

Hot Tub on the Hill - Cottage

Hot Tub – Safety Document

(Please read, sign & return before arrival)

It is your responsibility to enforce the rules of safety within the hot tub

To ensure the safe and enjoyable use of the hot tub during your stay, please read through and adhere to the rules of this safety document.

The signatory is responsible for making sure that all members of your party are aware of and strictly adhere to these guidelines.

- Hot Tub hours of operation – the hot tub is available for use between 8am and 8pm during the winter and 8am and 10pm during the summer months to optimise energy usage with our solar panels. Outside of these hours, the hot tub will enter eco-mode. We kindly ask guests to respect these hours to ensure the sustainability of our facilities.
- Please do not use the hot tub if:
 - you are pregnant or suffer from heart disease, diabetes, low or high blood pressure or any serious illness; or if you are taking medication, without prior consultation with your doctor; or
 - you have skin, ear, genital or other body infections, open sores or wounds because of the possibility of spreading infection.
- Parents – no children under the age of 5 are permitted in the hot tub due to their inability to regulate their body temperatures adequately.
- Children aged 5 and above must be supervised and accompanied by an adult at all times and must not allow water in their mouths, ears nor submerge their heads under the water. Please instruct your children to shower and visit the toilet prior to use.
- Please ensure the hot tub cover is on, strapped down and secure at all times when not in use.
- Please note that we need to check the water balance and quality daily. Water balance/chemicals will be adjusted as necessary and results recorded. It is vital that the hot tub is kept clean for your own safety. Failure to do so results in the water balance changing which seriously diminishes the effectiveness of the sanitising chemicals which could cause a number of serious hazards to the users' health.
- Prior to use, please carefully remove the hot tub lid cover and place carefully beside the cottage wall so as to prevent any damage to the cover.
- Warning - The heat of hot tub water speeds up the effects of alcohol and cause sleepiness, dizziness and unconsciousness.
- Never use the hot tub whilst using narcotics or other drugs that may cause drowsiness, sleepiness or raise/lower your blood pressure.
- Do not immerse your head in the hot tub water, do not drink the water or allow the water to enter your mouth (or ears) as these actions increase the risk of infection 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 as leg muscles may be relaxed enough to make you unsteady, and remind everyone that wet surfaces can be very slippery.

Take extra care in the immediate vicinity of the hot tub due to potential slippery surfaces. Please do not run on wet surfaces to, from or around the hot tub area.

- Never use glassware or crockery in or near to the hot tub. If glassware is broken within the area this will result in the hot tub being drained, cleaned and re-filled for which there will be a charge of £60.
- Please do not tamper with the hot tub digital panel control settings. The temperature is set at 38.5C. If you require a lower temperature, please ask.
- Please only press the light button once to turn on the lights and once to turn back off. You can connect your device to the hot tub speakers via Bluetooth. Please keep the volume of your music to a reasonable level so as not to cause nuisance or disturbance to us or our neighbours.
- Please limit your time in the hot tub. Prolonged immersion in hot water can result in hyperthermia – a dangerous condition that occurs when the body temperature exceeds 37 degrees centigrade. At 39/40C limit your time in the hot tub to a maximum of 20 minutes.
- Do not use the hot tub immediately after strenuous exercise or after a heavy meal.
- Do test the water with your hand before entering the tub to make sure it is comfortable.
- Always shower before use – perfumes, hair products, fake tan and sun cream can react to the chemicals and reduces the effectiveness of the spa sanitiser which disinfects 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 spa sanitiser. It also colours the water and marks the waterline of the hot tub.
- Please ensure no contaminants, i.e. bubble bath, alcohol, oil etc., are placed in the water.
- Guests should be aware that failure to maintain a clean hot tub could result in an additional cost for the drain down and cleaning of hot tub of £60 and then approx. 24 hours will be required to return the hot tub to a comfortable temperature.
- Do not jump into the hot tub.
- Please keep all hair, loose articles of clothing or hanging jewellery away from rotating jets, suction points and other moving components.
- Please do not stand or sit on the hot tub cover as it will break.
- Always carefully replace and secure the lid with its straps whenever the hot tub is not in use.
- Please ensure that the speakers are carefully stowed and the lights and jets are turned off when finished.
- Please do not allow pets in the tub.
- Please do not allow anyone to fall asleep in the tub.
- Please treat the tub as if it is your own as maintenance is very expensive.
- Please can we ask that if you plan to use the hot tub after 11pm that you keep noise to an absolute minimum. Please switch music off after 11pm to ensure no neighbour nuisance and please be mindful of not disturbing any cattle or horses in the field immediately next to the hot tub at any time.
- This hot tub is treated with chemicals, as a normal swimming pool would be, therefore if you are allergic to any chlorine, you should not use this hot tub.
- If any allergic reaction occurs, leave the hot tub and rinse off in the shower. If reaction persists, contact a local doctor or A&E.

- Do not turn the hot tub switch off at the electricity point as the power needs to be turned on to carry out the cleaning cycles.

We hope you enjoy your stay and get the most from your hot tub while you are with us.

We accept no responsibility for any reactions or illness you might experience following the use of this hot tub.

Any direct damage caused to this hot tub or cover should be reported to us immediately and may have to be charged for.

I agree to the terms and conditions as stated above on behalf of myself and all members of my group while using the hot tub and understand it is my own liability to ensure that myself and my group staying at Plas Cilhir Cottage adhere to the safety requirements as stated herein.

Signed.....

Lead Guest on behalf of all guests.

Print Name here:

Date:.....