



Hot Tub – Safety Document

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.

- During pregnancy soaking in hot tub may cause damage to the fetus so contact your doctor for advice before entering the water.
- Persons with heart disease, diabetes, low or high blood pressure, or any serious illness should not enter the hot tub without prior consultation with their doctor.
- 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.
- Parents are advised that the hot tubs are not suitable for children under the age of four.
- Parents are to warn children not to allow water in their mouths as this can cause infection and illness.
- The heat of the hot tub water speeds up the effects of alcohol and can cause sleepiness, dizziness and unconsciousness.
- Never use the hot tub while using or after using narcotics or other drugs that may cause sleepiness, drowsiness or raise/lower blood pressure.
- At 39-40°C limit your time in the hot tub to a maximum of 20 minutes as extending this time can affect your inner organs and cause fever-like conditions. At 36-37°C this time can be extended up to 1 hour.
- 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.
- Do not immerse your head in the hot tub water. This increases the risk of infection and can heighten the dangers of drowning due to suction below the water line.
- Never allow children to use the spa or hot tub unsupervised and when not in use make sure the cover is on, secured and the chain is across.
- Never use the hot tub alone.
- Avoid using the hot tub immediately after a heavy meal.

- Take care when entering and leaving the hot tub. When leaving the hot tub leg muscles may be relaxed enough to make you unsteady.
- Avoid entering the hot tub water immediately after exercising as the water temperature can affect the heart rate.
- Never use glass near/in the hot tub as broken glass can cause a risk to people in barefoot and is very difficult to see within the hot tub water.
- Take care on the decking by the hot tub as water from the tub can cause it to be slippery.
- Do not use any electrical appliances near/in the hot tub.
- If any allergic reaction occurs leave the hot tub and rinse off in the shower. If the reaction persists contact Reception.
- If any fault or damage occurs with the hot tub please contact Reception at the earliest convenient moment.
- Do not turn hot tub isolation switch off inside the lodge as the hot tubs power needs to be turned on to carry out the cleaning cycles
- Ensure no contaminants ie. bubble bath, alcohol, oils etc are placed in the water as this can upset the chemical balance of the water and can result in allergic reactions.

Note to Parents and Hot Tub Users

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

We the undersigned have read this safety booklet. We understand what it says and we promise to follow the rules of safety and to use our common sense.

_____ Dated: _____

Lodge: _____ Dates Staying: _____

IMPORTANT: Any hot tub that needs to be shut down due to misuse will incur a £50 charge to refill it.

PARENTS: The life and health of you, your family and friends are important. Please practice safety and supervise your hot tub.

PLEASE NOTE : To comply with HSE REGULATIONS the hot tub water is checked every morning usually before 9am. Please ensure the hot tub is not in use & any pet is kept off the balcony prior to this time to allow this testing to be carried out.