

# SPA SAFETY PRECAUTIONS

Spas, hot tubs and therapy pools are a perfect source of relaxation, both mental and physical. Along with the soothing factor, these types of hot water aquatic environments can offer a variety of health benefits. Immersion in hot water can increase circulation and improve breathing. The buoyancy of the water can provide benefits to those with sore joints and those suffering from arthritis. Warm water can reduce joint stiffness and increase mobility, flexibility and range of motion. These therapeutic benefits explain the rapid growth hot tubs and spas have experienced. Today, it is typical for an aquatic facility to include an indoor or outdoor spa and sometimes even both, making it imperative for operators to understand and follow safety precautions and proper water chemistry.

## SAFETY PRECAUTIONS

Ensure your facilities spa has dial drains and anti-entrapment drain covers, and complies with the Pool and Spa Safety Act.

Be prepared in case of emergency. It is important to know where the cut-off switch for the pump is and to understand how it can be shut off.

Keep the water temperature at 104°F/40°C or lower.

It is beneficial to have an aquatic professional check the spa regularly to ensure it is safe, damage free and in proper working condition.

Check the drain covers for damage throughout the year.

Since bacteria grows faster in hot water, it is important to maintain a disinfectant residual.

Monitor and control the water pH closely because air and hot water cause pH to rise which lowers the ability of disinfectant to kill bacteria.

In order to reduce risk of injury, rules regarding spa use should be posted at the entrance of your facility. Always follow the requirements of state and/or local codes and regulations.

A sign should be posted to remind users to shower prior to entering the spa.