

## Hot tub guidelines for The Hytte

- 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 and using soap!
- Anyone with an existing medical condition, pregnant women, the elderly and anyone with heart disease, diabetes, obesity, 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. Please do not stay in longer periods as this will affect the water quality.
- 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 4 and above 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! Children under 4 years of age must not use the hot tub as they are unable to suitably regulate their body temperature.
- Do not submerge your head in the water and do not allow the water to enter your mouth, this must be explained to children using the hot tub
- Please use caution, the hot tub, steps and surrounding area may be slippery when wet or frosty
- The maximum capacity of the hot tub is 6 persons but this must be reduced if water is pouring over the edge of the hot tub during use

## 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 38-39.5°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. Guests who have applied fake tan must not use the hot tub.
- **We ask guests to respect that this is a domestic hot tub and is not designed to be used for prolonged periods or as a party venue.**
- If we are unable to maintain the water quality due to contamination or overuse and it becomes cloudy, dirty or foamy the hot tub will need to be emptied and an additional cost of £100 will be charged to you. In this event the hot tub will not be available for you to use for the remainder of your stay.



- The Hirer will be responsible for any damage to the hot tub, cover, lifting arm, and will be charged for any damage caused.
- We do not accept any responsibility for action taken by yourself or people in your party when using the hot tub and it is your responsibility to ensure that everyone using the hot tub understands and adheres to the guidelines.
- These guidelines will be available on your arrival and we require you to sign a Disclaimer to ensure you have read the Hot Tub guidelines and you and your party agree to be bound by them

If you require any assistance, please ask, we are happy to help.