

Read through this carefully before using Hot Tub or Swim Spa

Ta Mill - Hot Tub and Swim Spa Terms and Conditions

During pregnancy soaking in the Hot Tub may cause damage to the foetus so contact your doctor for advice before entering the water.

Persons with heart disease, diabetes, low or high blood pressure, or any serious illness should **not enter the Hot Tub or Swim Spa** without prior consultation with their doctor.

People with skin, ear, genital or other body infections, open sores, or wounds **should not use the Hot Tub or Swim Spa** because of the possibility of spreading infection.

Parents are advised that the Hot Tub is not available for children **under the age of fourteen**. The Swim Spa is not available for children under the age of twelve. Never allow children to use the Swim Spa or Hot Tub unsupervised and when not in use make sure the cover is on, secured and the gate is shut.

Users of the Swim Spa **must be** proficient swimmers.

Do not try and swim against a current that is too strong for your ability whilst using the Swim Spa.

The heat of the water speeds up the effects of alcohol and can cause sleepiness, dizziness and unconsciousness. Do not use the Hot Tub or Swim Spa after drinking alcohol.

Never use the Hot Tub or Swim Spa while using or after using narcotics or other drugs.

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.

Shower with soap and water before and after using the Hot Tub or Swim Spa. 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.

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.

Never use the Hot Tub or Swim Spa alone.

Avoid using the Hot Tub or Swim Spa immediately after a heavy meal.

Take care when entering and leaving the Hot Tub or Swim Spa. Leg muscles may be relaxed enough to make you unsteady. Decking and/or steps by the Hot Tub and Swim Spa can be slippery when wet.

Avoid entering the water immediately after exercising as the water temperature can affect the heart rate.

Never use glass near/in the Hot Tub or Swim Spa as broken glass can cause a risk to people in barefoot and is very difficult to see within the water.

Do not use any electrical appliances near/in the Hot Tub or Swim Spa.

If any allergic reaction occurs leave the Hot Tub or Swim Spa and rinse off in the shower. If the reaction persists please consult a local doctor (01566 772131) or A&E (01566 765650)

Ensure no contaminants i.e. bubble bath, alcohol, oils etc are placed in the water as this can upset the chemical balance of the water and can result in allergic reactions.

It is your responsibility to enforce the rules of safety whilst using the Hot Tub or Swim Spa.

We the undersigned have read this safety booklet. We understand what it says and we promise to follow the rules of safety and to use our common sense.

Names:

Signatures:

1) _____

2) _____

3) _____

4) _____

Date: _____

Cottage : _____ Dates Staying: _____

IMPORTANT: If the Hot Tub or Swim Spa needs to be shut down due to misuse -this will incur a £50 charge.

If any fault or damage occurs with the Hot Tub or Swim Spa please contact Helen at the earliest opportunity on 07778 961819.

The Hot Tub and Swim Spa are checked regularly and the water is tested daily.