

Hot tub guidelines

- All guests are required to read these hot tub guidelines before use.
- No one is permitted to use the hot tub without first taking a warm shower using soap!
- Anyone with an existing medical condition, pregnant women, the elderly and anyone with heart disease, diabetes, epilepsy high or low blood pressure should not enter the hot tub without prior consultation with their doctor.
- Do not use the hot tub whilst under the influence of Alcohol, drugs or any medication that can cause drowsiness or that raise or lower blood pressure.
- Do not smoke, or consume food and drink in the hot tub
- Observe recommended safe time limits of 20 mins then leave the water and cool down before returning for another brief stay.
- Long exposure increases the risk of hyperthermia which occurs when the internal temperature of the body reaches several degrees above the normal body temperature of 36.9°C
Symptoms of hyperthermia include drowsiness and lethargy, nausea, dizziness or fainting.
The effects of hyperthermia include
 - Unawareness of impending hazard
 - Failure to perceive heat
 - Failure to recognise the need to leave the hot tub
 - Physical inability to exit the hot tub
 - Can affect fetal wellbeing in pregnant women.
- Bathers should not use the hot tub alone.
- The Hot tub is intended as a place to relax and children are welcome to use it, however it is not to be used as a paddling/splash pool for children to play in .
- Children under the age of 16 must be accompanied at all times.
- Prior to using the hot tub encourage children to use the toilet! Toddlers and babies must wear swim pants (emergency supply in porch)
- Please use caution, the hot tub, steps and surrounding area may be slippery when wet.

To Use

- Unlock all safety clips and fold cover in half **over the bar.**
- Use the bar to lift off cover.
- The temperature is pre-set to 39-39.5°C
- Do not allow children to touch the controls.
- After use – Ensure jets and light are switched off, carefully lower the lid and ensure it is secure.
- Do not stand, sit or lie on the lid.

Water quality is vital to the operation of the hot tub and the health and comfort of all those who use it. For this reason you must shower before getting into the hot tub and after using the sauna. It is essential that users remove the contaminants that affect water quality, such as deodorants, moisturisers, make up, hair products, and sweat etc prior to use.

- We ask guests to respect that this is a domestic hot tub and not designed for or recommended to be used for prolonged periods.
- If we are unable to maintain the water quality due to contamination or overuse and it becomes cloudy or foamy the hot tub will need to be emptied and will not be available for you to use for the remainder of your stay.



- Damage to the hot tub or sauna through misuse will be the hirers responsibility, who will be liable for repair costs incurred.

Please ask if you require any assistance