

HOT TUB GUIDELINES – Abbey Croft , Shap

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

- During pregnancy soaking in hot tub may cause damage to the unborn child so contact your doctor for advice before entering the water.
- 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.
- 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.
- Parents are advised that the hot tubs are not suitable for children under the age of four. (Small children are unable to regulate their body temperature sufficiently)
- Parents are to warn children not to allow water in their mouths as this can cause infection and illness.
- The heat of the hot tub water speeds up the effects of alcohol and can cause sleepiness, dizziness and unconsciousness. Please do not drink and bathe!
- Never use the hot tub while using or after using narcotics or other drugs that may cause sleepiness, drowsiness or raise/lower blood pressure.
- At 39-40°C limit your time in the hot tub to a maximum of 20 minutes as extending this time can affect your inner organs and cause fever-like conditions.
- At 36-37°C this time can be extended up to 1 hour.
- 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 sanitizer which disinfects the water.
- Please remove all jewellery before entering the hot tub, as the sanitizer may discolour jewellery.
- 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.
- Never allow children to use the hot tub unsupervised and when not in use make sure the cover is on, secured
- Never use the hot tub alone.
- Avoid using the hot tub immediately after a heavy meal.
- Take care when entering and leaving the hot tub. When leaving the hot tub leg muscles may be relaxed enough to make you unsteady.
- Avoid entering the hot tub water immediately after exercising as the water temperature can affect the heart rate.
- Never use glass near/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.
- If any allergic reaction occurs leave the hot tub and rinse off in the shower.
- Ensure no contaminants ie. bubble bath, alcohol, oils etc are placed in the water as this can upset the chemical balance of the water and can result in allergic reactions.

Check the chemical levels at least 1 hr before you want to use the tub, adjust as indicated in the household manual (if required)

Please make sure that you lock the lid down correctly after use to ensure small children cannot gain access – and weight down with the weights if it is windy!