

# Important Rules for using the Sauna Hettlingen

Dear sauna guest

We are happy to welcome you at our sauna in Hettlingen. As the sauna works on a selfservice-basis without personnel present, it is of utmost importance, that you obey the sauna rules and pay respect to other guests of the sauna or the swimming compound. These rules are pinned in German in and outside of the sauna, as well as posted on our website. In this document we try to outline the most important rules for our foreign guests in English. As they might not be familiar with local customs, we also include some common, but previously unwritten rules of behaviour.

## Access to the Sauna

The sauna is usually closed, especially for the first guests of the day. If you want to use the sauna on a regular basis, we recommend to **get a personal key** at the community administration (address and opening times see [hettlingen.ch](http://hettlingen.ch) at the footer of the webpage) or call the operating manager of the sauna, Roger Jöhri, 079 661 25 44. If you don't have a key and the door is closed, try to knock at the window, so that other users can open for you. If there is nobody around, you can call Roger Jöhri to get a temporary code for the safety locker, where you can fetch a key on a temporary base. Please return the key after use. In case of lost, you will have to pay CHF 150.–. Be aware: The sauna is locked automatically from 23:00 to 9:00 and the key will not work during that time.

## Register before Use

Please register yourself **before** using the sauna. Always write your **name** into the Sauna-Journal provided, unless you have a running paid subscription, then ticking your name on the corresponding date would be sufficient. In addition to your name, you need to note the **amount and way of payment**. You can pay cash or with your mobile phone by Twint or preferably by QR-Code banking payment. Or you paste the sticker of the "10er-Eintritt" into the Sauna-Journal. If you use the **private sauna, please register the names of all guests**, so we can enter the number of guests into our statistics. If you use the sauna your first time, please also include your **phone number and e-mail-address**.

## Heating and Hygiene

Our cleaning personnel heats the sauna before it opens. After that, the guests themselves are responsible for maintaining the desired temperatures in the sauna. They have to feed therefore the fire in a coordinated manner. Please pay attention to the present temperature and its trend, in order to **avoid an overheating of over 90°C**, which can cause damage to the oven.

- Please always shower before the first use of the sauna.
- Use a big towel, also for your feet, to avoid any sweat dropping on wood.
- Avoid too frequent steam applications, as it cools down the oven unnecessarily.
- Leave the sauna clean and do not leave any towels inside or on beach chairs.
- Always shower after the sauna before you dive into the pools inside or outside.

## Using the outside Pool

After showering, sauna-guest are allowed to use the outside pools to cool down. However, we have mutually agreed on the following with the management of the swimming compound. It is vital for the existence of our sauna, that you always obey to following rules:

- **Be always respectful and friendly** towards other people and follow instructions of the personnel. Use swimming dress outdoors when other than sauna people are present.
- **Use the pools only to cool down.** If you desire extended swimming or using a beach chair, you have to additionally pay the normal entrance-fee to the swimming pool.
- **If the compound is closed for swimming** and there is no lifesaver (pool supervisor) around, **only the use of the small non-swimming pool near the sauna is allowed.**

## Using the private Sauna

On days, when the sauna is closed, that is on Sundays, Mondays and Days of public holidays, you have the opportunity to rent a sauna-slot for private use. If you are interested, please contact [info@sauna-hettlingen.ch](mailto:info@sauna-hettlingen.ch). Private sauna-users are subject to the same restrictions as otherwise mentioned in this document. In addition, you must adhere to following rules:

- **Enter your name in the calendar**, so we can contact you in case it might be necessary. Only the following timeframes are allowed: 9-12, 12-14, 14-16, 16-18, 18-20, 20-23. You can book up to three timeframes (together or separate) in future maximum. Every timeframe costs as stated in the pricelist. A calendar-entry is allowed until 22:00 the day before. Latest then it should be clear, if you are the first sauna-guests of the day. In that case, you can come 1 hour before your slot begins to light the fire and heat up the sauna.
- Private sauna is restricted to a **maximum of 12 persons** during your slot. This and other restrictions became necessary due to unpleasant experiences in the past.
- It is **forbidden to celebrate a party**, especially outside the sauna rooms. The focus should always be on using the sauna for relaxation and wellness. We want to avoid under any circumstances dangerous incidents or accidents in the sauna and the pool, that might arise under the influence of alcohol or other drugs. And we want to avoid complaints from neighbours and passers-by due to loud sound emissions. In particular, it is **not allowed to bring your own barbecue-oven** in or outside the sauna rooms. You can use the fireplace in the relaxation room for that. If you desire to barbecue outside, this is only allowed during pool opening times at the assigned place of the compound, provided you have paid the additional entry fee for the swimming pool.
- The use of the surroundings (especially when the compound is closed for swimming) is **restricted to the area between the doors of the sauna-entry and the toilet**. In addition, you are allowed to cool down in the small non-swimming pool nearby the sauna.
- **Children are allowed, but need to be supervised at all times**, especially in the pool. The use of the playground and swimming rings belonging to the pool compound are strictly forbidden. The use of the pool is meant for cooling down after the sauna, and not for playing with children.

## After the Sauna

You are allowed to use the **barbecue-equipment** at the fireplace in the relaxation room. However, we expect you to clean and tidy up again after use.

**If the humidity exceeds 80%** in the rooms (check sensor besides the mirror), it is time to let in some fresh air and to get rid of excess humidity, that can condense to waterdrops on cold ceilings, walls and even floors and therefore make the floor slippery. Open all windows and doors at once for 5 to 10 minutes in order to ventilate the sauna rooms, shortly but effectively.

**Before you leave: Replenish the wood** near oven and fireplace for the next guests. The wood storage is in the room opposite of the oven on the big pile. Only refill the bottom shelf with that wood, as the top shelf is for fir wood meant to light the fire. This will be refilled by our personnel.

**Leave the sauna clean.** It is also a common practice at our sauna, that you take used drink-containers like cans or bottles back home for recycling, as our wastebin is very small, especially when the sauna is closed for several days in sequence and therefore no cleaning personnel is emptying the wastebin.

**Close all windows** and the glass-doors of the fireplace, especially in winter time. Extend all lights and close all doors.

**Sauna-guests not complying with the rules mentioned above might be excluded from using the sauna privately or at all.**