

HOT TUB USER GUIDE & SIMPLE RULES TO FOLLOW

(to be read in conjunction with the Lodge Terms & Conditions)



Please be considerate to guests in the neighbouring lodges

Glassware must not be used in or around the hot tub

Please ensure feet are clean before entering the hot tub

Water temperatures between 34°C -35°C are recommended

Bathers must not exceed the maximum number permitted in the hot tub (6)

Children under sixteen must be supervised

Bathers must not wear lotions, oils, makeup or skin creams in the hot tub

Bathers must use the toilet and shower before entering the hot tub

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

Bathers must not use the hot tub if they have had diarrhoea within the last 14 days

Bathers are discouraged from swallowing the hot tub water

It is recommended that bathers do not exceed 15 minutes immersion at a time

No incontinent person may use the hot tub, either with or without a waterproof nappy

It is recommended that the spa pool is not used after a heavy meal or while under the influence of alcohol or sedatives

Intended users 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 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 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 as this is body temperature and there is no risk and can heighten the dangers of drowning due to suction below the water line

Never use the hot tub alone

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 reception or go to a local doctor or A&E

Avoid using the hot tub immediately after a heavy meal



Take care on the decking/hot tub steps as water from the tub can cause it to be slippery

Parents are advised that the hot tubs are not suitable for children under the age of sixteen

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.

Avoid entering the hot tub water immediately after exercising as the water temperature can affect the heart rate

OPERATING THE HOT TUB

DO NOT

lift the Lid using the skirt, central insulating tabs or locking straps; use only the lifting mechanism provided and place the lid carefully in the space behind the Tub

DO NOT

close the lid after use by pulling the skirt down around the edge.

NEVER

close the lid with bathers in the tub

DO

use the mechanism provided and fix the clips on the 4 locking straps. This is what keeps the water hot when not in use

DO

Brush any mud/grit from your feet before entering the water

DO NOT

use oils, soaps or any detergent in the water

DO NOT

use glassware in the Tub

DO NOT

eat food or Smoke in the Tub

DO NOT

press more than one button at once (or it will be cold next time you want to use it). Use only brief pressure on buttons

DO NOT

immerse your head in the hot tub water. This increases the risk of infection

DO NOT

continuously press 'Lights'

DO NOT

introduce mud, stones, sticks, grit etc. into the water

DO NOT

jump into the water or play ball games

DO NOT

sit, stand or lie on the lid or external edge of the Hot Tub at any time; or allow children on the lid

DO NOT

turn hot tub isolation switch off inside the lodge as the hot tub's power needs to be turned on to carry out the cleaning cycles



CHILDREN

NEVER

allow children under 6 to use the hot tub.

When not in use, make sure the cover is on and secured.

The first and most important rule of spa child safety is that they should never, under any circumstances, be left in or near the spa alone. If you are in your spa with a child and you are called away, take the child with you.

There is never any reason or circumstance why a child should be unsupervised in or near a hot tub.

Children and spa temperatures.

The temperature of the spa for infants, toddlers and young children will always be too warm.

Young children regulate their body temperature in a different way and it is far too easy for them to become overheated and dehydrated.

If any child starts to feel drowsy or unwell in a spa then they could be suffering the effects of heat and should be taken out of the tub immediately and slowly cooled down and given plenty of liquids.

- If a child is too young to say when they need to go to the toilet, they are too young to be in a spa.
- If a child is too young to say that they are feeling drowsy or unwell, they are too young to be in a spa.
- Children should always be told that they shouldn't taste or drink the water in a spa.
- Don't let children take any food or snacks into the spa
- Make sure that they have been to the toilet before going in the spa
- If a child has a cut, sore or open wound then they shouldn't be in the spa.

VERY IMPORTANT

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PLEASE NOTE

You use the Hot Tub at your own risk

Wolds Away cannot be held responsible for your safety whilst you are using the Hot Tub