

HOT TUB USER GUIDE & SIMPLE RULES TO FOLLOW (to be read in conjunction with the Lodge Terms & Conditions)

- Hot tubs are permitted for use between the hours of 10am and 10pm. Please be considerate to guests in the neighbouring lodges
- Glassware must not be used in or around the hot tub
- Please ensure feet are clean before entering the hot tub
- Water temperatures between 34°C - 35°C are recommended
- In the event a daily test results in a negative result the hot tub may need to be closed until such time the hot tub is safe for use
- 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 hot tubs without first seeking medical advice
- Pregnant women are advised to consult with their doctor before using a hot tub
- Never use the hot tub while using or after using narcotics or other drugs that may cause sleepiness, drowsiness or raise/lower blood pressure
- At 39-40°C limit your time in the hot tub to a maximum of 20 minutes as extending this time can affect your inner organs and cause fever like conditions. At 36-37°C this time can be extended as this is body temperature and there is no risk and can heighten the dangers of drowning due to suction below the water line
- Never use the hot tub alone
- Take care when entering and leaving the hot tub. When leaving the hot tub leg, muscles may be relaxed enough to make you unsteady
- If any allergic reaction occurs leave the hot tub and rinse off in the shower. If the reaction persists, contact reception or go to a local doctor or A&E
- Avoid using the hot tub immediately after a heavy meal
- Avoid entering the hot tub water immediately after exercising as the water temperature can affect the heart rate
- Take care on the decking/hot tub steps as water from the tub can cause it to be slippery
- Parents are advised that the hot tubs are not suitable for children under the age of sixteen
- 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

OPERATING THE HOT TUB

- **DO NOT** lift the Lid using the skirt, central insulating tabs or locking straps; use only the lifting mechanism provided and place the lid carefully in the space behind the Tub
- **DO NOT** close the lid after use by pulling the skirt down around the edge.
- **NEVER** close the lid with bathers in the tub.
- **NEVER** allow children to use the spa or hot tub. When not in use, make sure the cover is on and secured
- **DO use** the mechanism provided and fix 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 glassware in the Tub
- **DO NOT** eat food in the Tub
- **DO NOT** 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** immerse your head in the hot tub water. This increases the risk of infection
- **DO NOT** continuously press 'Lights'
- **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 or external edge of the Hot Tub at any time; or allow children on the lid.
- **DO NOT** turn hot tub isolation switch off inside the lodge as the hot tub's power needs to be turned on to carry out the cleaning cycles

VERY IMPORTANT - PLEASE NOTE

- **You use the Hot Tub at your own risk**
- **The Cornwall Hotel & Spa cannot be held responsible for your safety whilst you are using the Hot Tub.**