

Hot Tub Safety Information

To ensure the safe and enjoyable use of the hot tub, we ask that you read and adhere to the following safety guidelines.

- If you are **pregnant**, please consult your doctor before using the hot tub.
- Persons with **heart disease, diabetes, high or low blood pressure**, or any other serious medical condition should not use the hot tub without first consulting their doctor.
- Anyone with **skin, ear, genital or other body infections**, open sores or wounds should not use the hot tub, as there is a risk of spreading infection.
- **Children under the age of 4** are not permitted to use the hot tub. Children must never use the hot tub without adult supervision. When the hot tub is not in use, please ensure the cover is securely replaced.
- The heat of the hot tub water increases the effects of alcohol and may cause sleepiness, dizziness or unconsciousness. Do not use the hot tub while under the influence of narcotics or any medication or drugs that may cause drowsiness or affect your blood pressure.
- At a water temperature of 38°C, limit your time in the hot tub to a **maximum of 20 minutes**.
- Please shower with soap and water before and after using the hot tub. Remove lotions, creams, deodorants and other toiletries before entering the water to help maintain water quality. We also recommend rinsing your swimwear after use.
- Do not immerse your head in the water or swallow the water. Never use the hot tub alone and avoid using it immediately after eating a heavy meal.
- Take care when entering and leaving the hot tub. Water splashed onto the surrounding **decking may make it slippery**.
- **Never use glass** in or around the hot tub, as broken glass can cause serious injury and is extremely difficult to see in the water. Plastic cups are provided for your safety.
- Do not use any electrical appliances in or near the hot tub.
- If you experience any **allergic reaction**, leave the hot tub immediately and rinse off thoroughly in the shower. If symptoms persist or are severe, seek appropriate medical advice and inform Reception.
- If any fault or damage occurs with the hot tub, please contact Reception at the earliest opportunity. **Do not switch off the external isolation switch**, as power is required for the automatic cleaning and filtration cycles.
- **Do not add any contaminants to the water**, including bubble bath, oils, alcohol, bath salts or any other substances, as these can affect the chemical balance of the water and may cause irritation or allergic reactions.
- For hygiene and safety reasons, anyone who has experienced vomiting or diarrhoea within the previous 48 hours should not use the hot tub.
- To ensure your hot tub is clean and safe for use, it is drained, cleaned and refilled between each booking. For this reason, **we will begin draining the hot tub from 9:00 am** on your day of departure. If you would like to use your hot tub later than this, please speak to a member of the team and we will do our best to accommodate your request.
- If your hot tub requires draining and refilling during your stay due to contamination, **a charge of £35 will apply**. Please note that the process may take up to one day to complete.
- We are required to carry out daily water quality testing on your hot tub. This usually takes place between 9:00 am and 1:00 pm. You may continue to use the hot tub during this time unless advised otherwise by a member of our team.

Guest Declaration

I confirm that I have read and understood the above safety information and, as the lead guest on the booking, will ensure that all members of my party comply with the guidance provided.