

The sauna

- The sauna is turned on in weekdays at 5.00 – 21.30 and weekends 6.00 – 21.30
- Please leave the facilities before 22.00, when the facilities will be cleaned
- Be aware, *doors close between 22.30 – 05.00*
- Go in the sea or in the shower before you go to the sauna
- Be covered and sit on a terry towel (because of hygienic reasons and to keep the wood to last longer)
- Never put water or other liquids on the sauna oven – it will ruin the oven
- Bring only water to drink. It is not allowed to bring alcohol, food or other beverages in the sauna
- Do not train or perform other physical activities in the sauna
- Your own children under 18 years are allowed in the sauna in company with you.
- Show consideration to each other and speak softly



Arrangements and operation

At the webpage

<https://nordhavnvinterbaderklub.dk/>
you will find news about arrangements,
operation and more about NorVin.

Contact

About membership, lost bracelets and the like:

admin@nordhavnvinterbaderklub.dk

Other questions:

Look at the webpage under Kontakt



The purpose of Norvin is to create an attractive and local based opportunity for people to bathe in the wintertime. We focus on secure conditions, knowledge about winter bathing and opportunities for training and development for the members.

We are part of Nordhavn If and we share the facilities with 7 other clubs.

Everything is based on voluntary work except for the cleaning and facility management, which is funded by the clubs in common.

Bracelets

- Red bracelet: Give access to the dressing rooms, the common room and toilets
- Blue bracelet: Give access to the above mentioned and the sauna on weekdays from 9.00 – 15.00
- White bracelet: Give access to the above mentioned and the sauna in all opening hours

Very important

You must wear your bracelet visible when you are on the facility. The bracelet is personal. You can not lend or give it to other people. Control will be effectuated regularly. In case of cheating the bracelet will be confiscated.



You are not allowed to bring guests to the dressing rooms and sauna – except for **guest days** the last Friday in every month. On this day members with white bracelet can invite one guest. Members with red and blue bracelets can use the sauna all day.

The operation of the facility

All decisions about the facility are taken by the clubs in common. The municipality of Copenhagen owns the facility. Nordhavn IF has an agreement with the municipality about the operations of the facility. Because of that some decisions must be cleared by the municipality.

- All the areas outside are open to the public from the first of May to the 30th of September
- Bathing is only allowed in the bathing zone
- It is not allowed to be naked on the facility – except for the dressing rooms.

How to use the common room

In the common room you can sit, make a cup of coffee, tea or take a glass of water. But not if the room is booked for meetings in the clubs, courses and the like. In case there will be a sign on the door.

And please

- The room is only for activities in the clubs and for members
- Take good care of the room
- Do not go into the room with wet clothes and shoes
- Clean up after your self and put used glasses, cups etc. in the dishwasher
- Empty or turn on the dishwasher when needed
- Empty the trash can, if it is full
- Put tables and benches back after activities. You can leave one table and one bench in the room

Dressing rooms and toilets

Please

- Remember to take off shoes when you enter the dressing room
- Help to keep the floor from being wet with the equipment in the room
- Food or alcohol is not allowed to bring
- Bring a lock, if you want to lock in your belongings. Remember to take the lock home with you
- Remember – do not use soap in the outdoor shower. The soap will end in the water we swim in



