

Operating Your Hot Tub

Your Hot tub has been filled with clean water today and heats up at a rate of **2°C per hour** therefore if you arrive before 4pm your hot tub may still be heating up to the **optimum set temperature** of 38°C – 40°C. If your hot tub is not at the required temperature please **replace the lid to retain the heat**. The hot tub will lose heat while the lid is removed.

There are **two buttons on the control panel** one is to turn the hot tub lights and the jets on. Most also have another to adjust the heat.

Press the light/jets button once and the low jets will come on, press it a second time and the high jets will come on, press it a third time and the jets will go off. If the low jets then come back on, it is because the temperature has dropped below the set temperature whilst the tub was in use and the system is circulating and reheating the water. You will hear these jets come on intermittently throughout the day to continually keep the hot tub at the correct temperature.

The **temperature button** is the only control for heating your hot tub. The **stationery digits** on the display screen tell you the **current temperature** of the hot tub. If you press the temperature button the digits will begin flashing and every time you press the button it will drop the temperature down a degree all the way to 29°C before it starts to increase the temperature again to the maximum temperature of 40°C. – **Please contact** <u>Reception</u> if you want this adjusted and we will do this for you.

If you have any questions about how to **operate your hot tub** or would like a **demonstration** please do not hesitate to get in touch with **Reception** on **01482 300804**.



HOT TUB RULES

GUESTS with infectious diseases must not use the hot tub.

DO NOT use the hot tub without prior medical advice if you are pregnant or suffer from obesity, diabetes, blood pressure or cardio-vascular disorders, skin conditions, fits or have a compromised immune system.

DO NOT use hot tub immediately after strenuous exercise.

NEVER leave one person alone in the hot tub or let them sleep This could lead to drowning.

NEVER ALLOW CHILDREN UNDER THE AGE OF 5 YEARS IN THE HOT TUB!

ALL CHILDREN UNDER THE AGE OF 16 YEARS MUST BE SUPERVISED IN THE HOT TUB, as they cannot regulate their body temperature suitably.

PROLONGED USE of the hot tub can lead to hyperthermia. This is a dangerous condition when the body temperature exceeds 37 degrees. Symptoms may include failure to perceive impending hazard, failure to perceive heat, failure to recognise the need to leave the hot tub, unconsciousness and drowning.

THE USE OF ALCOHOL or medication before or during spa use may lead to unconsciousness with the possibility of drowning. The hot tub should not be used after a large meal or when alcohol or sedatives have been taken.

DO NOT submerge your head under the water. **DO NOT** swallow the water in the hot tub.

PLEASE DO NOT use as a bath! REMOVE Fake tan, sun cream and make-up WILL stain and dirty the water. as this leads to damage to the filters and alters the Ph balance of the water.



More rules.....

Risk of Damage to Spa – before using the hot tub ALWAYS take a shower and use the toilet before entering the hot tub.

DO NOT switch off the hot tub at the isolation switch, this will cause your hot tub drop in temperature.

THIS hot tub is built for use for those guests listed on the booking, visiting guests are advised not to exceed this number.

DO NOT close the lid whilst anyone is in the spa

DO NOT permit any electrical appliances, such as lights, telephones or televisions, within 5 feet of the spa.

Avoid running on the decking and take care on outdoor stairs as both can be slippery when wet or icy. Use suitable footwear

whenever possible.

DO NOT ADD ANY DETERGENTS OR FOAMING AGENTS LIKE BUBBLE BATH, shower gel or essential oils to the water as this will damage the filter and render the hot tub unusable.

Use of the Hot tub could lead to discolouration of garments. We cannot take any responsibility if this occurs.

Remove all jewellery as this can react to the chemicals and cause tarnishing. We cannot take any responsibility if this occurs.

If you are on medication for cardiovascular or nervous system conditions you should consult a doctor before using the spa as some medications may induce drowsiness while other medications may affect the heart rate, blood pressure or circulation.