

A guide to getting the most enjoyment out of your hot tub



Use of the hot tub is permitted throughout the duration of your stay, however, please be considerate to guests in the neighbouring lodges. On arrival, the hot tub temperature may be slightly lower than normal, don't worry, this will rise shortly. Please ensure that the lid is properly closed when the hot tub is not in use to maintain the correct temperature.

Hot tub safety

NEVER

- Close the lid with people in the hot tub.
- Allow young people under the age of 15 to use the hot tub unsupervised. Children under 4 years of age must not use the hot tub.
- Use the hot tub alone.
- Lift the lid using the skirt, central insulating tabs, or locking straps; use only the lifting handle/mechanism provided and place the lid carefully in the space behind the hot tub.
- Use oils, soaps or any detergent in the water.
- Use glassware in the hot tub.
- Eat food or smoke in the hot tub.
- Jump into the water or play ball games.
- Sit, stand or lie on the lid or external edge of the hot tub at anytime; or allow children on the lid.

Guidance

- Water temperatures between 35°C – 38°C are recommended. Bathers must not exceed the maximum number permitted in the hot tub.
- Bathers are discouraged from swallowing the hot tub water.
- It is recommended that bathers do not exceed 20 minutes immersion at a time.
- It is recommended that the hot tub 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 the hot tub without first seeking medical advice.
- Pregnant users 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.
- Take care when entering and leaving the hot tub.
- 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.
- 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.

VERY IMPORTANT – PLEASE NOTE

You use the hot tub at your own risk. Verdant Leisure Ltd cannot be held responsible for your safety whilst you are using the hot tub.