

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

- •Do not use the Hot Tub **during pregnancy.**
- •Persons with **heart disease, diabetes, low or high blood pressure, or any medical condition** should not enter the hot tub without prior consultation with their doctor.
- •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.
- •**Parents are advised that the hot tubs are not suitable for children under the age of five and older children must not be allowed to use the Hot Tub alone.**
- •Parents are to warn children not to allow water in their mouths as this may cause infection and □illness.
- •The heat of the hot tub water speeds up the effects of alcohol and can cause sleepiness, dizziness and unconsciousness.
- •Never use the hot tub while using or after using **narcotics/other drugs/excessive alcohol** that may cause sleepiness, drowsiness or raise/lower blood pressure.
- •Restrict your time in the Hot Tub to a maximum of 20mins.
- •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 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 allow children to use the spa or hot tub unsupervised and when not in use make sure the cover is on, secured and the chain is across.**
- •**Never use the hot tub alone.**
- •Avoid using the hot tub immediately after a meal.
- •Take care when entering and leaving the hot tub. When leaving the hot tub leg muscles may be relaxed enough to make you unsteady.

- •Avoid entering the hot tub water immediately after exercising as the water temperature can affect the heart rate.
- •Never use glass near/in the hot tub as broken glass can cause a risk to people in barefoot and is very difficult to see within the hot tub water.
- •Do not use the Hot Tub if you have recently had a **spray tan as this is guaranteed to block the filter and land you with a £50 cleaning charge!**
- •**Do not use any electrical appliances near/in 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 a Doctor.
- •If any fault or damage occurs with the hot tub please contact Reception at the earliest convenient moment.
- •Do not turn hot tub isolation switch off as the hot tubs power needs to be on 24/7 to carry out the cleaning cycles and protect it from frost.
- •Ensure no contaminants ie. bubble bath, alcohol, oils etc are placed in the water as this may upset the chemical balance of the water and can result in allergic reactions.

Note to Parents and Hot Tub Users . **It is your responsibility to enforce the rules of safety within the Quarry Bank Hot Tub.** I the undersigned have read this safety booklet and understand what it says and promise to follow the rules of safety and to pass on to other members of my group.

NAME/GROUP LEADER

Dated: _____

SIGNED: _____

IMPORTANT: If the hot tub needs to be shut down due to misuse, this will incur an extra £50 charge to clean and refill it.

PARENTS: The life and health of you, your family and friends are important to us and should be important to you. Please enjoy the Hot Tub safely!

PLEASE NOTE : To comply with HSE REGULATIONS the hot tub water is checked every morning usually before 9am. Please ensure the hot tub is not in use & any pet is kept off the balcony prior to this time to allow this testing to be carried out.