

Rules of conduct in Sauna



POD-O-LEE

Operational rules in Sauna club Pod-O-Lee

Part I

Administrator

The sauna is part of Pod-O-Gym. The administrator of Pod-O-Gym is the Student Union of Czech Technical University, Club Pod-O-Lee, address: Na Lysině 772/12, 147 00 Praha 4-Podolí. The provider of the premises is the Service Facility Administration of Czech Technical University in Prague (Vaničkova 315/7, Praha 169 00), based on the Non-Residential Premises Lease Agreement concluded on 5—September 2018 (from now on referred to as the "Agreement").

The members of the Pod-O-Lee Club elect the Pod-O-Gym Administrator, who is part of the Pod-O-Lee Club Board of Directors.

Useful contacts

Official Site of Sauna



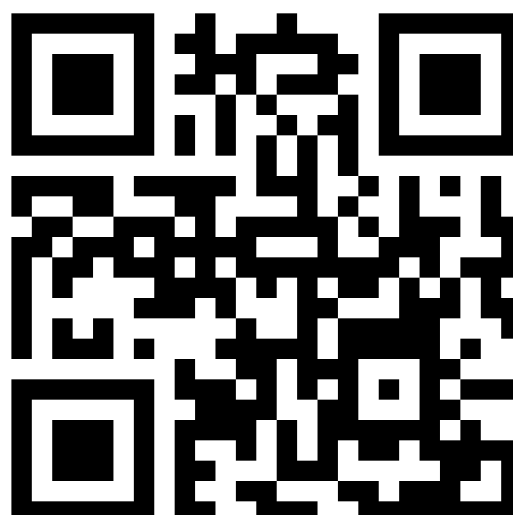
Team members of Pod-O-Gym



Payments



Reservation system Olymp



Part II

General data

A sauna is a room intended primarily for rest and relaxation. It is located on the grounds of the Podolí dormitories in the same building as the Archery (ÚTVS ČVUT), former Podolí canteen. The entrance to the gym is on the right side of the building.

Pod-O-Gym is only available to Pod-O-Lee Club members as part of the membership fee for access to the gym. To enter, you must pay for the Basic Membership and access to the Pod-O-Gym.

Pod-O-Gym has a dry sauna (heat only) for 2 to 4 people. It is necessary to read the rules for using the sauna and the instructions for starting it.

Name of the gym: **Sauna**

Opening hours: **7:00 - 22:00**

Useful phone numbers:

Ambulance:	155
Firefighters:	150
State Police ČR:	158
The Municipal Police	156
European line:	112

Rooms and capacity

Capacity: 2-4 people

Heating, ventilation, and lighting

- Controlled heating within the building.
- Ventilation is ensured by automatically regulated air technology.
- Fluorescent lighting.

Part III

Operating rules of the Sauna

1. Access to the Sauna, which is part of the Pod-O-Gym of the Pod-O-Lee club of the CTU Student Union (from now on referred to as the room), **is only allowed to members of the Pod-O-Lee club who have a valid basic**

and extended Pod-O membership -Gym or have this contribution waived by the Pod-O-Lee Club Board of Directors (hereafter referred to as the Board of Directors) **and have their own chip card added to the Pod-O-Lee Club information system.** A description of how to become a member and instructions for paying membership fees can be found at the internet address here: <https://podolee.cz/en/payments/>.

2. The person who uses the Sauna is called the Sauna user (from now on referred to as the user) and, by entering the room, agrees to the Operating Rules and undertakes to comply with them.
3. **Visitors who are not members of the club and do not have an active membership are strictly prohibited from being brought into the Sauna without the permission of the room administrator or without the consent of the Pod-O-Lee Club Board of Directors.**
4. The user is obliged to maintain order in the room, especially during the quiet time of the night (set for 22:00 - 7:00), so as not to disturb the residents. It is forbidden to move and remove furniture in the room without the permission of the room administrator, his representative or the Board of Directors of the Pod-O-Lee Club. The user must treat the room's equipment respectfully and in a way that does not damage it.
5. It is forbidden to smoke, consume alcohol, take drugs or enter in shoes that leave any impurities in the Sauna. It is forbidden to consume and bring in drinks and food except water.
6. The user must keep the floor and other equipment in the room clean. Suppose a user damages the equipment of the room or the room itself. In that case, it is necessary to deal with the room administrator immediately, or if possible, try to prevent the spread of the problem and immediately report it to the administrator of Pod-O-Gym. In case of damage to the equipment or the room itself, the user must report it immediately to the room administrator or his representative.
7. When leaving, the user must check the condition of the space he used until that time, return it to its original state and clean it. If he is the last user in the room, he must return the room to its original condition, i.e. extinguish, check and clean the rest of the room if necessary.
8. It is forbidden to manipulate the electrical installation in any way.
9. The user does not disturb others, e.g. with loud music from the speakers, and immediately turns it down when requested by the Pod-O-Gym user or administrator. **If the person's actions disturb someone else and do not stop this activity when asked, the person performing this activity may be punished for breaking the rules!**
10. The room can be reserved using the reservation system. After the end of the reservation, it is necessary to return the reserved room to its original state immediately.
11. In justified cases, the Pod-O-Lee Club Board of Directors or the room administrator may grant a one-time exception to these rules.
12. Sauna users must heed the instructions of the room administrator, his representative or the Board of Directors. **Failure to obey or respond to this rule violates the room rules!**
13. **Any violation of the Operating Rules will be punished according to the restrictive measures listed below, the Pod-O-Lee club rules, or the Czech Republic's applicable laws.**
14. By entering the Pod-O-Gym premises, all visitors agree to take a video recording, which can be used in case of violation of any of the rules. The handling of camera records is regulated by the IP Camera System.
15. Administrators and the Pod-O-Lee Club are not responsible for damage to items (e.g. money, electronics, clothing, etc.) brought in by room users.

16. The users of the room use the equipment at their own risk. Before using it, they make sure that all the equipment does not show defects preventing safe use, and in case of finding a defect, they are obliged to report this defect to the room administrator or his representatives.
17. The Pod-O-Gym administrator is responsible for the operation of the Sauna and compliance with its regulations.
18. If the user finds an item belonging to another user, he must bring the item to the Pod-O-Gym administrator or the administrator's representative.

Part IV

Restrictive measures for violation of the rules

1. The operation of the sauna is regulated by its own operating rules. An explanation of its functions is available at the entrance door of the sauna. It is also available on the POD website.
2. With their first visit, each user confirms that they have familiarised themselves with these operating regulations and Pod-O-Gym's operating regulations.
3. The sauna is not intended for people with health problems or diseases – heart, asthma, etc. Before entering the sauna, users must consult their doctor about its suitability.
4. **The sauna cannot be used separately. A minimum of 2 but a maximum of 4 users is required in the sauna.**

Part V

Turning on and using the sauna

1. The reservation is for a minimum of 1 hour and a maximum of 3 hours.
2. The sauna operates using a 20 and 50 CZK coin machine. The machine is located on the right side of the entrance door of the sauna.
3. After throwing in the coins, the sauna takes about 45 minutes to heat up to a temperature of 80-90°C.
4. Sitting in the sauna or directly touching the wood is not allowed. Do not touch the benches and sunbeds with your body. Benches and sunbeds can only be touched with a towel or bed sheet.
5. Sauna use under the influence of alcoholic beverages and other intoxicants is prohibited.

Part VI

Cleaning the Sauna

1. After finishing being in the sauna, it is necessary to carefully clean all the surfaces you sit on (via towels) with napkins and the included cleaning agent stored on the right side next to the main door.
2. The sauna floor must be wiped with a mop after using the sauna. Then, place the mop in a dry place to dry off.

Part VII

Restrictive measures for violation of the rules

1. In case of violation of the rules, the responsible person will be entered on the so-called blacklist. As a result, the possibility of using the Sauna services will be lost.

2. In the event of a more serious (or repeated) violation of the rules, the administrator may impose penalties according to the IP Rule for awarding penalties for violation of regulations (BANs), which is superior to the Operating Rules.

Part VIII

Final info

1. If you find a problem, e.g. damage, you must report this problem by e-mail to the Pod-O-Gym administrator right at the beginning of your reserved time.
2. These operating regulations come into force immediately after publication on the POD website.

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Kateřina Pilná

Head of the Pod-O-Lee Club

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Petr Huu Pham

Administrator of the Pod-O-Gym