



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SAFE HOT TUBS HAVE RULES TOO

- 1. No one under the age of 18 may be in the hot tub at any time**
- 2. Elderly individuals, pregnant women, infants and those with health conditions requiring medical care should consult a physician before entering**
- 3. Do not use the hot tub while under the influence of alcohol, tranquilizers or other drugs that may cause drowsiness or raise/lower blood pressure**
- 4. Do not enter hot tub alone**
- 5. Long exposure may result in nausea, dizziness or fainting**
- 6. Observe reasonable time limits of 10 to 15 minutes**
- 7. Do not enter pool immediately after usage of hot tub**
- 8. Do not use hot tub at water temperatures greater than 104 degrees Fahrenheit**

