

Hot Tub Safety Guidance

To ensure the safe and enjoyable use of the hot tubs we request that you read through and adhere to the rules of this safety document.

All hot tubs are emptied, cleaned and refilled after each stay; therefore, the hot tubs may not reach optimal temperature until late evening / early next morning following your arrival.

- Do not exceed bather load
- We do not advise use of the hot tub during pregnancy, please contact your doctor for advice before entering the water.
- People with skin, ear, genital or other body infections, open sores, or wounds should not use the hot tub because of the possibility of spreading infection or irritating an existing condition.
- People with heart disease, diabetes, low or high blood pressure, immunosuppression or are experiencing health problems should not enter the hot tub without prior consultation with their doctor.
- Never use the hot tub while using or after using drugs that may cause sleepiness, drowsiness or raise/lower blood pressure. The heat of the hot tub water speeds up the effects of alcohol and can cause sleepiness, dizziness and even unconsciousness.
- Do not use the hot tub immediately after a heavy meal.
- At 37°C plus limit your time in the hot tub to a maximum of 15 minutes.
- Do not immerse your head in the hot tub water neither should you use the hot tub alone.
- Take care when entering and leaving the hot tub, leg muscles may be relaxed enough to make you unsteady.
- Never use glass near/in the hot tub, please use the plastic glasses available.
- Do not use any electrical appliances near/in the hot tub.
- If any fault or damage occurs with the hot tub, please contact a member of our team at the earliest convenient moment.
- Parents are advised that the hot tubs are not suitable for children under the age of four and to warn their children not to allow water in to their mouths as this can cause infection and illness. Never allow children to use the spa or hot tub unsupervised.
- We ask you to shower with soap and water before and after using the hot tub. Showering before use washes away many of the common skin bacteria and removes lotions, deodorants, creams etc which reduce the effectiveness of the spa sanitizer which disinfects the water.
- When not in use, make sure the cover is on and secured.
- Do not sit or walk on the hot tub cover.

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- Avoid entering the hot tub water immediately after exercising as the water temperature can affect the heart rate.
- Take care on the hot tub steps and surrounding area as water from the tub can cause it to be slippery
- If any allergic reaction occurs leave the hot tub and rinse off in the shower. If the reaction persists seek medical attention.
- Do not turn hot tub isolation switch off as the hot tub's power needs to be turned on to carry out the cleaning cycles.
- Pets are prohibited from entering the hot tub.
- Ensure PPE is being used correctly
- Do not wear fake tan, sun tan lotions or skin creams in the hot tub

Note to parents and hot tub users:

It is your responsibility to enforce the rules of safety within the house hot tub.