

## Hot Tub Rules and Regulations

It is the guests responsibility to enforce the rules of safety at Osiers Stables hot tubs. If you decide to use our hot tub you do so **entirely at your own risk**. If you do decide to, you must abide by these rules at all times and **we reserve the right to terminate use** to anyone we find in contradiction of them.

**Non-swimmers and children must NEVER be left unattended.**

The **maximum occupancy** of the Hot tub is **6** persons at any one time. This must NOT be exceeded.

**To PREVENT ACCIDENTAL DROWNING.** You must **leave the hot tub cover ON** and latched when the spa is unsupervised.

### DO NOT USE THE HOT TUB IF...

**The water is cloudy** - This can cause skin infections. Contact us to come and inspect and treat the water.

**You are pregnant** - During pregnancy soaking in the hot tub may cause damage to the foetus so contact your doctor for advice before entering the water.

**Infants and Children under 5 must NEVER use the hot tub** - Older children should **limit use to 20 mins** maximum and must not enter if the temperature is higher than 37°C

Parents should warn their children not to allow water in to their mouths as this can cause infection and illness.

**Never allow children** to use the spa or hot tub unsupervised and when not in use, make sure the cover is on and secured

**You are on medications** that cause drowsiness these can cause complications with hot tub use. Ask your doctor for advice before entering. Please disclose any medication to us prior to use.

**You have an infection** - 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.

**You are under the influence of Drugs** - Never use the hot tub while using or after using narcotics or other drugs that may cause sleepiness, drowsiness or raise/lower blood pressure.

**You are alone** - 2 person minimum use at any time.

**You suffer from; heart disease, diabetes, low or high blood pressure**, or any **serious illness** should not enter the hot tub without prior consultation with their doctor

It goes without saying, but just in case! - Absolutely **NO DIVING**.

You must **NEVER** use the hot tub in a **THUNDERSTORM**.

Please **USE A TOILET**, please do not pee on our hot tub! For obvious sanitary and hygiene reasons but it also imbalances the PH and may cause the water to grow algae/go cloudy.

**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. Please use the plastic glasses provided.

Please **NO FOOD** in or around the hot tub.

Absolutely **NO ELECTRICAL** appliances (such as portable music devices, mobile phones, laptops).

**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

**Do not wear street clothes** in the Hot tub - please only bathing suits or nothing! Street clothes carry bacteria which will imbalance the water and cause it to go cloudy.

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. **WE RECOMMEND TO USE at 36-37°C**, as this is body temperature there is far less risk and time can be extended up to an absolute maximum of 2 hours.

If you notice **someone acting lethargic** while using the hot tub, **TAKE ACTION** immediately and remove them from the hot tub and call a doctor or go to A&E as needed.

**Prevent Hyperthermia**. Understand that alcohol and other medications greatly increase the chance of hyperthermia – the opposite of hypothermia. This occurs when the internal body temperature reaches several degrees above the normal temperature of 37 degrees.

**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.

**Take care when entering and leaving the hot tub**. When leaving the hot tub leg muscles may be relaxed enough to make you unsteady.

The heat of the hot tub water speeds up the effects of alcohol and can cause **sleepiness, dizziness and unconsciousness**

Take care on the decking/hot tub steps as water from the tub can cause it to be **slippery**.

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

If any allergic reaction occurs leave the hot tub and rinse off in the shower. If the reaction persists contact the owners or go to a local doctor or A&E.

Do not turn hot tub isolation switch off inside the cottage as the hot tub's power needs to be turned on to carry out the cleaning cycles.

In case of injury there is a First Aid kit.

### **Fault or Damage**

If the hot tub needs to be shut down and emptied due to misuse, this will incur a charge of £100.

If any fault or damage occurs to the hot tub please contact Tom or Sarah immediately.  
Tom: 07824 724794. Laura: 07900 350102. The hot tub is checked regularly.

**By booking our cottages and using the hot tub you agree to abide by the terms of use.**