

HOT TUB TERMS OF USE

Our hot tubs are a great asset and can be a wonderful addition to your holiday, however they do carry risks so, for the safety and enjoyment of all, please familiarise yourself below.

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

RISK OF DROWNING

Non-swimmers and children must NEVER be left unattended. Leave the hot tub cover ON and SUPERVISE CHILDREN in and around the hot tub at all times.

GENERAL CONDITIONS OF USE

SHOWER and use the toilet before entry

DO NOT use sun tan lotion or oils/sprays - it clogs the spa and makes it unhygienic

DO NOT exceed 40 degrees, **recommended temp 37.5**

DO NOT exceed 20 minutes soaking in tub at one time, **allow a cool down** period before re-entering

MAX OCCUPANCY 5 in Lucky, 4 in Silhouette, Fern and Meadow.

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, NO ELECTRICAL ITEMS, NO PHONES, NO PETS!

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

NO EXCESSIVE ALCOHOL, NO DRUGS

DO NOT USE in a thunderstorm, alone (2 person minimum), or if water cloudy/green etc, contact us to assess and rectify.

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.

CHILDREN

- Infants and Children **under 5 must NEVER use the hot tub**
- **Older children must be supervised** at all times and 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.

TEMPERATURE

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

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. **Limit use to 20 mins max** and cool off before re-entering.

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.

Instructions are displayed at the hot tub (on adjacent fence) and in your 'Welcome pack'.

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.
- **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

SAFETY

- **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.
- **Tie up long hair** to avoid risk of getting caught into the filter and pulled under.
- Take care when entering; **risk of slipping**
- Use immediately after a **heavy meal or heavy exercising is not advised** - can affect heart rate.

INJURY OR REACTION

If any allergic reaction occurs leave the hot tub and rinse off in the shower. If the reaction persists contact us and/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.

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, but is not limited to, include allowing excessive 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 above.

Oakwood West Holidays, updated August 2024.