Article published on July 19th 2012 | Gardening

Although swim spas that are located in a public facility, like a resort, are well regulated, they can still pose a safety hazard if you don't observe basic precautions. The same can be said for a swim spa that you have at home, too. Most precautions are common sense; however, a few require some knowledge of how a spa works to uphold. Never allow children around spas unsupervised to prevent accidental drowning, and always ensure that you are placing your spa in an approved area â€“ most neighborhoods require that all bodies of water are contained inside of a fence that is at least six feet high. The bars of the fence will need to be a certain distance from one another, as well; these measurements can vary according to the area that you live in.

One of the most important things to remember about using a swim spa is that you should never consume any alcoholic beverages while you're in the hot water. Refrain from drinking immediately prior to entering your spa, as well. Hot water does not mix well with alcohol, because both the heat and the alcohol work to expand your arteries â€“ they also raise the temperature of your body. Additionally, you don't want to risk falling asleep in the water. Although it may be tempting to bring a drink in to help you relax more, it really is not a good idea. This is especially true if you are going to be using the spa without any other adults present.

Like a swimming pool, you will need to regularly maintain your swim spa so that it remains a sanitary place to relax and swim. This includes testing the water chemistry, and adding any needed chemicals. You don't want to create a breeding ground for bacteria, mold and other fungi. Additionally, the electrical components will need to be regularly monitored to ensure that they aren't broken, or at risk for becoming a fire hazard.

On a final note, make sure you always listen to your body when you're using swim spas. They are an excellent way to relax after a long day; however, some people cannot stay in the hot water for very long before their body starts to send distress signals. It's a good idea to consult with your doctor prior to using a swim spa on a regular basis to ensure that your body is able to take the heat. Some individuals, such as those with heart disease and blood pressure problems, are at a higher risk for something going wrong in the spa.

Article Source:
http://www.articleside.com/gardening-articles/swim-spa-spa-safety-tips.htm - Article Side

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Robert Henson is a freelance writer who scours the Internet, searching for the best products and services to share online. For more specific details or information about the a swim spas discussed above, visit a http://www.fluidswim.com today - learn more about the swim spa and other products offered by FluidSwim.

Article Keywords:
swim spas, swim spa

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