

## SAUNA RULES

### 1 Guest

- Guests may be invited by members and their spouses.

### 2 Age limitation

- Children under the age of 18 are not allowed.

### 3 Others

- Persons after drinking or known to be suffering from high blood pressure or heart disease or physically unfit for sauna bath are advised NOT to use the Sauna bath.
- The Club shall have no responsibility for whatever accident that may occur.