

SAFE USE OF THE HOT TUB

Welcome to your very own hot tub!

To ensure all our guests enjoy the best possible hot tub experience there are a few guidelines we hope you will be happy to follow;

- Please only use the hot tub between the hours of 10am & 10pm
- **Please do not;**
 - leave children unattended when they are in the hot tub or when the cover has been removed
 - use if you are pregnant or likely to be
 - use after a heavy meal or while under the influence of alcohol or drugs
 - exceed 15 minutes immersion at any one time
 - submerge your head under the water
 - swallow the hot tub water
 - take any glass into the hot tub
 - place any portable appliances within 1.5m of the hot tub
- **Please do not use if you;**
 - suffer from one or more of the following conditions and have not consulted your doctor: obesity, a history of heart disease, high or low blood pressure, circulatory system problems, diabetes, infectious diseases or immune deficiency syndromes
 - have any skin conditions, are subject to fits, or taking drugs affecting the cardiovascular or nervous system
 - have experienced any kind of stomach upset in the last 14 days
- In the interests of everyone's enjoyment and to make sure the water in the hot tub is kept clean and clear, please shower to remove any natural oils, sun lotions or skin creams. It is also a good idea to pop to the toilet before entering the hot tub (to save having to get out once you've got in!)
- There should be no more than 6 bathers in the hot tub at any one time
- Children under 8 and anyone who is unable to keep their face out of the water are not permitted to use the hot tub
- Please use the thermometer provided to ensure temperature is no more than 38°C degrees
- If you start to feel unwell or experience breathing difficulties during the use or operation of the hot tub, seek medical advice immediately
- In the event of gross contamination, please exit the hot tub and contact Reception immediately
- Babies' nappies should not be changed beside the hot tub
- The cover must be closed and locked when not in use.

Thank you