

# SVAL BAD

TERMS OF USE  
SVALBAD



# HOW TO USE SVALBAD SAUNA

## RULES

## SAFETY

## MORE INFORMATION



# HOW TO USE SVALBAD SAUNA

- Bring two towels, one for sitting on inside the sauna and one for drying off. Always use a towel under you when using a bench.
- Water for consumption is available. Bring your own water bottle or cup!
- Only use fresh water on the oven, never use salt water. Fresh water is available.
- Be mindful of other guests!
- If you go swimming, please remember your access code to the door. The code is needed to re-enter the sauna.
- Please respect your time slot, no one will tell you when it's time to leave.

# RULES

- The age limit for using SvalBad is 18. Children over the age of 10 is allowed when accompanied by a parent or a guardian.
- No food is allowed in the sauna.
- No alcohol in drop-in sessions. Alcohol is allowed in private groups. Please read our FAQ for more information.
- Visibly intoxicated guests and guests who does not follow the rules are not welcome in the sauna.
- Guests are responsible for their own safety in the sauna, and when swimming by the floating pier. **Never swim alone.**
- Do not leave any trash behind.
- Swimwear is mandatory.

# SAFETY

- You are responsible for your own safety. If you feel unwell, dizzy or sleepy while in the sauna, leave the sauna immediately.
- The deck outside the sauna can be wet, icy and slippery
- There is rescue equipment and first aid kits available on the floating pier.
- **Never swim alone** – The water is cold. Always have someone watching nearby when swimming in the water.
- Do not jump from the pier. there are mooring chains in the water below the surface.
- You are responsible for your own valuables.
- Do not swim when visiting boats are moving or maneuvering near the sauna.



# MORE INFORMATION

Updated information and FAQs  
can be found at [svalbad.no](https://svalbad.no)

*Enjoy your arctic experience!*