



SWIMMING POOL AND SPA RULES AND REGULATIONS

To guarantee the maximum comfort and leisure to all our guests and especially out of respect for others using the swimming pool and pool area, we kindly ask that some simple regulations be observed.

POOL AND TURKISH BATH OPERATING HOURS

- **Daily: 09.30-13.00 / 15.30-19.30;**
- **Great Swimming Pool: open from 01 May to 30 September**
- **Small heated pool: open all year**

STANDARD REGULATIONS

- It is obligatory to wear a bathing cap and take a shower whenever entering the swimming pool;
- it is advisable to wait at least three hours after having a meal before going swimming;
- Swimming suits must be worn in order to use the pool;
- It is prohibited to use street shoes in the pool area. Only plastic slippers or shoes are permitted there;
- Jumping or diving into the pool from the pool sides can be dangerous and is strictly forbidden. No running along the pool sides or pushing others into the pool;
- Ball playing in the general pool area, pushing people into the pool or causing any other possible disturbance to the public is forbidden;
- Parental guidance is advised for minors under 14 years of age using the diving board;
- Diving backwards or with a running start into the pool is prohibited;
- Children under 6 must be accompanied into the pool and kept under strict supervision by an adult; parental guidance is advisable for children under 14;
- For infants who are not toilet trained the use of pool diapers are obligatory;
- Smoking and the consumption of beverages or food is not allowed in the pool area;
- No entrance to people who are under the influence of drugs or alcohol or in any altered psychophysical state or even to people in poor health who could risk hurting themselves;
- It is inadvisable for people with open wounds, lesions, or any kind of dubious skin disorders that might be infected;
- The public is kindly requested to adhere to the pool's opening and closing hours. The management declines all responsibility for any accidents or harm incurred while in the pool area out of operating hours;
- The pool may be used only by adults out of operating hours, however, without the presence of a lifeguard. Patrons of the pool must ask the pool staff about the hours when the pool is closed to the public for regular daily maintenance;
- Management declines all responsibility for accidents or harm caused to swimmers by inappropriate behaviour while the pool is closed;
- The pool staff or other personnel is authorised to intervene at anytime to ensure that the above mentioned regulations are observed.

Person responsible for the pool: ms vittorialuisa sesta mobile +39 329 494 9398

PLEASE LOOK AT THE LONGITUDINALE DEPTH OF THE POOLS ON THE BACK.

TURKISH BATH RULES AND REGULATIONS

It is strictly forbidden to use the sauna or turkish bath for people who suffer from heart disease, respiratory problems or high blood pressure.

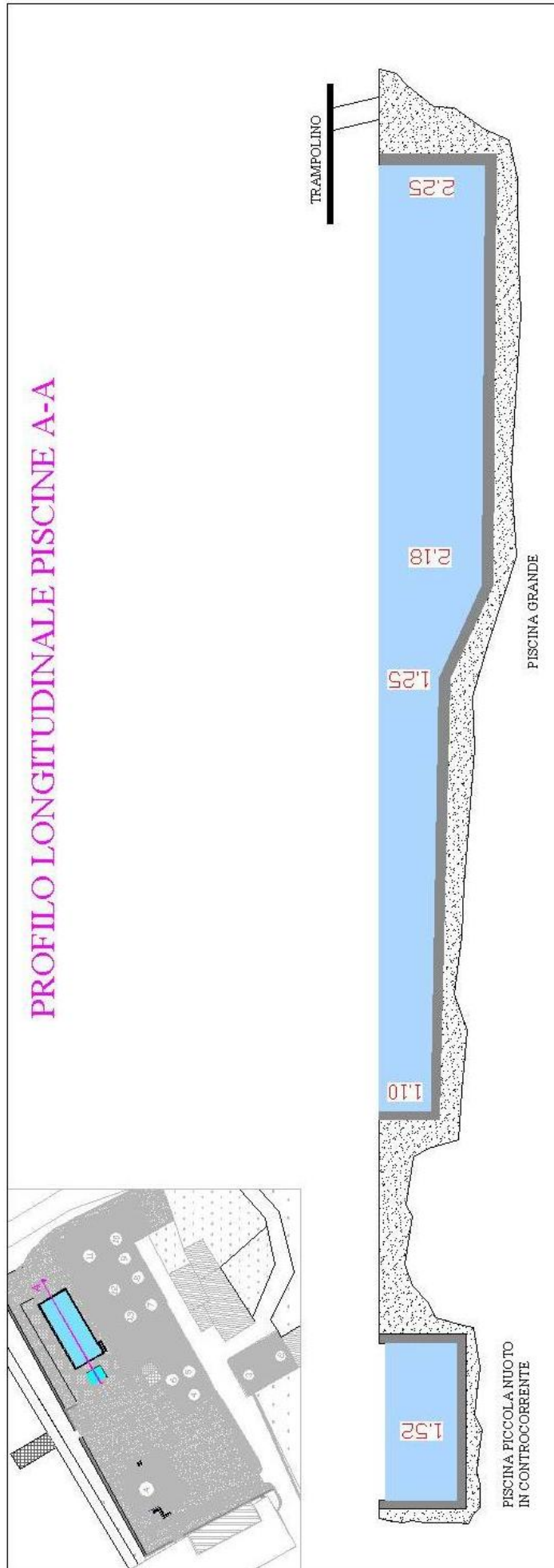
GUIDELINES TO FOLLOW FOR THE CORRECT USE OF THE SPA

- Take off all and any jewellery which would become burning hot and could cause burns from the heat;
- Take a hot shower in order to dilate the pores of your skin;
- Store all personal belongings in the appropriate wardrobes provided;
- It is advisable to stay in the sauna from a minimum of 6 minutes to a max of 15 minutes;
- It is advisable to use the cold water from inside the turkish bath;
- Food and drinks: it is unadvisable to use the turkish bath either on a full or empty stomach;
- Before, during and after the turkish remember to adequately hydrate your body by drinking lots of liquids, such as water, juice, tea or isotonic drinks (preferably not too cold);
- Clothing: it is unadvisable to wear clothes due to the high temperature which could cause synthetic clothing to issue toxic substances as well as overheat the body;
- At the end, it is advisable to rest the body for a long period and keep it warm. After that a relaxing massage is advised and available on booking.

ADMINISTRATOR

Alessandro Ardizzone

THE CUSTOMER HAS READ AND
UNDERSTOOD THE TERMS



Small pool with counter-current swimming: Depth **1.52 meters**;
Large pool: **Minimum depth 1.10 meters / 2.25 meters Maximum depth** side trampoline