

HOT TUB Health, Safety & Hygiene

Your Hot Tub is pre-heated in anticipation of your arrival, and is now ready to use.

Hot Tubs are a great way to relax and unwind, but there are a number of health, safety and hygiene measures in place that will ensure safe use.

Guidance & Rules

- During pregnancy, and for 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.
- Refrain from entering the Hot Tub if you have suffered from a stomach upset, or sickness bug in the last 48 hours.
- People with skin, ear, genital or other body infections, open sores, or wounds should not use the Hot Tub to avoid the spread of infection.
- Do not drink alcohol prior to or whilst you are using the Hot Tub. The temperature of the water can speed up the effects of alcohol and can cause sleepiness, dizziness, and unconsciousness.
- Do not use the Hot Tub after a heavy meal or exercise as the water temperature can affect the heart rate, or while using medication or other drugs that may cause sleepiness, drowsiness, or raise/lower blood pressure.
- Bathers must use the toilet and shower before use, as this washes away many of the common skin bacteria and removes lotions, deodorants, and creams etc.
- Excessive exposure can increase the risk of allergic reactions and skin complaints. If any allergic reaction occurs during use, leave the Hot Tub and rinse off excess residue in the shower.
- If a skin reaction, or illness occurs during or after use, contact Reception immediately. Do not use the Hot Tub until it has been checked.
- If you notice a deterioration or discoloration in the water, do not use the Hot Tub and contact Reception for a sanitary check.
- 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 the suction below the water line.
- **Children must be supervised** and when not in use, make sure the Hot Tub cover is secure and locked.
- Hot Tubs are not to be used by children under the age of 4. Children should not allow water in their mouths as this can cause infection and illness.
- Bathers must not exceed the maximum numbers permitted in the Hot Tub.
- Take care when entering and leaving the Hot Tub and on the decking areas, these can be slippery when wet.
- Never use glass in/near the Hot Tub as broken glass is a serious hazard and very difficult to detect in water. Please use plastic glasses/cups. Do not use any electrical appliance in/near the Hot Tub.
- Do not turn Hot Tub isolation switch off, as the Hot Tubs power needs to be turned on to carry out cleaning cycles.
- Hot Tubs are not to be used after 10pm.
- Please do not sit on the cover of the Hot Tub as they are fragile. Ensure covers are put back in place following use as this helps retain water temperature.
- To comply with HSE Regulations, the Hot Tub water is checked twice daily throughout the day. There may be occasions when the Hot Tub needs to be closed to ensure water quality – if this is necessary you may be asked to vacate the Hot Tub for a short time, if in use.

Important

- **Use of the Hot Tub is at your own risk**
- **Coastfields are not responsible for your safety whilst you are using the Hot Tub**
- **We the undersigned, have read this safety advice**
- **We understand what it says and agree to follow the rules of safety and to use the facilities sensibly**
- **Any Hot Tub that needs to be shut down due to misuse will incur a £50 charge to refill it**

To enable the team to clean and re-heat your Hot Tub to a suitable temperature does take time. If this occurs, do not use the Hot Tub until after 5PM on the day of cleaning or re-heating.

This information forms part of our T&C's, which you acknowledged and agreed during the booking process.