

INTERNAL RULES OF THE LEISURE CENTRE

We welcome you to the Nordic Hotel Forum leisure centre! We want to make your visit enjoyable. We have created internal rules to help ensure the well-being and safe environment for all visitors.

- By using the services of the leisure centre, you confirm that you have read and agreed to these internal rules.
- All visitors of the leisure centre are personally responsible for ensuring that they have sufficient physical abilities and health to use the services offered. The adult accompanying children is responsible for their skills and health.
- There is no lifeguard at the leisure centre.
- We want to create a relaxing, safe, and comfortable environment for all our guests, regardless of how they identify themselves. All users of the leisure centre's pool area and communal steam room are required to wear swimwear covering their gender-specific features. Children under 2 years old are asked to wear swim diapers.. Wearing only underwear or being naked (except in the changing room and Finnish sauna) is prohibited.
- Children under 10 are only allowed in the leisure centre if accompanied by an adult.
- The exercise equipment at the leisure centre can be used from the age of 14.
- Admission to the leisure centre ends half an hour before the leisure centre closes.
- Please do not leave your locker key or valuables unattended. The hotel is not responsible for items left unattended.
- Please adhere to basic cleanliness and hygiene requirements.
- Before entering the pool, it is mandatory to wash yourself, taking off all your clothes. When going from the sauna to the pool, you must also shower first.
- Shaving and hair dying are prohibited in the leisure centre shower room.
- In the Finnish sauna, we ask you to use a sauna mat and not to wear swimwear when going to the sauna.
- Whisking and using body care cosmetics in saunas are not permitted.
- Running is prohibited in the leisure centre; please move carefully and calmly.
- Please be careful when using glasses to avoid breaking them and creating glass fragments.
- Jumping into the pool is prohibited.
- Consumption of alcoholic beverages and your own food is prohibited.
- Smoking, chewing gum and snus (smokeless tobacco) are prohibited in the leisure centre.
- Only plastic utensils are allowed in the leisure centre.
- Being under the influence of alcohol or drugs is strictly prohibited in the center.
- Please dry yourself before entering the locker room from the shower room, as well as before using the exercise equipment.
- We ask that you disinfect gym equipment after use and return it to its original position and/or place.
- Before leaving the locker room, please check that you have taken all personal items with you.
- Please return all items borrowed from the leisure centre to the reception desk.
- Please leave used towels in the baskets provided.
- The hotel has the right to demand financial compensation in the amount of 1,600 euros for rendering the pool water unusable.
- The leisure centre staff has the right to demand the guest's immediate departure in the event of disrespectful behavior or violation of the rules; the entrance fee will not be refunded.