

Hot Tub Rules and Regulations – Stables and Lodges bookings only.

It is the responsibility of all guests to enforce the rules of safety at our hot tubs.

If you decide to use our hot tub you do so entirely at your own risk. You must abide by these rules at all times and we reserve the right to terminate use to anyone in breach of them.

- Non-swimmers and children must NEVER be left unattended.
- To PREVENT ACCIDENTAL DROWNING. You must leave the hot tub cover ON and locked when it is unsupervised (Keys are provided).

Conditions of Use

MAX OCCUPANCY 5 in Lucky, 4 in Silhouette, 4 in Fern at any one time

NO CHILDREN under the age of 5 (please see terms of children's use)

NO GLASS - please use plastic ones provided and no glass bottles outside, broken glass hurts!

NO FOOD - in or around hot tub.

NO DIVING

NO FULL SUBMERSION - do not put your head under the water, it is unhygienic and dangerous

NO PEEING - please use the toilet first and shower before use

NO PETS in the hot tub

NO ELECTRICAL ITEMS - risk of electrocution and damage to devices.

NO PHONES near the hot tub.

NO DRUGS

NO EXCESSIVE ALCOHOL

DO NOT exceed 40 degrees, recommended temp 37.5

DO NOT exceed 20 minutes in tub at one time - less if higher than 37.5 degrees

Do NOT use in a thunderstorm

DO NOT use alone - 2 person minimum

DO NOT use if water cloudy/green etc, contact us to assess and rectify.

TAKE CARE

- when entering; risk of slipping
- use after a heavy meal, not advised
- use after heavy exercising, not advised, can affect heart rate.

Do not turn the isolation switch off by fence as the hot tub's power needs to be turned on to carry out the cleaning cycles. This is only to be turned off in emergencies, contact management.

Your hot tub may not be fully up to temperature on arrival at the property due to necessary regular cleaning and maintenance.

In addition, please read instructions displayed at the hot tub (on adjacent fence) and in your 'Welcome pack'.

Children

- Infants and Children under 5 must NEVER use the hot tub
- Older children should limit use to 15 mins maximum and must not enter if the temperature is higher than 37°C
- Parents must warn children not to allow water into their mouths or put their head underwater as this may cause infection and illness and increase risk of drowning.
- Never allow children to use the hot tub unsupervised and when not in use, make sure the cover is on and locked (Keys are provided).

Health Considerations

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.
- 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 under the influence of alcohol -The heat of the hot tub water speeds up the effects of alcohol and can cause sleepiness, dizziness and unconsciousness.s
- 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

WE RECOMMEND USE at 37.5°C. At 39-40°C time spent in the hot tub can affect your inner organs and cause fever like conditions.

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.

Injury or Reaction

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

In case of injury there is a First Aid kit located within each stable holiday let. The location is clearly marked with first aid signage.

36. Fault or Damage

If the hot tub needs to be shut down and emptied due to misuse, this will incur a charge of up to £200.

Misuse can include allowing sand and/or grass into the hot tub.

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

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

You must read and agree to all terms of use upon booking and use of our facilities.