

## HOT TUB SAFETY GUIDELINES

We have a wood fired hot tub for guests to enjoy.

[Use of the hot tub is at your own risk](#), so would ask that you read the operating instructions carefully prior to use and also the general Hot Tub safety guidelines.

Hot Tubs are a lot of fun, however they can be extremely dangerous if used improperly.

If you are in any doubt as to how to operate the Hot Tub, please contact us and we would be happy to demonstrate.

## GENERAL SAFETY RULES

- Do not allow the temperature of the water to exceed 40°C (lower for children). Please monitor the temperature of the water regularly.
- [Never leave children or non swimmers unattended.](#)
- Hot tub use is not recommended for babies, toddlers and pregnant women.
- Please be aware some medical conditions/medications can be effected by Hot Tub use.
- Anyone with a wound or infection should not use the Hot Tub.
- Do not overload the Hot Tub with more people than its capacity
- Please stay out of the Hot Tub during rain or electrical storms
- [No glass or glass bottles are permitted around or in the hot tub](#), we have provided plastic cups for use around the Hot Tub area.
- [No electrical appliances are to be used near the Hot Tub.](#)
- Please shower in the outdoor shower before entering the Hot Tub.
- If the water appears cloudy - do not enter - please call us.
- [Do not stay in the water if you are feeling unwell, dizzy or drowsy.](#)
- [Always put the lid back on when not in use.](#)
- [The chimney and fire gets extremely hot](#) - do not allow children near whilst in use or cooling down. The fire must be lit and maintained by an adult only.
- It is not recommended to stay in the Hot Tub for longer than 30 minutes at a time.
- Drink plenty of water to avoid dehydration.
- Finally HAVE FUN! but remember safety never takes a holiday!



## HOT TUB INSTRUCTIONS

We have a wood fired hot tub for our guests to enjoy. As with many aspects of The Den it is a result of upcycling. The tub was originally electrically operated but had developed faults so become redundant at its former home. We have converted it to wood heating which not only makes its operation more straightforward, but also more sustainable and environmental friendly.

Therefore the control panel and related items (capped off jet outlets, filter housings etc) are legacies of the previous electrical operation but do not affect or limit the current functionality.

**Use of the hot tub is at your own risk so we would ask that you read the operating instructions and safety guidelines carefully prior to use.**

Hot tubs are a lot of fun, however they can be extremely dangerous if used improperly.

If you have any questions or are unsure of any aspect of using the tub, please let us know and we will be happy to demonstrate..

For your safety and the correct operating of the tub please observe the following at all times.

- Do not attempt to lift the wooden lids on your own, they should always be handled by 2 or more people. Move them gently across the top edge of the tub, lifting rather than sliding where possible.
- Children must be supervised at all times and not permitted to use the wood fired heater at any time, this must always be done by an adult who is familiar with the correct operation. Take great care around the heater when in use, it will get hot, particularly on the front fascia, the door section and the chimney - a heat guard is fitted to the chimney to avoid accidental contact. Only dry wood must be used, anything else may damage the heater. The heater must not be used unless the tub is fully filled and covering the outlet. NB - we sell bags of dry timber and kindling in the honesty shop (adjacent to The Old Station House). Approximately two bags of timber are usually sufficient to heat the tub from cold water fill temperature.
- When using the tub, frequently monitor the temperature using the floating thermometer. Do not use the tub if the temperature is above 40 degrees centigrade (use a lower safety temperature for children). Wait until the temperature reduces or use the hosepipe to add cold water and stir with the paddle.
- Do not use the hot tub during storms NB the managers may need to remove the chimney sections and lids during windy weather for safety.
- During cold weather, the tub must always be fully drained down, when not in use, to prevent freezing which could cause damage.



- The tub should not be used for babies, very young children or by anyone who is pregnant. People with certain medical conditions should seek advice from their doctor before using the tub. Please review the attached chart for guidance
- Anyone with a wound or infection should not use the hot tub.
- The tub should not be overloaded.
- Please take care around the section where the hot water from the wood fired heater enters the tub (the upper stainless steel outlet adjacent to the heater) this may be uncomfortably hot, avoid sitting in this area.
- Please shower before using the hot tub and do not add any chemicals or other products to the water.
- No electrical appliances are to be used near the hot tub. No glass or bottles are permitted in or near to the hot tub
- Please do not use the tub when under the influence of alcohol or any medication which could result in drowsiness or impaired judgement.
- We recommend the tub is used for a maximum of 30 minutes per session.
- Please stay hydrated - drink water
- Do not bathe alone
- When not using the tub, please ensure the bubble wrap layer is in place and the lids are on.
- If in doubt or you have any concerns, please contact the site managers.

Condition	Duration of bathing (in minutes)	Water temperature (in degrees centigrade)
Arthritis	15 to 20	35 degrees
Fibrosis	20	35 degrees
High Blood Pressure	15 to 20	35 degrees
Lumbago	20 to 25	40 degrees
Mental depression	20	35 degrees
Poor blood circulation	20 to 25	35 degrees
Rheumatism	20 to 25	35 degrees
Run down conditions	15 to 20	35 degrees
Sciatica	15 to 20	35 degrees
Strains and sprains	20 to 25	40 degrees
Varicose veins	20 to 25	35 degrees



To operate the tub - please follow the following steps:

1. Remove the timber lids and place carefully in an upright position nearby



2. Remove the bubble wrap layer and place with the timber lids

3. Ensure the gate valve (red handle) at the rear of the tub is open (anti-clockwise)



4. Set up the hosepipe - place the hose-reel (near to the outside sink and tap), to face to tub. Carefully lay out the hose pipe to the hot tub.



5. Switch on the water by turning the wheel at the sink anti-clockwise. Rinse down the tub, take care as we have quite high water pressure. Wipe the tub with a soft cloth as required.



6. When finished rinsing, turn off the water and let it fully empty out of the drain in the bottom of the tub.

7. Close the gate valve at the rear of the tub by turning the red handle clockwise - it should be hand tight - do not not excessively over-tighten.

8. Fully fill the tub, use the timber bracket to hold the hose as shown. (NB it will take approximately 30 minutes to fill the tub to the operating level). Ensure there is at least an 25mm of water above the upper heater outlet. **The heater must never be used unless the water is fully covering the top outlet.**



9. When the tub is full, start the heater lighting procedure. First open the main door and gently rake any residual ash (it should fall through the bars in to the ash pan below. Empty the ash tray into the adjacent metal bin, and carefully replace in the heater.



10. Place crumpled paper and kindling onto the centre of the fire-bars and light carefully using matches or a lighter (NB - Firelighters may also be used). Add a few small pieces of timber and when starting to burn well close the firebox door. Ensure the air supply is fully open by sliding the small knob to the side. After a few minutes, open the door to check to fire is burning well and add few more smaller pieces of timber. Wait a few more minutes and if the fire is well established, the box can be filled with the larger logs (NB - place these in the fire-box, do not throw them in).



11. The heater starts to heat water quite quickly and you will notice a pattern in the water in area of the top outlet. The system works by a natural thermo-siphon and does not require a pump. Replace the bubble wrap layer back on the surface of the water and put the timber lids back on, this will retain the heat and allow the tub to come up to temperature more quickly and prevent leaves or other debris falling in.

12. Approximately every 30 minutes, move one of the wooden lids a little to one side, lift the edge of the bubble wrap to monitor the temperature using the floating thermometer. Top up the heater with dry wood at intervals. It will require approximately 2 of the net bags and 2 to 3 hours to bring the tub up to bathing temperature.



When the temperature reaches 36 to 38 degrees remove the lids and bubble wrap and use the wooden paddle to full stir the water (mix from side to side and top to bottom). This may lower the overall temperature so as required, replace the bubble wrap layer and allow more time to continue to heat. Once the water is up to temperature ensure the air vents on the heater are fully closed to help prevent overheating.

The heater will continue to provide hot water until the firewood is fully used and the heater gradually cools. Small amounts of timber can be added as required to preserve the temperature at the desired level, but use caution and do not add too much



13. Regularly check on the temperature and leave the tub if you feel uncomfortable - in any event do not use the tub if it exceeds 40 degrees.

We recommend that each time the tub is used, it is filled with a fresh batch of water. However it is possible that the water will remain usable, please use your discretion and judgement. Do not use the water if it is all cloudy or discoloured and has any smell. When finished, empty the water by turning the gate valve anti-clockwise, then replace the bubble wrap layer and the wooden lids.

**NB - do not empty the water unless the fire in the heater is fully extinguished and the unit cooled.**

14. Please follow these safety and operating procedures at all times and we hope the tub will add to the enjoyment of your stay at The Den.

