

DOMESTIC
SPA
HEALTH &
HYGIENE
AWARENESS



Introduction

Nothing beats a spa for creating an exhilarating sense of well being.

A well-maintained spa will provide a safe and enjoyable environment in which to relax all year round.

A soothing soak can help counteract the stresses of the day and aid restful sleep. But the benefits are not just psychological but physical too. By immersing your body in relaxing bubbling warm waters, you can make it easier for your heart to work and improve your circulation. The water provides buoyancy, reducing the workload for your body and heart. As the body goes through this process, muscles relax, temporarily easing pain, which is why spas are excellent for arthritis sufferers.

The warm water causes the body to sweat and thus rid itself of toxins whilst the heat and pressure from the jets can aid the healing process.

So enjoy all of the many benefits that your spa will bring, but remember, a spa is only as good as the quality of the water it contains.

Please read through the Spa Owners Manual along with this document completely, before adding water to your spa and keep it for future reference. If you have any queries about water treatment and chemicals please speak to the company that supplied you with the spa.

A poorly maintained spa offers an ideal environment for harmful bacteria and micro-organisms, including Legionella to develop. Careful and thorough spa water testing and maintenance is essential, and will minimise the risk of such problems.

Terminology

The term spa can be used in different ways. For the purposes of this brochure the term 'spa' is used in relation to Certikin domestic portable hot tubs.

Intended use

Spas are designed for domestic use only and are not suitable for commercial applications. However, spas may be used for business purposes where the usage is in line with domestic use.

To expand further, a spa can be used at a holiday rental property, however, a single spa cannot be shared between numerous rental properties. Similarly, a hotel can have a spa for each room but in circumstances where several rooms have access, a commercial spa designed specifically for the bather load is required.

The use of any spa for non-domestic application e.g. business use, requires monthly microbiological testing in line with the industry standards set out for commercial spas as well as quarterly tests for Legionella.

Please refer to PWTAG Hot Tubs for Business Book for more detail on the use of spas in a non domestic situation.

Filling the spa

If no chemicals are supplied with the spa, do not fill or use the spa. Consult your spa supplier immediately.

It is advisable to check your water source before filling your spa. Soft water can be corrosive and cause damage to the spa equipment, whilst hard water may contain materials that cause stains or deposits. Take a sample of your water supply to your spa supplier for their analysis and recommendations. If in doubt, a phone call to your local Water Authority will advise you on the water quality in your area.

Note - If you are using a garden hose to fill the spa, allow the water in the hose to flush out the waste for several minutes. Stagnant water in hoses can contain pollutants and bacteria (including Legionella) which can be a health hazard.

Fill the spa with fresh water until the level is midway up the skimmer opening. When filling the spa there is a need to ensure that the spa is thoroughly sanitised which will be accomplished by Shock Dosing the spa. (See Page 5). After Shock Dosing, leave the cover open for a minimum of 20 minutes to prevent damage to the spa cover.

For safety, always add chemicals to the water while the spa is filling (see note below). **Add chemicals to water, never water to chemicals.**

When the spa is full, test the spa water for pH and chemical levels. Provided the levels are satisfactory, as detailed in the table below, then run the pumps and blower (where fitted) for a few minutes to aid mixing.

Chemical levels by BISHTA

Measure	Desired Level
Sanitizer	Chlorine 2-5mg/l (ppm)
	Bromine 4-6mg/l (ppm)
pH	7.0 - 7.6
Total Alkalinity	80 - 160 mg/l (ppm)
Calcium Hardness	Min 100 mg/l (ppm)



Recommended regular maintenance programme

- Daily:**
- Check sanitizer levels and dose as required (irrespective of whether the spa is fitted with an ozonator).
 - Check pH level and dose as required.
 - Clean water line, if necessary.
- Weekly:**
- Shock dose your spa with a suitable oxidising agent such as rapid dissolving chlorine or Calcium Hypochlorite.
- Add spa clarifier and an anti-foaming agent to enhance clarity and control foaming compounds if necessary.
 - If you live in an area of high calcium hardness, add a dose of descaling and / or stain control sequesterant.
- Monthly:**
- Clean filter cartridge using a cartridge cleaner.
Replace or rebalance your spa water.
- Periodically:**
- Empty and refill the spa every four to twelve weeks depending on use. As a guide, spa capacity in litres divided by daily bathers divided by 12 is a good formula. Example: 1200 litres divided by 2 daily bathers divided by 12 = 50 days between each draining of the spa. However, total water volume should be replaced at least quarterly.



Draining your spa

Spas can be enjoyed all year round. However, if you wish to drain your spa, a few simple steps will protect your spa during extended periods of non-use and ensure refilling your spa will be simple and safe.

Before draining the spa, test the spa water to ensure the chemical levels are correct. This will ensure that the remaining water trapped in any air track and hidden pipe recesses is protected against pollutants.

Do not drain the spa into a “cess pit” or into a water course. Seek advice from your spa supplier.

Ensure the spa is fully drained.

Wipe down and cover the spa to prevent further ingress of water.

Note - Advice or technical assistance should be sought from your local spa dealer if you are concerned about winterising the spa and equipment.

Spa safety advice

When using chemicals, read the labels carefully and follow the directions precisely. Although chemicals, when used correctly protect you and your spa, they may be hazardous in concentrated form. Please observe all the safety and handling instructions, on the labels of the chemicals.

Please ensure that you:

- Pay attention to the information on any documents or warnings provided with your spa.
- Read and follow the instructions carefully, if in doubt seek advice from your spa supplier.
- Ensure that all spa bathers know how to use the spa safely, having showered after using the toilet.
- Read and follow all chemical instructions.
- Never smoke whilst handling chemicals. Some chemicals and fumes given off can be highly flammable.
- Check and maintain all chemical levels stated in this guide.
- Add chemicals to the water never the other way round and add **separately to the spa** after a 15 minute interval. Mixing neat chemicals is extremely hazardous.
- Clean up any chemical spillages on surrounding surfaces and dispose of in a safe manner.
- Keep chemical containers closed when not in use and always replace original caps on the containers. Store in a secure, cool, dry and well ventilated area, off the floor and out of reach of children, but below head height.
- Wash hands immediately after handling or preparing chemicals.
- Ensure a responsible person handles spa chemicals.
- Follow the emergency advice on the product label and seek immediate medical assistance in a case of chemical inhalation or ingestion or if any chemical contacts the eyes, nose or mouth.
- Never use vacuum cleaners for chemical spills.
- Supervise all children using the spa and remember no children under 4 years of age should use the spa.
- Are aware that pregnant women, people with heart disease, diabetes, high or low blood pressure or any serious illness, and indeed any person, with any doubt, should not enter the spa without prior consultation with their doctor.
- Never use the spa if under the influence of alcohol, drugs or any other substance.
- Keep your head out of the water and do not swallow any water.
- Do not use the spa if you have had diarrhoea in the last 14 days.
- Do not allow pets into the spa.
- Are aware the maximum safe temperature is 104°F (40°C). 15 minutes per soak is the recommended time at 104°F (40°C).



Certikin International Ltd,
Witan Park, Avenue 2,
Station Lane Industrial Estate, Witney,
Oxfordshire, OX28 4FJ, UK

☎ 01993 777200

✉ info@certikin.co.uk

www.certikin.co.uk