



Hot Tub Information – For Maximum Enjoyment and Safety

The hot tub will need to be turned on if you wish to use it, just press the button on the door frame in the master bedroom, it will take approximately 5 hours to heat up. If you are going to use it regularly during your stay just leave it on. If you feel that you won't use it then please just turn it off after use.

See the video for how to use the cover lifter – easy when you know how!

- **No make-up, tanning creams or similar products to be worn when in the water** – they will make the water dirty and scummy! Please shower before use to avoid making your water yucky! There is an outdoor shower situated adjacent to the hot tub.
- **You MUST always test the water quality before each use** by dipping one of the chlorine test strips into the water and compare the colours to the corresponding colours on the side of the test strip container. You will probably find that the water may be low in chlorine. If this is the case, sprinkle about a spoon's worth of chlorine granules into the the grey surface filter in the center of the hot tub, then activate the jets to circulate it. If it is low in alkaline then follow the same procedure using the alkalinity booster and same procedure for pH balance. Chemicals are on the shelf adjacent to the hot tub. ***Please keep all chemicals out of reach of children.***
- **If you accidentally spill a large quantity of chemicals into the hot tub, DO NOT USE IT** until such time as it has been tested by a professional person and they have drained and cleaned the hot tub for re-use, as otherwise you may be at risk from burning your skin! Looking after the water is simple, do not be afraid of it, just try not overdose it!
- **No Glassware** to be used when in the hot tub, we have plenty of plastic glasses and tumblers that you can use when drinking in the tub. (If you were to break a glass when in the water you must get out immediately and not use the hot tub until it has been drained, cleaned and refilled to prevent risk of being cut by any glass shards.

- The main power switch for the hot tub is located inside the locked rear storage room. If you are concerned about the safety of the hot tub, please contact me immediately.
- Before use, ensure the hot tub is at 38 degrees centigrade (this is displayed on the control panel in red LED's).
- We will refresh the water between each set of guests, the water takes about 5 hours to get back to 38 degrees, so the water may not be warm enough to use immediately on your arrival if there has been a same day turn around.
- Prolonged immersion in water above body temperature can lead to delayed shock. The warm temperature of a hot tub could pose a risk of ill health to users who are pregnant, have cardiovascular problems, diabetes, low or high blood pressure or are susceptible to 'fits'. People taking medication for cardiovascular and nervous system conditions, and those with physical disabilities, should seek medical advice before using a hot tub or spa pool. Limit soak time to 15 mins, cool off for 15mins before re-entering.
- People with skin, ear, genital or other body infections, open sores or wounds should not use the hot tub due to the possibility of spreading infection or further irritating your condition.
- Never use the hot tub whilst using narcotics or other prescription or non-prescription drugs that may cause sleepiness, drowsiness or raise / lower your blood pressure.
- No smoking in or around the hot tub.

Important - Hot Tub Disclaimer

To ensure the safe and enjoyable use of the hot tub that is provided at the house we ask that you read through and adhere to the rules of this safety section.

- During pregnancy soaking in the hot tub may cause damage to the fetus, contact your doctor for advice before commencing your holiday with us, to ensure it is safe for you to use the hot tub.
- 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 or irritating your condition.
- Never use the hot tub while using narcotics or other drugs that may cause sleepiness, drowsiness or raise / lower your blood pressure.
- Do not try and adjust the temperature settings as you may adjust the operating mode instead!
- 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 and hair being sucked into filters.
- Never use the hot tub alone. Take care when entering and leaving the hot tub. When leaving the hot tub leg muscles may be unusually relaxed as to

make you unsteady.

- Never use glass near or in the hot tub, as broken glass can cause a risk to people in bare feet and is very difficult to see within the hot tub water. If glass is broken in the water, you must immediately get out and not use the tub until it has been drained, cleaned and refilled. Call Alison as soon as possible to arrange this.
- Do not use any electrical appliances near or in the hot tub.
- If any fault or damage occurs with the hot tub, please contact Alison ASAP
- 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.
- Parents are advised that the hot tubs are not suitable for children under the age of 4 years and to warn their children not to allow water into their mouths as this can cause infection and illness.
- The heat of the hot tub water may speed up the effects of alcohol and can cause sleepiness, dizziness and unconsciousness.
- 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 chemicals which disinfect the water.
- Make sure fake tan is removed before using the hot tub as this reacts to the chemicals and reduces the effectiveness of the chemicals which maintain the quality of the water. It may also colour the water and mark the waterline of the hot tub.
- Never allow children to use the hot tub unsupervised and when not in use ensure the hot tub cover is fitted and is secured.
- Avoid using the hot tub immediately after a large meal.
- Avoid entering the hot tub water immediately after exercising as the water temperature can affect the heart rate.
- Take care on the decking / hot tub steps as water from the tub can cause it to be slippery.
- 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. There is a list in the information pack in your accommodation.
- You will hear the hot tub start several times a day /night to run the cleaning cycles.

Additional Notes for Hot Tub users and Parents

The safety and health of you, your family and friends are important. Please practice safety and always supervise the hot tub when it is in use, in accordance with these safety guidelines.

When you booked your accommodation, you agreed to our terms and conditions and these hot tub safety requirements, confirming that you agree to abide by the rules and take care in the use of the hot tub for yourself and your family or friends.

A copy of this document can also be found as part of our Terms & Conditions on our website.

Please Note:

For Health and Safety reasons we are required to clean and refill the hot tub before each set of guests commence their respective stay with us. Therefore, when you arrive your hot tub may not have reached the optimum temperature for use. You do not need to do anything as the hot tub will be switched on and set to the correct temperature. We are sorry if this causes any inconvenience, but it is important that your hot tub is properly prepared for your use.