



Hot Tub Rules & Guidance

We want you to enjoy and get the most from your hot tub during your stay.

Please read the following information and sign the declaration. You will not be able to use the hot tub until this has been done.

To comply with best practice our staff will check the hot tub every 24 hours. Please vacate the hot tub if requested to allow our staff to test the water and add any necessary chemicals.

If our usage guidelines are not followed or found to be abused, a warning and a **£90** hot tub maintenance fee may apply.

We reserve the right to withdraw the hot tub without refund in the event of misuse.

- Use of hot tub at your own risk
- We are not responsible for your safety whilst you are using the hot tub.
- You will be held responsible for any damage and cost involved will be invoiced.

General Guidance:

- When they are cleaned and refilled, it can take some time for the hot-tub to warm up. For that reason they can sometimes be too cool for use within the first few hours after check-in on your arrival day.
- Our hot tubs are set at 37°C and we recommend that this temperature should not be exceeded.
- Please use the Grey towels provided for use with the hot tub.
- White towels must not be used; an additional cleaning charge may be applied if they are.
- Operating instructions are located next to the hot tub on the garage wall and also within the guest information file. Make sure that the hot tub is never fully switched off, as this will cause loss of heat and affect sanitation.
- Take care when entering and leaving the hot tub as the decking areas can become slippery when wet.
- When not in use make sure the cover is on, secure and locked.

Your Health & Wellbeing:

- At 37°C you are advised to limit your time in the hot tub to a maximum of 15 minutes in each use. Exceeding this time can affect your inner organs and cause fever-like conditions.

- Please shower with soap and water before using the hot tub, as this washes away many of the common skin bacteria and chemicals that will reduce the effectiveness and cleanliness of the hot tub.
- Please do not use the hot tub if you have false tan it will discolour the water and the tub may have to be emptied and refilled.
- People with skin, ear, genital or other body infections, open sores, or wounds should not use the hot tub due to the risk of spreading infection.
- Pregnant women and persons with heart disease, diabetes, low or high blood pressure, or any serious illness should consult their doctor before using the hot tub.
- Guests that have been unwell with sickness or diarrhoea within last 14 days should not enter the hot tub.
- Children under 16 must be supervised by a suitable adult at all times.
- Hot tubs are not recommended for use by children under the age of 12years.
- Never use the hot tub alone
- Excessive exposure to the hot tub can increase the risk of allergic reactions and skin complaints. If any allergic reaction occurs leave the hot tub and rinse off in the shower. Contact Nick or Hayley and stop anyone from using the hot tub until it has been checked.

Please Note:

- Do not use the hot tub if you notice any deterioration or discolouration of the water. Contact Nick or Hayley immediately for a sanitation check.
- Do not consume alcohol before or during hot tub use. The heat of the water speeds up the effects of alcohol and can cause sleepiness, dizziness and unconsciousness.
- Do not use the hot tub while using narcotics or other medication that may cause sleepiness, drowsiness or raise/lower blood pressure.
- Do not use the hot tub after a heavy meal or exercise as the water temperature can affect your heart rate.
- Do not drink or 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 eat food or smoke in the hot tub.
- Do not bring glass near the hot tub as broken glass is a serious hazard. Melamine alternatives are in each lodge.
- Do not use oils, soaps or any detergent in the water.
- Do not jump into the water.
- Do not exceed the maximum occupancy of your hot tub.(4)
- Do not sit on the plastic lid, which covers the filter, or the hot tub cover.
- Do not use any electrical appliances near/in the hot tub.

- Do not use the hot tub if you have added water yourself, as the chemical balance will need to be reset

On the day of departure the hot tub will be out of use from **8.30am**, as it needs to be emptied, cleaned and refilled ready for the next guests.

I have read, understood and accept the above, and undertake to convey this information to other members of my party.

I further accept liability for any additional costs that maybe be applied.

Name.....

Address

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Signed..... **Date**.....

Thank you for your cooperation and enjoy your hot tub!

Your information will only ever be used by us and will not be shared with any third parties.