CAUTION SPA USERS

- Pregnant women, elderly persons, and persons suffering from heart disease, diabetes or high or low blood pressure should <u>NOT</u> enter the spa/hot tub <u>without</u> prior medical consultation and permission from their doctor.
- <u>Do NOT</u> use the spa/hot tub while under the influence of alcohol, tranquilizers, or other drugs that cause drowsiness or that raise or lower blood pressure.
- <u>Do NOT</u> use if water temperature is greater than 104°F (one hundred four degrees Fahrenheit).
- <u>Do NOT</u>use alone.
- Unsupervised use by <u>children</u> is prohibited.
- Observe reasonable time limits (i.e. 10-15 minutes), then leave the water and cool down before returning for another brief stay.
- Long exposure may result in nausea, dizziness or fainting.

