

## FACT SHEET 20

### SPECIFICALLY SPAS

A spa pool eases tired and aching joints and muscles and enriches your quality of life. By observing a few simple rules you should always feel better for the experience.

#### HEALTHY GUIDELINES

- Keep the temperature below 40 degrees—in the range of 35–38 degrees is ideal.
- Spa covers do not negate the need for a spa to be fenced, it must have appropriate safety barriers
- Children must be supervised at all times when in or near the spa or hot tub.
- Spa use should be restricted to approximately 20 minutes to avoid stress.
- Never put your head under the water.
- If you have any physical ailments, see your doctor before using a spa or hot tub.
- People with heart or blood pressure problems and pregnant women should consult their doctor before going into a spa or hot tub.

#### HEALTHY WATER

It's best to change the water every three to four months, or replace about one-third of the volume every 3-4 weeks.

Because it is hot water, the treatment regime for spa pool water is different than that for a pool. Properly applied, chemicals will keep the water clean and healthy, eradicating all viruses, bacteria and algae.

Your SPASA SA member spa retailer or local pool shop can provide a test kit and advice on their use.

It's best to test the water before each use or weekly when not in use. Always allow one hour before using the spa after

adding chemicals to the water. Regularly check the total alkalinity, pH and sanitiser (chlorine or bromine) levels.

#### TOTAL ALKALINITY

The range is 90–150 ppm, with 90–110 ppm recommended.

#### TESTING PH

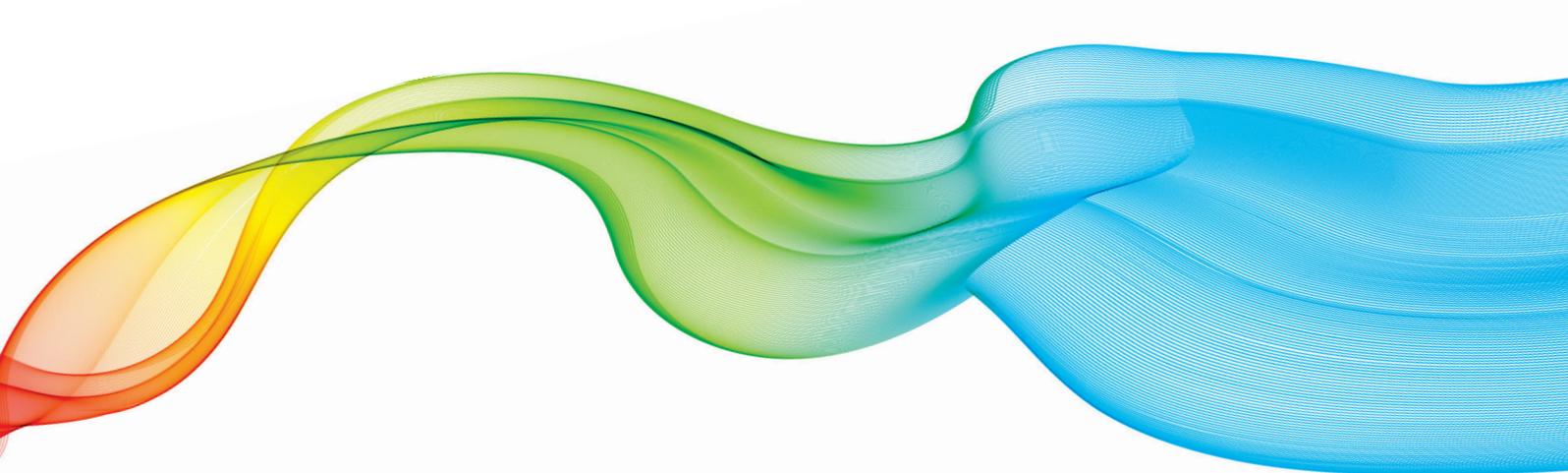
The pH level measures acidity or alkalinity; it is measured on a scale of 1–14 with 7.0 being neutral. Below 7.0 is acidic, and above is alkaline. Incorrect pH levels can cause poor chlorine or bromine efficiency, eye and skin irritations, corrosion of metal fittings, cloudy water and the formation of scale on the walls and fittings.

It should be above 7.0 when measured at room temperature to avoid possible corrosion of equipment, and lower than 7.8 to ensure sanitiser efficiency. The recommended range is 7.4–7.6. It can be increased by adding soda ash and reduced by adding acid. Always test again after one hour.

#### SANITISING

Chlorine or bromine can keep your spa free of harmful microorganisms. Ozone may also be used, but as there is no residual so chlorine or bromine must be used in conjunction with it.

Saltwater chlorinators are generally designed to chlorinate swimming pool water volumes and may produce excessive chlorine when used in spas. If choosing a salt chlorinator, ensure it is designed and sized to produce the correct level of chlorine required to sanitise a spa.



### **CHEMICAL DOSAGE**

The amount of disinfectant required depends on water temperature, how many people use the spa and how often. Very hot water consumes the sanitiser very quickly so check the level regularly when in use. Chlorine must be kept at 2.00–3.00 ppm and bromine at 3.00–4.00 ppm.

After heavy use, the water should be shock dosed with chlorine or bromine weekly.

Be sure to check the level again before use. If the spa or hot tub is not being used, add sanitiser every day to prevent contamination.

### **GENERAL MAINTENANCE**

It is important you keep the filter and pump clean, by regular cleaning of the filter and emptying hair and lint from the pump as often as required.