

### 蒸氣室規章及守則

1. 蒸氣室服務時間由早上七時三十分至晚上九時三十分。
2. 蒸氣室最多只可容納二人使用。賓客必須由住戶陪同方可使用。
3. 蒸氣室先到先得，不需預定。
4. 十六歲以下之人士不可使用蒸氣室。
5. 凡身體不適、飲酒後、患有高血壓、心臟病、傳染性疾病、皮膚病或外露傷口等人士不可使用按摩池。孕婦請盡量避免使用按摩池。
6. 住戶如在劇烈運動後，均不建議使用蒸氣室。
7. 使用者必須於蒸氣室佩帶手帶，以資識別。
8. 進入蒸氣室前，請先沖身及將鞋子脫下。
9. 不可於按摩池內吐痰、嚴禁在蒸氣室範圍內吸煙。
10. 不可使用任何按摩油、美容及美髮用品。
11. 嚴禁在蒸氣室內吸煙。
12. 使用者必須穿著合適泳服或圍上毛巾方可使用蒸氣室。
13. 使用蒸氣室前後，請多喝開水。
14. 使用者不可於蒸氣室內閱讀任何書籍或刊物。
15. 請保持場地整潔。
16. 使用蒸氣室時，請將通風氣窗保持開啓狀態。
17. 若使用者直接或間接損毀場地、遺失租用之設施或其他物品，會所管理公司有權向使用者索取因上述引致之一切損失作為賠償。
18. 使用者並非適合使用所有設施或器材，或參與所有活動。使用者需自行檢查及確保其身體狀況適合進行運動或參與活動。使用者必須自行負責自身安全，若於蒸氣室範圍發生意外而導致損失、受傷或死亡，會所管理公司概不負責。
19. 使用者必須自行負責其財物之安全，會所管理公司概不負責個人財物之遺失或損毀。
20. 會所管理公司有權隨時預留場地作維修、清潔、比賽、訓練班及安排活動之用。而上述預留將被優先處理。
21. 使用者必須遵守會所管理公司職員之指示，會所管理公司保留修改上述規章及守則之權利，恕不另行通知。

### Steam Room Rules & Regulations

1. Steam Room is in service daily from 07:30 to 21:30.
2. The maximum capacity of the Steam Room is Two. Guests may only be permitted to use the Jacuzzi when accompanied by the residents.
3. Steam Room is available on "first come first served" basis. No booking is required.
4. Persons under the age of sixteen are not allowed to use the Steam Room.
5. Do not use the Steam Room under the influence of alcohol or drugs, during pregnancy, suffering from skin infectious condition, high blood pressure, heart disease, open score or physically unfit.
6. Residents after strenuous exercise are advised not to use the Steam Room.
7. Wristband must be worn whilst in the Sauna / Steam Room for identification.
8. Please shower and take off the shoes before using the Steam Room.
9. No spitting. Smoking is strictly prohibited.
10. Not allowed any massage oil, facial or hair treatment products inside the Steam Room.
11. Smoking is strictly prohibited.
12. Users must wear proper swimming attire or wrap a towel when using Steam Room.
13. Please drink water before and after use.
14. Reading is not allowed when using the Steam Room.
15. Users must not littering in the Steam Room.
16. Please keep the air-vent open when using the Steam Room.
17. Users should be responsible for the loss or damages of the equipment and/or facilities of the Steam Room either directly or indirectly caused by the users. Users will be held liable and required to pay the repair costs, and, if so demanded by the Club Management, the full replacement costs of the equipment/facility so damaged. In addition, the Club Management has the right to claim for damages from the users.
18. Not all of the equipment and/facilities and/activities are suitable for everyone and if in doubt, Users should consult their own medical advice. By using the equipment and/or facilities and/or participating the activities/programs, Users are deemed to have acknowledged that they are physically fit to use such equipment/facilities or participate in activities/programs. Users should be responsible for their own personal safety. The Club Management will not be responsible for death or injury to any person arising out of or in connection with using the Steam Room.
19. Users should be responsible for safety of their own property. The Club Management will not be responsible for loss or damage to any property of anyone using the Steam Room
20. The Club Management may from time to time reserve the facility for maintenance, cleansing, tournaments, coaching sessions or activities/events. Such reservation will take priority over individual booking by residents.
21. Users must comply with the instructions given by the Club staff. The Club Management reserves the right to amend the rules and regulations without prior notice.