

## FACT SHEET 15: SPA MAINTENANCE

# COMMONSENSE AND REGULAR MAINTENANCE WILL ALLOW YOU TO GET FULL BENEFIT FROM YOUR OWN PERSONAL HEALTH SPA.

A spa pool can enrich your life and, in particular, your health. They can ease tired and aching joints and muscles. And observing just a few simple rules should ensure that you always feel better for the experience.

### HEALTHY GUIDELINES.

- Keep the temperature below 40 degrees. A range of 35 to 38 degrees is ideal.
- Spa use should be restricted to approx 20 minutes to avoid stress.
- Do not 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 seek a doctor's permission beforehand.
- Alcohol should never be consumed while using the spa.
- Children must be supervised at all times when either in or near the 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 three to four weeks.

Being hot changes the treatment regime for spa pool water. Properly applied, chemicals will keep it clean and healthy eradicating all viruses, bacteria and algae.

Your spa retailer or local Spasa pool shop can provide a test kit and advise on its use. It's best to test the water before each use or weekly when not used. Always allow one hour before using the spa after adding chemicals to the water.

Regularly check total alkalinity, pH and sanitiser (Chlorine or Bromine) levels.

### TOTAL ALKALINITY.

The range is between 90 to 150ppm (parts per million), with 90 to 110ppm recommended.

### TESTING PH.

The pH level measures acidity or alkalinity and it is measured on a scale of 1 to 14 with 7 being neutral. Below 7 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 pool walls and fittings.

It should be above 7.0 when measured at room temperature, not hot, to avoid possible corrosion of equipment, and lower than 7.8 to ensure sanitiser efficiency.

The recommended range is 7.4 to 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 micro-organisms. Ozone may also be used, but there is no residual so chlorine or bromine must be used in conjunction with it.

Salt Water Chlorinators are generally designed to chlorinate swimming pool water volumes and may produce excessive chlorine when used on 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 DOSEAGE.

The amount of disinfectant required depends on water temperature and on how many people use it 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 to 3.00 ppm and Bromine at 3.00 to 4.00ppm.

After heavy use, the water should be shock dosed with chlorine or bromine weekly. Be sure to check the level again before use. And if the spa or hot tub is not being used, add sanitiser every day to prevent contamination.

### GENERAL MAINTENANCE.

It is important to keep the filter and pump clean. Clean the filter regularly and empty hair and lint from the pump as often as required.

Store chemicals in a cool dry place; OUT OF THE REACH OF CHILDREN; never mix chemicals and never add water to chemicals, only add chemicals to water.

