



## Hot Tub Safety-Children in Hot Tubs

The Center for Disease Control (CDC) and The Model Aquatic Health Code (MAHC) advises that children under 5 should not use hot tubs.

Those bubbles are oh, so enticing! But hot tubs and spas can be dangerous for children, whose bodies can't dissipate heat as rapidly as an adult's.

Infants and toddlers should not be permitted in a hot tub at all as babies' thin skin makes them more susceptible to overheating. Also, since little ones have very little control over bodily functions, spas become unsanitary almost instantly when "accidents" happen.

Children should not be allowed in hot tubs unless their heads are completely out of the water when they stand on the bottom of the tub. Children who are big enough to be in a hot tub should not use it for more than five minutes at a time, especially at the maximum temperature of 104 degrees. It is also recommended that young children avoid full body immersion, choosing instead to sit on "jump seats" that some spas have that permit waist-high immersion.

All persons, and especially young children, should be encouraged to drink fresh water while they're soaking. If the bather feels sick to their stomach, dizzy and/or sleepy, they should exit the spa immediately and inform a Lifeguard. Drowning is the most serious hazard connected with any body of water, including hot tubs.

Responsible Adult Supervision is key. There should always be an adult designated to maintain constant visual contact with children whenever they are near, or could get near, any body of water.