, order or peace of other users, calling for help without serious cause, knocking and throwing other people into the water, sitting, standing around the perimeter of the whirlpool, polluting water and other areas, jumping into the water and consciously pouring water from the whirlpool is not allowed.

Contraindications: The use of a whirlpool bath is not recommended for indisposed people or people suffering from cardiovascular diseases and high blood pressure

## **VI. OPERATING RULES OF THE COOLING POOL**

1. The visitor must move carefully on wet floors to avoid slipping or injury. It is advisable to hold the handrail when entering and exiting.
2. It is forbidden to dive in a swimsuit or underwear
3. Abusive behavior that threatens the personal safety, order or peace of other users, calling for help without serious cause, knocking and throwing other people into the water, sitting, standing around the perimeter of the whirlpool, polluting water and other areas, jumping into the water and consciously pouring water from the whirlpool is not allowed.

Contraindications: People affected by fever, conjunctivitis, contagious and skin diseases, and people in a drunken state are not allowed to enter the cooling pool.

Prepared by: Boris Sivák

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