

HOT TUB SAFETY AND USAGE INSTRUCTIONS, RULES AND TERMS

GENERAL

We are sure you will enjoy the use of the hot tub during your stay at Cringles House.

TO ENSURE THE SAFE AND ENJOYABLE USE OF OUR HOT TUB, WE KINDLY REQUIRE THAT ALL GUESTS AND VISITORS WHO USE OR HAVE ACCESS TO THE HOT TUB, READ THROUGH AND STRICTLY ADHERE TO THE HOT TUB SAFETY AND USAGE INSTRUCTIONS, RULES AND TERMS IN THIS IMPORTANT DOCUMENT.

THIS WILL ENSURE YOU AND YOUR FELLOW GUESTS AND VISITORS SAFELY USE THE HOT TUB.

These instructions, rules and terms are included in the welcome email sent prior to your stay, and are in hard copy in Cringles House. Please refer to these before and during your stay.

CHECKING WATER QUALITY

We use our hot tub supplier, [Yorkshire Hot Tubs](#), to set up the hot tub between each group of guests, including changing the water from the last guests with fresh water, and putting in appropriate sanitisers. This means the water temperature may be below 38C for some hours after your arrival, and may take some time to warm up to this level.

We ask that the person hiring the house takes responsibility for the daily checking of water quality through the use of test strips. These are located on the shelf in the kitchen.

Please refer to the separate instructions for details on how to use these, and what to do if the levels fall outside the recommended range. Test strips and sanitisers should be kept out of reach of children. Yorkshire Hot Tubs will visit several times during your stay to help monitor the overall water quality, though please test levels before use every day.

Please contact them if you have any questions on 01943 968 221, or if urgent by email on info@yorkshirehottubs.com.

IN CASE OF ISSUES

- If you have any issues, or any fault or damage occurs with the hot tub, please contact Melissa at Yorkshire Hot Tubs based in Ilkley, who can be contacted on 01943 968 221, or if urgent by email on info@yorkshirehottubs.com at the earliest convenient moment. They will arrange to come up and assist you either the same day or if after 4:30pm the following morning.
- Do not, under any circumstances, open the electrical box or the filter systems.
- The hot tub is under warranty for any repairs, and we will endeavor to repair it within 24 hours if any issues (Yorkshire Hot Tubs are based in Ilkley).
In the rare instance it cannot be repaired, we will pay compensation to a maximum of £75 for each full day it cannot be used per each booking.

MEDICAL CONDITIONS, YOUR GENERAL STATE OF HEALTH, AND PREGNANCY

- Persons with heart disease, diabetes, low or high blood pressure, circulatory system problems, or any serious illness should not enter the hot tub without prior consultation with their doctor.
- Elderly people should consult with a doctor before using the hot tub. If in doubt, it is best to be safe and seek medical advice.
- During pregnancy soaking in the hot tub may cause damage to the foetus, so please contact your doctor for advice before entering the water.
- People with skin, ear, genital or other body infections, open sores, or wounds should not use the hot tub because of the possibility of spreading infection or irritating their condition.

ALCOHOL, NARCOTICS AND MEDICATIONS

- Prevent hyperthermia and drowning. Never use the hot tub while using or after using alcohol, narcotics or other drugs that may cause sleepiness, drowsiness or raise/lower blood pressure. The heat of the hot tub water speeds up the effects of alcohol and narcotics, and can cause sleepiness, dizziness and unconsciousness, with the resulting risk of drowning.
- Alcohol and other medications greatly increase the chance of hyperthermia – the opposite of hypothermia. This occurs when the internal body temperature reaches several degrees above the normal temperature of 98.6 degrees.

WEATHER CONDITIONS

- Do not use the hot tub during a rainstorm, when very windy (which it can be given our elevated position), or when there is lightening.

LOOKING AFTER THE HOT TUB

- Do not stand or put anything on the tub cover, as it is easily damaged.
- Do not drag the vinyl cover using the cover straps, always use the handles.
- Always keep the hardcover down and locked when not in use.
- Do not get into the hot tub in shoes or take sharp objects into it.
- Do not smoke in or around the hot tub, especially near the cover, as this could lead to accidental damage to tub and poses a fire risk.

TEMPERATURE AND TIME LIMITS

- At 38-40°C limit your time in the hot tub to a maximum of 15 minutes as extending this time can affect your inner organs and cause fever like conditions. Please cool off before reentry.
- Children should not enter the hot tub where the water temperature exceeds body temperature (37C/98.6F).
- Please also wrap up when getting in and out of the hot tub as we are in an elevated spot in the Yorkshire countryside. We suggest you use a warm robe, and bring and use a beanie or similar hat in the tub outside of the summer months!

CHECK OUT DAY – RESTRICTIONS ON USE

The hot tub is not available from 7:30am on the final day of your stay, and members of the team from Yorkshire Hot Tubs may be at the house (outside only) from this time so that they can empty and fill the hot tub for the next guests, in the same way they did for your stay. Note the check-out time at Cringles House is 10am, so we hope this does inconvenience you too much.

BEFORE**DO**

- Again - do have fun, but avoid alcohol. Booze and hot tubs should not mix.
- 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.
- Please use your own towels as the ones in your room are white, and of high quality, and may mark if used outside.
- Use a gown or similar clothing when getting to and from the hot tub. We are in an elevated position in the Yorkshire countryside, and it can get very cold and windy when outside, and not in the warm hot tub water.
- Walk carefully around the hot tub. Never run. Ask children at the house to follow this rule also!
- Take care on the decking/hot tub steps as water from the tub can cause it to be slippery.
- Test the water with your hand before entering the tub to make sure it is comfortable.
- Take care when entering and leaving the hot tub, and use the safety rail on entering and leaving the hot tub. Always enter feet first. Do not jump or dive into the hot tub.

DO NOT

- Do not lift the lid using the skirt, central insulating tabs or locking straps; use only the metal lifter bar provided and place the lid carefully in the space behind the tub
- Never use the hot tub alone.
- Avoid entering the hot tub water immediately after exercising as the water temperature can affect the heart rate.
- Avoid entering the hot tub after a heavy meal.
- Cloudy Water = Do Not Enter. This type of water can cause skin infections. Call Yorkshire Hot Tubs if your water is cloudy.

DURING**DO**

- Prolonged immersion in hot water can result in hyperthermia – a dangerous condition that occurs when the internal body temperature exceeds 37 degrees centigrade. Symptoms include, unawareness of impending hazard, failure to perceive heat, failure to recognise the need to exit the tub, unconsciousness resulting in a danger of drowning.
- Keep a close watch on how and your fellow guests are feeling and behaving. Take action if you notice someone acting lethargic and get them immediately out of the spa.

- Please only press the buttons on the control panel lightly.
- Keep all loose articles of clothing, hanging jewelry, and hair away from rotating jets and other moving components. If you have long hair, please tie up.
- If any allergic reaction occurs leave the hot tub and rinse off in the shower. If the reaction persists, seek medical advice.
- Please be respectful to our neighbours, especially from 9pm to 9am, and keep noise levels down.

DON'T

- 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.
- Glass, crockery and cutlery. Don't do it, ever. Trust us. Never use these near or in the hot tub, as they can cause a risk to people in bare feet and are very difficult to see within the hot tub water. Plastic glasses are available in the kitchen.
- Do not use any electrical appliances anywhere near/in the hot tub.
- Do not smoke in or around the hot tub.
- Please do not use soaps, shampoos or oils in the spa.

AFTER

- Note, when leaving the hot tub leg, muscles may be relaxed enough to make you unsteady. Use the handrail and dry off as soon as possible.
- Please dry off as much as you can before reentering the house, and be careful around the house if you are wet.
- Replace the hot tub lid cover after each use, again using the lifter bar, pulling the skirt down around the edge, and fix all four clips in place and pushed down. This will ensure it remains warm and clean, and most importantly reduces the risk that children can access it.

IMPORTANT NOTE TO PARENTS AND THOSE WITH CHILDREN STAYING AT OR VISITING CRINGLES HOUSE

THE LIFE AND HEALTH OF YOU, YOUR FAMILY AND FRIENDS ARE IMPORTANT. PLEASE PRACTISE SAFETY AND SUPERVISE YOUR HOT TUB.

WE KINDLY ASK PARENTS AND THOSE SUPERVISING CHILDREN TO TAKE FULL RESPONSIBILITY TO ENFORCE ALL THE INSTRUCTIONS AND RULES ON HOT TUB USAGE AND SAFETY FOR THE BENEFIT OF CHILDREN AT THE HOUSE.

PLEASE DISCUSS THE GUIDANCE AND RULES WITH YOUR CHILDREN ON ARRIVAL AND REMIND THEM DURING YOUR STAY.

- All children under 18 using, and with access, to the hot tub must be supervised closely by a responsible adult at all times.
- No children under 5 should use the hot tub at any time.
- Children should not enter the hot tub where the water temperature exceeds body temperature (37C/98.6F).
- Instruct your children to shower, and visit the toilet prior to use of the tub.
- Remind everyone that wet surfaces can be very slippery. Make sure everyone takes special care entering, leaving and around the hot tub, and also do not horse play in and around the hot tub.
- Inform them to keep their heads out of the water (especially mouth and ears), and not to swallow the water.
- Remind them not to horseplay around when using the hot tub.
- All users, including children, should limit their time in the hot tub to 15 minutes and cool down before reentering.
- The hot tub cover must remain closed at all times, with the straps and clips fastened in place, unless a responsible adult is present.
- Do not stand on the hot tub cover when it is closed.