

# HOT TUB – safety document

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

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- 1** During pregnancy soaking in hot tub may cause damage to the foetus so contact your doctor for advice before entering the water.
- 2** Children under 16 are NOT allowed to use the hot tub.
- 3** The heat of the water, speeds up the effect of alcohol and can cause sleepiness, dizziness and unconsciousness.
- 4** Never use the hot tub while using or after using narcotics or other drugs that may cause sleepiness, drowsiness or raise/lower blood pressure.
- 5** At 39-40oC limit your time in the hot tub to maximum of 20 minutes as extending this time can affect your inner organs and cause fever-like conditions. At 36-37oC this time can be extended to 1 hour.
- 6** Always shower before and after, spending time in the hot tub.
- 7** Do not immerse your head in the hot tub water. This increases the risk of infections and can heighten the dangers of drowning due to suction below the water line.
- 8** NO UNDER 12 YEARS, IN HOT TUB, 12-16 YEARS WITH ADULT FOR 15 MINUTES ONLY. Any over 16 and under 18, must be supervised by an adult.
- 9** Never use the hot tub alone.

- 10** Avoid using the hot tub immediately after a heavy meal.
- 11** Take care when entering and leaving the hot tub. When leaving the hot tub, leg muscles may be relaxed enough to make you unsteady.
- 12** Avoid entering the hot tub water immediately after exercising as the temperature can affect the heart rate.
- 13** Never use glass near or 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.
- 14** Take care on the decking by the hot tub as water from the tub can cause it to be slippery.
- 15** Do not use electrical appliances near /in the hot tub.
- 16** If any allergic reaction occurs leave the hot tub and rinse off in the shower. If the reaction persists call your housekeeper.
- 17** If any fault or damage occurs with the hot tub please contact your housekeeper at the earliest convenient moment.
- 18** Do not turn hot tub isolation switch off, on wall of Apple Mill in corner. The power is needed to carry out the cleaning cycles.
- 19** Ensure no contaminants ie. Bubble bath, alcohol. Oil ect are placed in the water as this can upset the chemical balance of the water and can result in allergic reactions.
- 20** Please keep the lid on the hot tub, when not in use, with safety clips locked, at all times. Keep young children away from hot tub and please do not stand on the cover.
- 21** Very happy for the hot tub to be used at night, please no noise, please think of other.
- 22** Please use your swimming towels not the white cottage towels, Thank you.
- 23** Do not allow water into your mouth.

**NO CHILDREN UNDER 12 YEAR OLD, IN THE  
HOT TUB!!!!**

**NOTE TO PARENTS AND HOT TUB USERS**

**IT IS YOUR RESPONSIBILITY TO ENFORCE  
THE RULES OF SAFETY**

**Enjoy, chill, relax and have fun!!!!**