



Your Mill Meadow Hot Tub Experience

Mill Meadow is an eco-friendly resort but we recognise that hot tubs are regularly requested as part of the experience our guests require.

Our hot tubs are included free of charge where available and subject to a minimum stay*

To mitigate the environmental impact where possible we recycle used hot tub water and use solar generated electricity to heat and run our hot tubs.

Our staff are trained in the maintenance and management of Hot Tubs in order to comply with Health & Safety guidance and to provide the safest and best possible hot tub experience at Mill Meadow.

** Goldcrest Lodge has an optional hot tub available at a small charge for 1 night stays and at no charge for stays of 2 nights or more. All other lodges require a minimum 3 night booking.*

Hot Tub Guidelines

We want you to enjoy and get the most from your hot tub during your stay.

If you have decided to add a hot tub to your stay we require you to read the Hot Tub Guidelines below and to ensure all members of your party are familiar with and observe the guidelines.

For the comfort of our guests and neighbours, music should not be played outside the lodge and hot tubs are not to be used after 11pm.

To comply with best practice our staff will check the hot tub twice a day (morning and evening). Please vacate the hot tub if requested to allow our staff to test the water and add any necessary chemicals. In the event of adverse test results the hot tub may need to be closed for a period.

It is natural to raise your voices to speak over the jets, but please be aware that sound does travel very easily in the countryside and regulate your volume accordingly.

We have a 10.30pm external noise curfew at Mill Meadow. If you are using the hot tub please turn off the jets and ensure there is no noise.

We reserve the right to withdraw the hot tub without refund in the event of misuse.

If the hot tub needs to be shut down, cleaned and refilled due to misuse then an additional charge of £130 will apply.

Please note that on busy changeover days your hot tub may not be up to full temperature by your arrival and will not be available after 8.00am on the day of your departure due to maintenance and cleaning

General Guidance:

- Please bring towels with you for use with the hot tub.
- Lodge towels must not be used; an additional cleaning charge may be applied if they are.
- Operating instructions will be given on arrival.
- Undo clips and use the cover lifter to remove the cover, please watch the video on our web site.
- Ensure that the hot tub is never fully switched off, as this will cause loss of heat and affect sanitation.
- Take care when entering and leaving the hot tub as the decking areas can become slippery when wet.
- When not in use make sure the cover is on and secure.



Your Health & Wellbeing:

- Our hot tubs are set at 37°C and we recommend that this should not be exceeded.
- At 37°C you are advised to limit your time in the hot tub to a maximum of 15 minutes in each use.
- Exceeding this time can affect your inner organs and cause fever-like conditions.
- Please shower and rinse before using the hot tub, as this washes away many of the common skin bacteria and chemicals that will reduce the effectiveness and cleanliness of the hot tub.
- People with skin, ear, genital or other body infections, open sores, or wounds should not use the hot tub due to the risk of spreading infection.
- Pregnant women and persons with heart disease, diabetes, low or high blood pressure, or any serious illness should consult their doctor before using the hot tub.
- Children under 16 must be supervised by a suitable adult at all times.
- Hot tubs are not recommended for use by children under the age of four.
- Never use the hot tub alone
- Excessive exposure to the hot tub can increase the risk of allergic reactions and skin complaints.
- If any allergic reaction occurs leave the hot tub and rinse off in the shower then contact 07779 651911.

Please Note:

- Do not use the hot tub if you notice any deterioration or discolouration of the water. Contact (07779 651911) and stop anyone from using the hot tub until it has been checked.
- Do not consume alcohol before or during hot tub use. The heat of the water speeds up the effects of alcohol and can cause sleepiness, dizziness and unconsciousness.
- Do not use the hot tub while using narcotics or other medication that may cause sleepiness, drowsiness or raise/lower blood pressure.

- Do not use the hot tub after a heavy meal or exercise as the water temperature can affect your heart rate.
- Do not drink or immerse your head in the hot tub water. This increases the risk of infection and can heighten the dangers of drowning due to suction below the water line.
- Do not bring glass near the hot tub, as broken glass is a serious hazard and breakages will require the hot tub to be drained and cleaned. Plastic alternatives are available in each lodge.
- Do not exceed the maximum occupancy of your hot tub.
- Do not sit on the plastic lid, which covers the filter, or the hot tub cover.
- Do not use any electrical appliances near/in the hot tub.
- Do not use the hot tub if you have added water yourself, as the chemical balance will need to be reset.
- Please ensure you understand how to remove and store the cover when using the hot tub as this is an expensive item to replace.

It is essential that you ensure all guests in the Lodge are aware of the above guidelines and safety information that we have provided.

To confirm you have read, understood and accepted the above please sign and return this document before your arrival date either via post or e mail to info@millmeadow.co.uk

Please not that you will not have access to the hot tub until this signed form is not returned.

Thankyou for your cooperation and enjoy your hot tub!

Signed:.....

Name:.....

Booking Reference Number:.....

Date:.....