

Guidance for using the Hot Tub

So that you can enjoy the hot tub safely please follow the instructions below:

- ✓ Shower with soap before and after using the hot tub.
- ✓ The hot tub is designed for a maximum of 6 people.
- ✓ No use for under children under 12, 12-16-year-olds are to be accompanied by an adult.
- ✓ Please do not use the hot tub alone.
- ✓ Please do not use the hot tub after a heavy meal.
- ✓ Please seek medical advice before using the hot tub if you suffer from:
 - Heart or circulation diseases,
 - Skin conditions,
 - You are immuno-suppressed,
 - Or are taking drugs affecting your cardiovascular or nervous system.
- ✓ Pregnant women should consult with their doctor before using the hot tub pool.
- ✓ Please use your swimming towels not the white cottage towels.
- ✓ Please do not use glassware in the hot tub, plastic glasses have been supplied instead.
- ✓ Please be aware that using the hot tub will heighten the effect of alcohol.
- ✓ Do not eat or smoke in the hot tub.
- ✓ Please briefly press the buttons on the hot tub when activating the controls and only press one button at a time.
- ✓ Please do not swallow the hot tub water or submerge your head.
- ✓ Please respect other guests in other cottages by ensuring there is no noise after 9:30 pm.
- ✓ Please do not use the hot tub for more than 20mins at a time. Or one hour if the temperature of the hot tub is less than 37 °C.
- ✓ Take care when leaving the hot tub, leg muscles may be relaxed enough to make you unsteady.
- ✓ Please turn off all jets then replace and secure the lid after use.