

Advice and Guidance to all Hot Tub Users

Hot Tubs (Spa Pools) and your Health – What you need to know

The Risks to Hot Tub Users

Recent incidents have connected hot tubs with Legionnaire's Disease, which is caused by legionella, a newly identified bacterium, borne in water droplets and which can cause illness if inhaled. Legionella bacteria thrive on solids in water at temperatures between 20 - 45 deg C.

As a result, Regulations (2012) governing the provision of Hot Tubs (Spa Pools) in a Holiday Cottage setting have laid down Advice and Guidance for both the Spa Owner and the User. At Hidelow we are complying with the Regulations to the best of our ability in order to minimize the risks and a copy of our Risk Assessment may be seen upon application.

Our hot tubs are kept disinfected, the disinfectant and pH levels are monitored daily and periodic water sampling is undertaken and sent to an accredited laboratory. The Hot tubs are emptied and cleaned between rentals.

That's our bit. We are confident there is no reason why our Hot Tubs should not be safe to use, providing also in the interests of hygiene and safety that every bather reads, understands and complies with the Advice and Guidance given below.

Advice and Guidance to Hot Tub Users

Because of the high temperature of Hot Tub water (37 - 40 deg C) if **Users** do not take great care about how they use the Hot Tub, they will very quickly create an environment containing solids in which legionella and other bacteria can breed. Some people are more susceptible than others.

- Bathers must not wear lotions, oils, makeup or skin creams in the spa pool.
- Bathers must use the toilet and shower before entering the spa pool.
- Bathers must not use the spa pool if they have had diarrhoea within the last 14 days.
- Bathers are discouraged from swallowing the spa pool water.
- It is recommended that bathers do not exceed 15 minutes immersion at a time.
- Bathers must not exceed the maximum number permitted in the spa pool (5 people in The Cider House and Farmhouse spa pools; 2 people in the Hopbine spa pool).
- Children under four must not use the spa pool.
- Children (and others) who are unable to keep their faces out of the water must not use the spa pool.
- All other children using the spa pool must be supervised.
- Babies' nappies must not be changed beside the spa pool.
- No incontinent person may use the spa pool, either with or without a waterproof nappy.
- It is recommended that the spa pool is not used after a heavy meal or while under the influence of alcohol or sedatives.
- Intended users suffering from diseases of the heart and circulation, skin conditions, are immuno-suppressed, subject to fits, or taking drugs affecting the cardiovascular or nervous systems, should not use spa pools without first seeking medical advice.
- Pregnant women are advised to consult with their doctor before using a spa pool.

Using the Hot Tub – practical advice

Please:

- **DO NOT** Lift the Lid using the skirt, central insulating tabs or locking straps; use only the metal lifter bar provided and place the lid carefully in the space behind the Tub
- **DO** Replace the lid after use, again using the lifter bar and pulling the skirt down around the edge and fixing with the clips on the 4 locking straps. This is what keeps the water hot when not in use.
- **DO** Brush any mud/grit from your feet before entering the water
- **DO NOT** Use oils, soaps or any detergent in the water
- **DO NOT** Use bathroom towels for the Hot Tub. Special sports towels are provided.
- **DO NOT** Use glassware in the Tub. Plastic glasses are supplied. These are not disposable and should be washed by hand, not in the dishwasher, please.
- **DO NOT** Eat food or Smoke in the Tub
- **DO NOT** Press more than one button at once (or it will be cold next time you want to use it). Use only brief pressure on buttons
- **DO NOT** Continuously press 'Lights'; On some Hot Tubs this can activate a 'Strobe' setting
- **DO NOT** Introduce mud, stones, sticks, grit etc into the water
- **DO NOT** Jump into the water or play ball games
- **DO NOT** Sit, stand or lie on the lid of the Hot Tub at any time; or allow children on the lid.

Very Important – Please Note

- You use the Hot Tub at your own risk
- We cannot be held responsible for your safety whilst you are using the Hot Tub
- You will be held responsible for any damage and any cost involved will be taken from your security deposit or credit/debit card
- If the Hot Tub becomes unusable during your holiday break due to your negligence, a charge of £85 will be levied against your security deposit if you wish to continue to use the Hot Tub. This will cover the cost of emptying, cleaning, recharging it with water and chemicals and reheating it.