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## Jacuzzi Hot Tub Safety

To ensure the safe and enjoyable use of the hot tub that is provided with your holiday accommodation, we ask 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 starting your holiday with us, to ensure it is safe for you to use the hot tub.
- 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 narcotics or other drugs that may cause sleepiness, drowsiness or raise / lower your 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 or 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 or in the hot tub.
- If any fault or damage occurs with the hot tub please contact the owner of your property 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.
- Make sure fake tan is removed before using the hot tub as this reacts to the chemicals and reduces the effectiveness of the spa sanitizer which disinfects the water. It also colours the water and marks the waterline of the hot tub.
- Never allow children to use the 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 a local doctor or A&E. There is a list in the information pack in your accommodation.
- Do not turn hot tub isolation switch off at the electricity point of your accommodation as power is needed to be turned on to carry out the cleaning cycles. You will hear the hot tub start twice a day /night to run the cleaning cycles.

## Notes to Hot tub users and Parents

It is your responsibility to enforce the rules of safety within the cabin's hot tub.

When you booked your accommodation you agreed to our terms and conditions, you were also asked to return our email outlining these hot tub safety requirements stating that you agree to abide by the rules and take care in the use of the hot tub for yourself and your family.

If you did not return the email then you will not be able to use the hot tub until you have signed a copy of this declaration, in line with our own health and safety standards and insurance requirements.

A copy of this document can be found inside the information booklet in your accommodation or as part of our terms and conditions on our website (<http://www.northumbrianholidays.co.uk/terms-and-conditions/>).

## Parents

The life and health of you, your family and friends is important. Please practice safety and supervise your hot tub in line with these safety guidelines.

## Please Note

For Health and Safety reasons we have to clean the hot tubs before each set of guests, therefore, when you arrive your Jacuzzi may not be up to optimum temperature. You do not need to do anything as the hot tub will be switched on and set to the correct temperature. We are sorry if this causes any inconvenience, but it is important that your hot tub is properly prepared for your use.

To comply with HSE regulations, the hot tub water is checked daily. Please ensure the hot tub cover is clear and any pets are kept off the decking prior to this time to allow this testing to be carried out.

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

**WENDY TAYLOR**  
Owner, Northumbrian Holidays

I agree to the terms and conditions as stated above while using the hot tub and understand it is my own liability to ensure that myself and my group staying with Northumbrian Holidays adhere to the safety requirements as stated herein.

Signed .....

Dated .....

Property Name .....