



## HOT TUBS

We want you to enjoy your hot tub experience, but for your safety there are some strict rules that we need you to keep to when using the hot tub. These have been set out to prevent any injury to users of the hot tub. Please adhere to them.

### LIGHTING THE HOT TUB

Please read the attached instructions from ourselves and Naked Flame Hot Tubs about how to light and use the hot tub. If you have let us know your arrival time, we will have lit it already so that it can be warm and toasty for your arrival. But if you are lighting it yourself during your stay, please note that it can take 3 hours to fully warm up.

**DO NOT UNDER ANY CIRCUMSTANCES LIGHT THE HOT TUB WITHOUT ANY WATER IN IT. THIS WILL BREAK IT.**

### USING THE HOT TUB

#### BEFORE

Please always keep the lid on the hot tub when not in use. This prevents anything unwanted getting into the tub.

Do not sit or stand on the lid. Be careful when removing the lid of the hot tub (water will drip onto your feet when you remove it!) Always use the handles to remove it.

Don't forget to stir the hot tub before you get in with the paddle provided. Please make sure you have the floating thermometer in the tub when you use it, so you can keep an eye on the temperature. Check the water temperature with your hand before you get in after a good stir. Use cold water from the tap and hose if you need to.

#### DURING

Please do not use any glass or china mugs in the hot tub. Use the plastic cups provided.

Please do not put any soaps, shampoos, chemicals or bubble baths in the hot tub. The hot tub is not for washing. We use the water on the plants, so we need it to be free from chemicals of any sort.

We advise against staying in the hot tub for longer than 30 minutes at a time. Drink plenty of water to avoid dehydration.

Please get out of the tub if you feel unwell in any way.



YOU MUST KEEP AN EYE ON THE THERMOMETER WHEN YOU ARE IN THE HOT TUB. If the temperature on the thermometer is more than 39 degrees C, you should get out of the tub and allow it to cool before getting back in. The water can get extremely hot. If water is above this temperature, there is a risk of heart attack, stroke, brain damage, hyperthermia or death. If needed, you can add more cold water from the hose.

## AFTER

The hot tub should not be used for longer than 5 hours, so shouldn't be used again the next morning. We will come to empty and clean the hot tub for you between 10am and 11am in the morning, and you can then re fill it for your own use.

Please place the lid back on top of the hot tub after your use. Please do not empty it. We will empty and clean it for you each morning, and you can then re fill it and light it for your next use.

We advise showering after using the tub.

## HEALTH AND SAFETY

Please note that both the decking and the surface around the hot tub can be very slippery when wet, so there is a danger of slipping and falling. Please take extreme care and do not run or rush. Please ensure children take care.

Please take care on the steps when entering and exiting the hot tub. Do not jump into the hot tub.

If you have a medical condition, please check with a medical professional as to whether you should use the tub.

**Do not put your head under the water in the hot tub or drink the water in any way.** Do not use the hot tub if you are pregnant, feel unwell, have an open wound or an infectious disease.

Drugs and alcohol – the use of drugs and alcohol before or during the use of the hot tub may lead to drowning. Do not use the tub if you have taken any medication that might make you drowsy.

## CHILDREN

**Children under 5 years should not use the hot tub under any circumstances.**

Children under this age cannot regulate their body temperatures. Lower water temperatures are advised for children *over* 5 years old. Do not leave any children unattended in the hot tub. Please instruct them not to put their heads under the water and ensure they use the toilet before entering the tub.



# HOT TUBS HEATING INSTRUCTIONS

## FILLING THE HOT TUB

On your first night, if you have provided us with your check in time, we will fill and prepare the Hot tub for you.

At other times, a reel hose is provided for you at the side of the cabin \*. Pull out the hose until it comfortably reaches the hot tub and can sit slack on the floor.

Position the end of the hose over the hot tub and hold in place with the corner of one half of the lid.

Check that the outlet valve is at 90 degrees to the hot tub to prevent water instantly draining out.

Turn on the tap.

Filling from empty will take between 45 minutes (Marigold) and 90 minutes (Eyebright). Set a timer or check on the filling regularly.

Please ensure the water line is 10cm above the top water outlet, or 30cm from the top lip.

Turn off the tap, roll up the hose and then ensure that the hot tub lid is on.

*\* In cold weather, the hose will not be connected and the tap will have it's frost protector hat on. Remove this carefully and connect the hose. When finished, remove the hose and replace the frost hat.*

## LIGHTING THE HOT TUB

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If you have let us know your arrival time, we will have lit it already so that it can be warm and toasty for your arrival. But if you are lighting it yourself during your stay, please note that it can take between 2.5 – 3.5 hours to heat up to the correct temperature. This will also depend on the starting water temperature, the outside air temperature and the quality of the fire.



To build a good fire, first stack kindling \*\* Jenga style in two rows both left to right and front to back. As you build up the kindling, add in 4 firelighters.

Use the supplied matches to light the firelighters and kindling.

Close the front lid of the heater for a few minutes until the kindling is well lit.

Open and add in the logs in a similar way, stacking so that there are roughly 6-8 medium sized logs filling the heater from front to back. Gaps are good as it encourages air flow.

*Please take care when lighting the fire and use the glove provided as necessary, particularly when handling the heater.*

Close the front lid again and ensure that the vent is open to allow air to pass in and fuel the fire.

At first there will be smoke coming from the chimney flue but once the fire gets up to temperature, this will decrease.

Monitor the fire and ensure it is burning well, add more logs if required. Do not overfill the heater, but rather add logs regularly to maintain the fire.

*\*\* Please only use the firelighters, kindling and logs provided in the hot tub heater.*

## MONITORING THE TEMPERATURE

After about an hour of burn time, move the hot tub lid aside and give the water a good stir with the wooden paddle.

Repeat this stirring process every half an hour, replacing the lid each time after reading the thermometer.

Check the water thermometer after each stir. When the water maintains a steady 37 - 39 degrees, it is ready to enjoy. If the water is too hot, mix in some cold water from the tap and hose.

To give a correct reading, the thermometer must be floating dial up in the water. Please remember that the hottest water will be at the surface, so stir well before taking a reading.

When the water is at temperature, ensure the heater box vent is shut and the fire will just tick over. Add the occasional log to keep things going as required.

With the lid on, the hot tub will retain heat for a significant period of time.

Remove the lid 5 minutes before you intend to use it.



## USING THE HOT TUB

We provide robes and extra towels for you to make your way to the hot tub and we recommend slip on shoes, sliders, or flip flops to walk to and from to prevent dirt and mud getting in the water with you.

Next to the tub, there is a hanging post for your robes or towels, a shoe rack for placing your footwear on to and a wooden bathmat to prevent cold or grubby feet as you climb in and out.

Use the step provided to climb up and down from the tub. Please take care not to place all your weight at the front of the step.

Please see the rules for during use for any additional information.

Now sink in and relax!

## EMPTYING THE HOT TUB

Please place the lid back on top of the hot tub after your use. Please do not empty it. We will empty it for you each morning, and you can then re fill it and light it for your next use when required.

Pease let us know if there are any issues.