

HOT TUB SAFETY

Please take a few minutes to read this simple medical and safety advice before using the hot tub, as we want everyone to have a safe and enjoyable stay.

Note to parents and hot tub users:
It is your responsibility to enforce these rules for you and your children's health and safety.

Medical advice

- Guests suffering from diseases of the heart and circulation, skin conditions, are immuno-suppressed, subject to fits, or taking drugs affecting the cardiovascular or nervous systems, should not use a hot tub without first seeking medical advice.
- Pregnant women are advised to consult with their doctor before using a hot tub.
- Never use the hot tub while using or after using narcotics, a heavy meal or while under the influence of alcohol, sedatives or other drugs that may cause sleepiness, drowsiness or raise/lower blood pressure.
- Take care when entering and leaving the hot tub. When leaving the hot tub, leg muscles may be relaxed enough to make you unsteady.
- If any allergic reaction occurs leave the hot tub and rinse off in the shower. If the reaction persists, contact a local doctor or A&E.
- Avoid entering the hot tub water immediately after exercising as the water temperature can affect the heart rate.
- No incontinent person may use the spa pool, either with or without a waterproof nappy.
- People with skin, ear, genital or other body infections, open sores, or wounds should not use the hot tub.

Safety advice

- Please keep the hot tub covered and the cover straps secured when you're not using it. This will conserve energy and prevent anything from falling into the tub (i.e. a child!).
- Do not remove the float from the water. It contains slow releasing chlorine tablets to maintain the water chemistry.
- 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 sanitiser which disinfects the water.

- Please ensure feet are clean before entering the hot tub.
- Glassware must not be used in or around the hot tub (you will find plastic glasses in the kitchen.)
- Do not eat, drink or smoke in the tub as food and drink are potential nutrients for bacteria and being drunk in a hot tub can put you in danger of drowning.
- Water temperatures between 34°C-35°C are recommended by the manufacturer.
- Never use the hot tub alone.
- Bathers must not exceed the maximum number of persons permitted in the spa pool (Chicken Shed Lodge – 5 persons; Bob’s Lodge, George’s Getaway and Ben’s Burrow - 7 persons; and Will’s Tree House – 4 persons).
- Hot tubs are not recommended for children under five to use as small children have a different body temperature regulation system and can’t cope with the heat.
- Bathers must not wear lotions, oils, make-up or skin creams in the spa pool as they discolour the water.
- Bathers are strongly discouraged from swallowing the hot tub water.
- It is recommended that bathers do not exceed 15 minutes immersion at a time.
- Take care on the decking/hot tub steps as water from the tub can cause it to be slippery.
- Do not use the hot tub in a thunder and lightning storm.
- Please don’t use electrical devices (including phones, radio, TVs or any other corded devices) in the hot tub.
- If you use the hot tub during the winter and the temperature is below freezing, water splashing over the edge can quickly freeze into slippery ice, so please take care.
- Ensure no contaminants, i.e. bubble bath, alcohol, oils etc. are placed in the water as this can upset the chemical balance of the water and result in allergic reactions.
- 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.
- Do not jump into the water or play ball games.

General information

- Please be considerate to guests in the neighbouring lodges, especially if using the hot tub at night time and keep noise levels to a minimum.
- If any fault or damage occurs with the hot tub please contact us at the earliest convenient moment.

- Overuse or abuse of hot tubs may cause the tub water to turn cloudy. If this occurs please tell us immediately as it will probably have to be emptied and refilled, which normally takes up to 24 hours and incurs a £50 surcharge.
- In the event a daily test results in a negative result the hot tub may need to be closed until such time the hot tub is safe for use.
- The water is tested daily to comply with HSE regulations and a written log is kept of this. Monthly microbiology tests and quarterly legionella tests are also conducted in accordance with HSE guidance.

You use the hot tub at your own risk and liability.

