



The Old Chapel  
Pentney Lane  
Pentney  
Norfolk  
PE32 1JE

## USER GUIDELINES FOR OUR HOT TUB & SAUNA 2024

### HOT TUB:

We understand that having a hot tub is a really special touch to your holiday experience and adds that little bit of extra indulgence to your break. We want you to have pleasurable experience relaxing under the stars and enjoying the company of friends and family. For your (and your guests' safety), it is essential to understand and adhere to the advice and guidelines for proper use. *This is an important health and safety requirement for hot tubs used in a commercial environment.* You must adhere to the guidelines set out below. Failure to do so could result in accident, injury or death and the proprietors of The Old Chapel accept no liability, due to loss or injury in relation to inappropriate behaviour, or misuse whilst in or around the confines of the hot tub.

There are a few simple rules we ask you to follow so you can enjoy the tub throughout your stay.

#### HYGIENE

Guests must shower and use the toilet before entering the hot tub. We recommend showering in your swim wear which will help to remove any residual detergents which will not then contaminate the hot tub water. Disposable slippers are provided in your room. Please use these when accessing the tub for safety and to avoid ingress of dirt from your feet.

Fake tan will stain and dirty the hot tub, requiring us to empty the hot tub and clean it. This will incur a cost to you.

Do not use any soaps or detergents of any type in the hot tub, this will result in it having to be shut down, emptied, cleaned extensively and refilled. This will incur a cost to you. Appropriate swimwear should be worn at all times.

Children under 12 years old are not permitted in the tub. Never allow a child with diarrhoea into tub.

#### PROPER USE

The hot tub is quite deep so for caution there should always be a minimum of 2 people in the hot tub in case of an emergency. Maximum of 4 is recommended.

Keep all loose articles of clothing and jewellery away from the rotating jets. We respectfully request that jewellery, watches etc are removed before entering the hot tub as they can scratch the surface. The proprietors of The Old Chapel accept no liability for any loss or damage to personal items, such as watches, phones, earrings, bracelets & chains etc.. in connection with hot tub use.

Test the water with your hand before entering to make sure it is a comfortable temperature.

Guests should never submerge their head in the water.

Hot Tub water is not suitable to be in or near your mouth and should never be consumed. It is your responsibility to instruct any children of this advice.

Do not jump or dive into the hot tub, nor stand on or jump on the cover/lid. Broken cover/lid will be charged to you.

Be aware that surfaces in and around the hot tub may become slippery with water or ice.

We recommend you limit temperature to 39 degrees or reduce the amount of time in the water.

Prolonged use of the hot tub can lead to hyperthermia. This is a dangerous condition when the internal body temperature exceeds 37 degrees. Symptoms may include failure to perceive impending hazard, failure to perceive heat, failure to recognise need to leave the tub, unconsciousness and drowning.

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## **FOOD & DRINK**

DO NOT take glass into the hot tub or surrounding area, plastic glasses are provided in the sideboard. Any glass broken in or around the area needs to be removed immediately and reported to us by email at [theoldchapelpentney@outlook.com](mailto:theoldchapelpentney@outlook.com) so that we can come and provide appropriate safety clean.

## **CHILDREN & PREGNACY**

Risk to children – Extreme caution must be exercised to prevent unauthorised access by under age children. The hot tub cover must remain closed, with the four clips in place, at all times unless a responsible adult is present.

No children under 12 years old are permitted in the tub. Use extreme caution with all children wishing to use the hot tub, they are prone to overheating and this can be very dangerous.

Instruct your children to shower and visit the toilet prior to use of the hot tub and inform them to keep their heads out of the hot tub water (especially mouth and ears).

**ALL** children under 18 **MUST** be supervised at all times.

**Please do not use the hot tub if you are pregnant.**

## **OPERATION**

PLEASE DO NOT SWITCH OFF THE HOT TUB AT THE WALL UNLESS YOU ARE REQUESTED TO DO SO OR WATER LEVEL IS BELOW THE LOWER WHITE LINE. If there are any problems, please contact us for assistance. The switch is located under the control panel in the utility room



ONLY use the jet & light controls on the control panel. Improper use can put the tub 'to sleep', which lowers the temperature, and this can take up to 24 hours to warm up before it can be used again. Temperature of 39 degrees or below are recommended; 40 degrees is the maximum setting. Bubbling the water will reduce temperature by around one degree so we have set the

water at 39 degrees. Press the Jets button (icon next to the text) to switch jets between high, low and off. (Note that if the water requires heating the pumps will continue to circulate the water). To add bubbles to the water, turn the large silver/grey knob 90 degrees clockwise or anticlockwise to stop airflow. The light button will provide underwater lighting.

Please report any problems immediately, by emailing [theoldchapelpentney@outlook.com](mailto:theoldchapelpentney@outlook.com) or call 07768897915 for assistance. Our staff or contractors will attend site to provide water maintenance during your stay as detailed in your Welcome Letter, unless additional attention is required at another time. Please assist them and let them know of any hot tub issues. They will not need access to the building.

## **REMOVING AND REPLACING THE COVER**

There are 4 clips to hold the hot tub lid on. Do not attempt to forcibly pull the lid or its clips. The lid 'folds' across the centre and can be lowered into the gap between the hot tub and wall under utility window. Removal and replacement of the lid is a two person task and should not be done on your own.

Always strap the lid down and clip all 4 clips back when you leave the tub. Failure to do so may end up with the lid being blown off and damaged and you are liable for the cost.

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## **RETRACTABLE AWNING**

The awning over the hot tub can be extended to provide shade or protection from LIGHT rain showers. During heavy rain or winds the awning must be fully retracted. The remote control is in a bracket with the towel hooks and can remain outside as it is weatherproof. It has three simple buttons – extend, stop and retract. Caution should be taken when retracting a wet awning as any pooled water may suddenly come off the fabric as it goes back onto the roller, soaking anyone below. If for any reason the remote fails to wind back the awning, please use the handle provided to manually retract it.

## **LIGHT**

There is a light by the hot tub operated by touching the remote switch panel on the grey wall mounted box. The light will run for a pre-set time and turn itself off. Touching the switch panel when the light is on will turn it off immediately. The main switch is under the electrical box in the utility room, which should be on all the time.

## **WATER LEVEL**

The water level should be between the two white lines on the black filter inlet. If the water level drops below the lower line, please contact us for assistance. There is a hot water fill tap by the tub for use by our staff when refilling **DO NOT USE THIS TAP FOR ANY OTHER PURPOSE**. Topping up with tap water will affect the chemical balance of the water so please do not do this.



**IF THE WATER LEVEL FALLS BELOW THE INLET LEVEL OF THE FILTER HOUSING PLEASE SWITCH THE HOT TUB OFF AT THE WALL AND ALERT US IMMEDIATELY.**

If you leave the hot tub running with no water going into the filter housing, the pump may burn out and you will be charged replacement cost.

**CAUTION – PUTTING THE TUB TO SLEEP IN ERROR water will go cold over time.**

The hot tub has three operating modes, which are changed by pressing Temp then Light while Temp is still flashing:

Standard – hot tub works as normal and screen flashes ‘St’ then shows current temperature.  
**ONLY STANDARD MODE IS SUITABLE FOR YOUR USE**

Economy – only heats tub during filter cycles, water will cool in use, ‘Ec’ will flash with temperature.

Sleep – only heats tub to within 10c of set temp so will max at 30c, ‘SL’ will flash with temperature.

**IT IS POSSIBLE TO PRESS THIS COMBINATION OF BUTTONS WHEN IN THE HOT TUB WITHOUT REALISING THE CONSEQUENCES, SO CARE SHOULD BE TAKEN WHEN PRESSING BUTTONS ON CONTROL PANEL.**

If the display shows Ec or Sl please press Temp then Light until St appears on the screen flashing. Wait for the flashing to stop before pressing any other buttons. After a short while the pumps should run then a little later the yellow heater light will come on.

If you have any problems please get in touch with us.



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## SAUNA:

You are welcome to use the infrared sauna daily. Early morning and early evening are probably best times.

We recommend you avoid alcohol, sugary and caffeinated drinks before using the sauna, and drink plenty of water before and after your treatment. Your body will lose fluids and hydration is very important.

You are required to sit on provided towel during your session to absorb sweat. You may wrap one around your shoulders if required. You can also wear minimal loose clothing, such as bathing costume, if you wish.

Leave time for a cool down after leaving the sauna and before showering. Get up slowly after a session and watch for any lightheadedness. Avoid a cold shower, a warm shower is ideal. A cold shower with sweaty skin may trap sweat and toxins in pores as they close. By all means shower off the sweat then run shower cool. You may, if you wish, shower prior to using the sauna, but you must dry off before entering.

### TO USE:

Touch the external switch and the lights should come on. Inside to left of the door is control panel and all three red switches should be 'down' and the rotary knob set at 8. This is recommended for initial use but can be increased to 10 when you are happy with your sauna experience.

We recommend that you leave sauna for 15-30 mins to warm up before entry.

To switch off the sauna, simply press the external switch on leaving, so that the lights go off.

We recommend your first infrared sauna session is limited to maximum of 30 minutes. A 30 minute session will help with general aches and pains. Once familiar with the feeling of the infrared sauna, or for more of a detox, we recommend a 45-60 minute session maximum. Use your personal comfort level to determine how long you should stay in your sauna and leave if you begin to feel tired.

**CONTRAINDICATIONS:** Please consult your doctor before using the sauna if you have any of the following:

Artificial Limbs etc., Some forms of Metal Implants (not all forms), Heart conditions, High Blood Pressure, Multiple Sclerosis, Haemophilia, Adrenal Suppression, some but not all forms of Cancers, or if taking medication on a regular basis

Avoid use if you have sustained an acute joint injury which is hot and swollen. After 48 hours the Infrared Sauna may aid recovery. .

If you have any illness which deteriorates when using the sauna, it is essential that you cease use immediately until further advice is taken.

Ladies, please note, heating of the lower back may temporarily increase the menstrual flow.

Phones & tablets are not recommended in infrared saunas, as the heat can really mess with the hardware. We suggest you leave phone outside but connect it to our Bluetooth speaker and take that into the sauna.

For more information on infrared saunas please visit our supplier:

[www.zoki-saunas.co.uk/infrared-saunas](http://www.zoki-saunas.co.uk/infrared-saunas)