

# 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 water, away from all underwater fittings, especially suction fitting

## **When in our hot tub YOU MUST NOT:**

- Dive into the water
- Stay in hot tub for more than 10 minutes at 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 young children under 7 years of age, especially infants, out of hot tubs as their small bodies overheat too fast
- Children must be constantly supervised - Unsupervised use by children is not allowed

## **Please REPORT to the pool manager or lifeguard:**

- Any injury suffered while in the pool enclosure
- Any contamination or fouling (e.g. urination or defecation) of the pool
- Pool Manager Contact: \_\_\_\_\_  
Phone Number: \_\_\_\_\_