

Rules of visiting sauna in apartments of guest house “Uralskii”

- 1) Smoking and drinking alcohol in sauna is prohibited
- 2) You should avoid touching stones of stove in sauna, otherwise you can get burn
- 3) You must not cover stones of stove in sauna with any items. This can lead to the fire
- 4) Do not leave your children without control in sauna

In order to avoid accident, it is prohibited:

- 1) to visit sauna while impaired or narcoma
- 2) to water the compartment with stones
- 3) to use birch twigs
- 4) to turn off fire-cock
- 5) to change sauna conditions by yourself

ATTENTION!!!

Too long time in sauna leads to temperature rise. This could have negative effect on your health.

Administration doesn't answer for the patients' injuries and harm to health, connected with decline, in case if visitors:

- don't look through rules
- don't compliance with safety or breach them
- do malicious damage to their health
- wish to visit sauna, despite the bad health condition

Sauna is counter-indicative to:

- pregnant women
- people with oncology
- people with aggravated chronic illness of any organs and body systems
- people with higher temperature
- people suffered from active tuberculosis
- people who has incline to bleeding and thrombosis