## Hot Tub Safety Rules

- Please be respectful of your neighbours.
- Only enter after showering with soap and water.
- Enter and exit slowly and safely.
- Ensure the hot tub cover is fully removed before entering the water and replaced after use.
- Users must be capable of keeping their head above the water line when sitting. Long hair should be tied back.
- Do not submerge your head in the water.
- No children under the age of 8 years old are permitted to use the hot tub.
- Users between 8-17 years old must be accompanied by an adult (18 years or older).
- Pregnant women, young children and elderly persons should consult their GP before entering.
- Anyone with skin infections, heart disease, diabetes, high or low blood pressure or suffering ill health of any form should consult their GP before entering.
- Do not use immediately after eating allow time for food to digest.
- Do not use when under the influence of alcohol or drugs.
- No glass or sharp objects permitted in or near the hot tub, including jewellery.
- Do not sit or lie down on the hot tub cover.
- Do not wear underwear in the hot tub. Swim wear only.
- Do not use any oils or soaps.
- No electrical appliances should be used in or near the hot tub.
- Report any changes of water colour or decrease of water quality to reception/housekeeping immediately.
- Exit the hot tub immediately if you feel uncomfortable, dizzy or sleepy.
- Please use the hot tub for 15 minutes maximum at a time.

