

Hot Tubs/Saunas a user guide

YOU SHOULD NOT USE THE HOT TUB/SAUNA IF YOU:

- Have a serious illness, or have a heart condition, high or low blood pressure, or any other medical condition which may affect your reaction to heat – consult your doctor first.
- Are taking medication for any of the above conditions or of which you are unsure as to the advisability of using hot tubs/saunas – consult your doctor first.
- Have a contagious disease, infectious skin condition, open sores or wounds.
- Have had a heavy meal within one and a half hours.
- Are under the influence of alcohol or drugs.
- Are a child under the age of 4.
- Have recently exercised. Time should be allowed to enable body temperature to return to normal levels.

ARE YOU IN ONE OF THESE GROUPS?

THE ELDERLY: The elderly are more susceptible to the effects of a hot tub/sauna and should therefore be extra careful.

CHILDREN: The body temperature of young children will rise much quicker than that of older children or adults using the hot tub/sauna due to their underdeveloped thermo-regulatory mechanisms. Children under the age of 4 should not use the hot tub. Children over 4 should be supervised closely at all times by a responsible adult and children (and others) who are unable to keep their faces out of the water should not use the hot tub. The amount of time spent in the hot tub/sauna should be limited and they must replace lost fluids frequently. Adults must be aware of the dangers of heat stress in children and ensure from early indications of stress that they are not put at risk.

PREGNANT WOMEN: Pregnant women are advised not to use hot tubs/saunas or to seek medical advice before doing so.

DIABETICS: People with diabetes will need to check with their doctor before using the hot tub/sauna.