

## Rules for Sauna Use

As the sauna works on a selfservice-basis without personnel present, it is important, that you obey the general rules for using the sauna outlined here. In addition you must follow the rules specified in the following documents, which are available for download at the bottom of our website:

- **Instructions to operate the sauna oven**
- **General terms and conditions of the Sauna Hettlingen (AGB)**
- **Additional conditions for using the private sauna (ZB)**

### Access to the Sauna

The sauna door is locked for the first users of the day. Every sauna visitor (including non-members) can obtain a personal key from the municipal administration (see the footer on [hettlingen.ch](http://hettlingen.ch)) or from the facility manager, Roger Jöhri (079 661 25 44), against a deposit of CHF 25.–. There are separate keys for men and women; during mixed sessions, both keys work.

If you do not have a key, you can knock on the window to alert those already inside. If you still find the door locked, you can request a temporary code for the key box from the facility manager. The universal key in the box must be returned there immediately after use. In case of loss, the key holder is liable for CHF 150.–.

Note: From 11:00 p.m. to 9:00 a.m., the sauna is automatically locked and cannot be opened — even with a key.

### Registration Required

Every visitor must sign in before using the sauna, either in the sauna journal or by marking the visit date on the monthly list for subscribers. Please write your name legibly. 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. For new guests, we also require a phone number and email address (for important operational updates via newsletter).

### Heating the Sauna Room

The cleaning staff usually lights the fire about three hours before the first guests arrive. After that, sauna guests are responsible for maintaining the fire. This means you must add wood for yourself and for the following guests. If the fire has gone out because no one was present for a while, you must reignite it yourself.

The new sauna stove requires strict adherence to the firing instructions (see separate document available). All listed steps must be followed carefully for your safety and that of others. To protect your health and the stove, please do not overheat the sauna: maximum temperature 90° C.

Avoid too frequent steam applications, as it cools down the oven unnecessarily.

### Hygiene Rules

- The toilet is located outside, opposite the sauna entrance ( “Sauna/Privat” ).
- Shower before your first sauna session and after each round.
- No sweat on the wood! Always sit and place your feet on a towel.
- Cutting nails or filing calluses is strictly prohibited.
- In the relaxation room, please sit or lie only on towels or bathrobes.
- Leave the sauna clean and do not leave any towels inside or on beach chairs.

## Cooling Down

Always shower after sweating! This prevents sauna oil residue from entering the plunge pool and the formation of urea chloramines in the swimming pool. The outdoor area and pools of the open-air bath may be used for relaxation after a sauna session — but only for cooling down, walking, or resting. Outside of pool opening hours, only the non-swimmers' pool may be used.

During swimming pool opening hours, anyone wishing to swim, use deck chairs, play volleyball, or grill at the outdoor fire pit must also pay the pool entrance fee. Wearing swimwear is mandatory whenever non-sauna visitors (such as swimmers, lifeguards, cleaning staff, or kiosk staff) are present.

## Refilling Firewood

Please refill the wood supplies near the sauna stove and, if applicable, the fireplace for the next guests. The wood storage is located opposite the sauna stove. Transport boxes are available — please do not use the foot basins for this purpose. Only the lower wood rack near the sauna stove should be refilled. The kindling wood in the upper rack is restocked by the staff.

## 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 Leaving the Sauna

If you are the last person to leave, please make sure that:

- the door of the sauna room remains shut,
- all windows and doors (including the glass doors of the fireplace) are closed. This prevents the rooms from cooling down unnecessarily overnight, especially in wintertime.
- all lights are turned off,
- the entrance door is locked, and
- the outer gate is securely closed.

**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.

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