

## INSTRUCTIONS FOR USE OF HOT TUB

It is our responsibility to politely inform all guests, that you are required to comply with the policy detailed below, in the use of the hot tub, in order to ensure your own safety and to ensure no damages are caused. By entering the hot tub, it is assumed that you have read these instructions and comply with them as described and that you acknowledge that you are entering at your own risk.

1. Use of the hot tub is at your own risk.
2. Children under the age of 4 are not permitted in the hot tub.
3. Children aged between 4 - 18 may use the hot tub with the constant supervision of an adult and at the adult's responsibility.
4. The use of the hot tub is not recommended for individuals having any of the following : heart related, cardiovascular and respiration deficiency, any tumour-related illness, incontinence, acute inflammatory illness, tuberculosis, sever varicose-related illness, contagious illnesses, including skin diseases, increased thyroid activity, epilepsy, disturbances of heart rhythm, flu, untreated high blood pressure, pregnancy, symptoms of Covid-19.
5. Do not use the hot tub if you have flu, any contagious disease, an open wound or under the influence of alcohol, drugs or narcotic substances.
6. Use the hot tub in moderation when above 38 degrees C.
7. If you have a verruca you must wear a sock.
8. In case of the extraordinary situation or the case of malfunction, Lower Barns can temporarily discontinue the service with no refund.
9. It is forbidden to take any breakable objects into the hot tub e.g. bottle, glass etc due to the risk of causing accident and injury.
10. It is forbidden to eat or consume alcoholic beverages in the hot tub.
11. 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.
12. It is forbidden to use any liquid or chemical substance in the hot tub, both onto yourself, others or the hot tub parts and water.
13. Please remove all jewellery before entering the hot tub, as the sanitizer may discolour jewellery.
14. 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. Parents are to warn children not to allow water in their mouths as this can cause infection and illness.
15. Do not jump or dive into the Hot Tub.
16. Avoid entering the hot tub water immediately after exercising as the water temperature can affect the heart rate.
17. Take care on the decking by the hot tub as water from the tub can cause it to be slippery.
18. Take care when entering and leaving the hot tub. When leaving the hot tub leg muscles may be relaxed enough to make you unsteady.
19. We ask you to report any extraordinary event e.g personal injury, damage, the presence of injury-prone object to a responsible adult at Lower Barns.
20. Do not use any electrical appliances near/in the hot tub.
21. REMOVE THE CHLORINE SKIMMER PRIOR TO USE AND REPLACE AFTERWARDS.
22. Do not tamper with the filtration, the housing or electrical supply.
23. Remove the cover fully before use, the cover is made of high density foam, which if sat on will crack (this will be expensive for you to replace)

PLEASE NOTE : To comply with HSE REGULATIONS the hot tub water is checked every day.

THE HOT TUB IS HERE FOR YOUR RELAXATION AND ENJOYMENT.  
PLEASE ADHERE TO THE ABOVE POINTS FOR YOU AND YOUR FAMILIES SAFE STAY.  
THIS ITEM IF VERY EXPENSIVE TO REPLACE IF DAMAGED OR MISUSED.