

YOUR SAFETY THE HOT TUB

Some lodges may have additional information about their own hot tub, this will be located in the lodge and will be pointed out to you by the owner. Use of the hot tub is at your own risk and Anglesey Lakeside Lodges does not accept liability for any loss or injury however caused.

The hot tub is managed in accordance with HSE guidance with regards to cleaning and chemical dosing. This is managed by an external provider.

Please read all these instructions prior to use:

- Always shower before and after using the hot tub.
- Chemicals used in the hot tub can sometimes cause irritation to sensitive skin and can cause swim suits to fade.
- Do not use the hot tub alone.
- Always keep the hot tub covered when not in use.
- It is recommended that use of the hot tub is restricted to 15 minutes per session.
- No more than the capacity of the lodge are to use the hot tub at any one time.

WARNINGS

Do not use the tub if:

- you are pregnant or you have any condition that may be affected by prolonged immersion in warm water eg. low or high blood pressure or cardio-vascular disorders
- you have any condition that may cause you to lose consciousness eg. epilepsy or fainting or you are on any medication that makes you sleepy or have consumed drugs or alcohol.
- you are immunosuppressed (eg. on chemotherapy) or vulnerable to infection (eg. diabetes).
- you have had an infectious disease, sores or open wounds or diarrhoea within the previous 14 days.
- you have just exercised, within 1.5 hours of a heavy meal or when overly tired.

Never leave children unattended in or near a hot tub. Children under the age of 4 should not use the hot tub. Older children should be able to keep their heads above water and must be supervised by an adult.

Babies' nappies must not be changed near the hot tub.

BEFORE USING THE HOT TUB ALWAYS:

- **Use the toilet and shower with soap and water first.** The water in the hot tub is kept clean by filters and chemicals and is changed regularly; please do not use it as a bath!
- **Remove any body lotions, fake tans and oils** as these damage the filters.
- If your hair is long, tie it up to prevent it getting caught in the filters.
- Be aware that the decking can be slippery, and water splashed over the edge can freeze into ice in winter. Use non-slip footwear when entering and leaving the hot tub, flip flops are perfect.

WHILST USING THE HOT TUB

- The temperature of the tub should be no more than 38.5°C. If the temperature is higher it is a health hazard as the chemicals have a reduced effect.
- Do not immerse your head in the water or allow the water to enter your mouth.
- Do not put your fingers inside the jets.
- The hot water speeds up the effects of alcohol, drugs or medicine and can cause drowsiness and unconsciousness. Immediately leave the hot tub if you feel uncomfortable or sleepy.
- Falling asleep in the hot tub is very dangerous. In addition to the risk of drowning, your body cannot regulate its temperature as well when you are asleep which can lead to dangerous overheating.
- Exit the hot tub immediately if you see lightening or during any kind of threatening weather.
- Never use electrical devices in or near the hot tub (including phones or radios). Corded devices and outlets present a real risk of electrocution if they get wet.

AFTER USING THE HOT TUB

- Shower again with soap and water after leaving the hot tub and wash your swim wear to remove any chemicals or bacteria that may be on your skin.
- Replace and **fasten down** the lid immediately
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ENJOY THE EXPERIENCE OF YOUR OWN PRIVATE HOT TUB UNDER THE STARS

1. Carefully undo the strap securing the cover.
2. Drain any standing water on the cover away from the hot tub.
3. Fold back and slide the cover off the hot tub. Please do not put the cover on the grass as this introduces dirt into the tub.
4. Remove the blue floating buoy from the water
5. Step in carefully feeling the depth and seat positions.
6. Please do not take glasses or candles into the hot tub. Always use the plastic glasses provided for drinks. If broken glass gets into the tub it presents a serious risk to users and can damage the hot tub.
Never add bubbles or oils.

If the hot tub requires emptying a £100 fee will be charged.

For damage through misuse compensation will be sought via Hoseasons legal department.

7. Replace the blue floating buoy back into the water when vacating the hot tub as it contains chlorine.
8. Replace the cover **as soon as you get out** to conserve energy and to prevent debris blowing in and fasten down the strap. An open hot tub is a hazard to children and animals.

UNDER NO CIRCUMSTANCES, TAMPER OR REMOVE THE FILTER IN HOT TUB