

Jacuzzi Hot Tub Safety

To ensure the safe and enjoyable use of the hot tubs we request that you read through and adhere to the rules of this safety document.

- During pregnancy soaking in the hot tub may cause damage to the foetus so contact your doctor for advice before entering the water
- People with skin, ear, genital or other body infections, open sores, or wounds should not use the hot tub because of the possibility of spreading infection or irritating your condition
- 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
- Do not 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
- 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
- Never use glass near/in the hot tub as broken glass can cause a risk to people in bare feet and is very difficult to see within the hot tub water
- Do not use any electrical appliances near/in the hot tub
- If any fault or damage occurs with the hot tub please contact a member of our team at the earliest convenient moment
- Persons with heart disease, diabetes, low or high blood pressure, or any serious illness should not enter the hot tub without prior consultation with their doctor
- Parents are advised that the hot tubs are not suitable for children under the age of four and to warn their children not to allow water in to their mouths as this can cause infection and illness
- The heat of the hot tub water speeds up the effects of alcohol and can cause sleepiness, dizziness and unconsciousness
- 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
- Never allow children to use the spa or hot tub unsupervised and when not in use, make sure the cover is on and secured
- Avoid using the hot tub immediately after a heavy meal
- Avoid entering the hot tub water immediately after exercising as the water temperature can affect the heart rate
- Take care on the decking/hot tub steps as water from the tub can cause it to be slippery
- 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
- 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