
ELEVATED ESCAPE

HOT TUB & SAUNA SAFETY RULES

Please read these rules before using the hot tub or sauna.

Our hot tub and sauna are provided for your enjoyment. They must be used responsibly and in accordance with these rules and the manufacturer's instructions.

Your safety is our priority.

HOT TUB SAFETY

Before Entering

- Please shower before using the hot tub.
- Do not enter if you are feeling unwell.
- Do not use the hot tub if alcohol has affected your judgement, balance or coordination.
- Drink water before and after use.
- No glass, bottles or breakable items in or around the hot tub.

Children

- **Children must be supervised by a responsible adult at all times.**
- **Babies and very young children must not use the hot tub.**
- Never leave a child unattended in or around the hot tub.
- Follow the manufacturer's guidance regarding age and safe use.

During Use

- Do not exceed the stated maximum capacity.
- We recommend keeping individual sessions to approximately **15 minutes**.
- Take regular breaks and keep hydrated.
- Do not jump, dive or climb into the hot tub.
- Enter and exit carefully — surfaces may be wet and slippery.
- Do not use the hot tub if intoxicated.
- Do not eat or drink alcohol in the hot tub.
- No glass is permitted in or around the hot tub.

Temperature & Equipment

- **Guests must not alter, interfere with or attempt to repair** temperature controls, electrical equipment, filters, pumps, water chemistry, chemical dispensers, covers or other operating equipment.
- If there is a problem, contact Elevated Escape rather than attempting to fix it yourself.

Hygiene & Water Quality

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- Shower before entering.
 - Do not use the hot tub if you have a contagious illness, open wound or condition that could affect water hygiene.
 - Do not add chemicals or other substances to the water.
 - Report any unusual smell, water appearance, temperature or equipment issue immediately.

After Use

- Make sure everyone has exited safely.
- Follow instructions regarding the hot tub cover.
- Report any fault or damage immediately.

SAUNA SAFETY

Before Using the Sauna

- Ensure you are feeling well before entering.
- Drink water before and after use.
- Do not use the sauna while intoxicated.
- Remove jewellery and items that may become uncomfortably hot.
- Follow the manufacturer's instructions displayed at the property.

During Use

- Start with a short session and leave if you feel uncomfortable.
- Take regular breaks rather than remaining inside for prolonged periods.
- Sit on a towel for hygiene and comfort.
- Keep the sauna door closed while in use.
- Do not touch hot surfaces unnecessarily.
- Do not pour water or other substances onto the heater unless the manufacturer's instructions specifically permit it.
- Do not bring glass into the sauna.
- Children must be supervised by a responsible adult.

Leave Immediately If You Feel Unwell

- Leave the sauna or hot tub immediately if you experience dizziness, nausea, weakness, faintness, difficulty breathing, unusual discomfort, or feeling excessively hot or unwell.
- Cool down gradually and drink water.

Medical Conditions & Medication

- If you have a medical condition, are pregnant, or take medication that may affect your ability to tolerate heat, please seek appropriate medical advice before using the hot tub or sauna.

EMERGENCIES

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- If someone becomes seriously unwell, is unconscious, has difficulty breathing or is otherwise in immediate danger: **CALL 999.**
 - Emergency address: **Elevated Escape, 1 Bassett Close, Hythe, CT21 5UZ.**
 - Then contact Elevated Escape as soon as it is safe to do so.
 - **Telephone:** 07515 694695
 - **Email:** elevatedescape2025@gmail.com

IMPORTANT

- Use of the hot tub and sauna must always be in accordance with these rules, the manufacturer's instructions and any safety instructions provided at the property.
- Elevated Escape reserves the right to temporarily close the hot tub or sauna where necessary for safety, maintenance, hygiene or circumstances outside our reasonable control.