

Health & Safety Rules for Hot Tubs



Maximum Water Temperature for a Hot Tub is 40°C (104°F)

Before entering our hot tub YOU SHOULD:

- Consult with your doctor if you:
 - Are elderly.
 - Have heart disease, diabetes or high or low blood pressure.
 - Are taking medication for cardiovascular or nerve disorders.
 - Are pregnant.
- Always have someone with you.

When in our hot tub YOU MUST:

- Always enter and leave the hot tub slowly and cautiously.
- Keep long hair out of the water and away from all underwater fittings, especially suction fittings.

When in our hot tub YOU MUST NOT:

- Dive into the water.
- Stay in the hot tub for more than 10 minutes at any one time (long exposure may result in nausea, dizziness or fainting).
- Once finished you should:
 - Shower to cool down.
 - Then, if you wish, return for another brief stay.
- Totally immerse your body.
- Use when under the influence of alcohol or other intoxicants.

Supervision of Children:

- Keep children under 7 years of age, especially infants, out of hot tubs (their small bodies overheat too fast).
- Children must be constantly supervised; unsupervised children are not allowed in the hot tub.

REPORT to the pool manager or lifeguard:

- Injury suffered while in the pool enclosure.
- Contamination or fouling (e.g. urination or defecation) of the pool.

Pool Manager Contact:	
Phone Number:	