RULES FOR THE BRINE GRADUATION TOWER

1. The brine graduation tower is open to the public all year round.
2. By using the brine graduation tower, you confirm that you have read and accepted these rules.
3. The tower premises comprise the paved area on which the brine graduation tower stands. The tower fits within a circle 400 cm in diameter and is 400 cm high.
4. The following are strictly prohibited on the premises:
   - **a)** consuming alcohol or other intoxicants or using tobacco products or e-cigarettes,
   - **b)** entering if you show signs of having consumed alcohol or other intoxicants,
   - **c)** riding bicycles, scooters, inline skates, skateboards or other vehicles, except those used by authorized persons in the course of their official or maintenance duties,
   - **d)** using the facility during heavy precipitation or thunderstorms, during renovation, repairs, routine maintenance or inspections, or in other situations not covered by these rules that endanger users' health or safety,
   - **e)** bringing or keeping animals on the premises, except guide dogs for people who are blind,
   - **f)** polluting or littering the premises or throwing waste into the brine basin,
   - **g)** pouring liquids into the brine basin, including drinks, detergents and other chemicals,
   - **h)** vandalizing recreational equipment or fittings that form an integral part of the brine graduation tower,
   - **i)** destroying or damaging site furnishings, natural or ornamental vegetation, recreational equipment, information boards, warning signs, fences or other installations that protect people's life or health,
   - **j)** climbing onto the tower structure or pulling out blackthorn twigs,
   - **k)** drinking the brine or using it in food preparation,
   - **l)** obstructing or preventing the use of recreational equipment,
   - **m)** disturbing the peace or public order, for example by shouting, making noise, sounding alarms or playing audio or music on portable devices,
   - **n)** displaying notices, posters, placards, leaflets, writing or drawings without the operator's permission,
   - **o)** bringing in pyrotechnics, weapons, sticks, clubs, stones, corrosive substances, paints, pressurized containers, glass packaging, bottles or other containers made of glass or any other particularly hard material.
5. Children under 13 may be on the premises only under adult supervision.
6. Anyone who vandalizes the facility's equipment must pay 100% of the value of the damaged equipment.
7. Anyone who causes damage by improper use of the tower bears full financial liability. For minors, their legal guardian bears that liability.
8. The operator is not responsible for items lost on the premises.
9. The operator is not liable for accidents or injuries resulting from failure to follow these rules or staff instructions.
10. Please report any comments about the operation of the brine graduation tower to the Pro Culturae Bono Foundation. Email: biuro@fundacja-pcb.org. Tel. 600 393 260.

USING THE BRINE GRADUATION TOWER

1. Before using the brine graduation tower, read the indications and contraindications.
2. The tower is intended for recreation, rest and relaxation. It produces a brine aerosol. Spending time near it may help treat inflammation of the upper respiratory tract, circulatory disorders and skin conditions. It can also help you unwind and relieve stress.
3. Only people who have no medical contraindications to inhalation sessions at this facility may use the tower. Anyone using the tower for its health benefits does so at their own risk.
4. A single session in the tower's designated inhalation zones should last no longer than 45 minutes. A 30-minute session is recommended. Please consult a doctor before attending an inhalation session.
5. Use of the tower is not recommended if you have a medical contraindication, including:
   - **a)** hypersensitivity to ions in the brine,
   - **b)** advanced bronchial asthma,
   - **c)** inflammatory conditions or illnesses accompanied by fever,
   - **d)** hyperthyroidism,
   - **e)** coronary insufficiency, especially in patients with low blood pressure,
   - **f)** a recent heart attack,
   - **g)** cancer.