

LET WATER BE YOUR PARADISE!

Imagine plunging into your own indoor or outdoor pool, swim spa or hot tub. What a fabulous feeling, as you enter the water to cool off from the glorious sunshine, or warm up and relax your muscles with bubbling hydrotherapy.



Creating harmony in our lives is every person's desire, and with our ever increasing busy lifestyles, adding the pleasure of water at home can provide the dream lifestyle and that ultimate feeling of paradise! With so many options on offer, making the right choice for your home and lifestyle may be a tricky decision. Your investment will increase the years of enjoyment and health benefits associated with pool and spa ownership. You will also create a unique feature for your home.

To help you make a considered choice,

the Swimming Pool and Allied Trades Association (SPATA) and the British and Irish Spa and Hot Tub Association (BISHTA), have joined forces to offer a helpful guide to help make your dream a reality.

DESIGNING YOUR DREAM POOL

Constructing or installing your dream pool is not just about finding a competent builder; it also requires a specialist to design the pool in the first place. If the pool is to be located indoors, a ventilation specialist will be needed to deal with

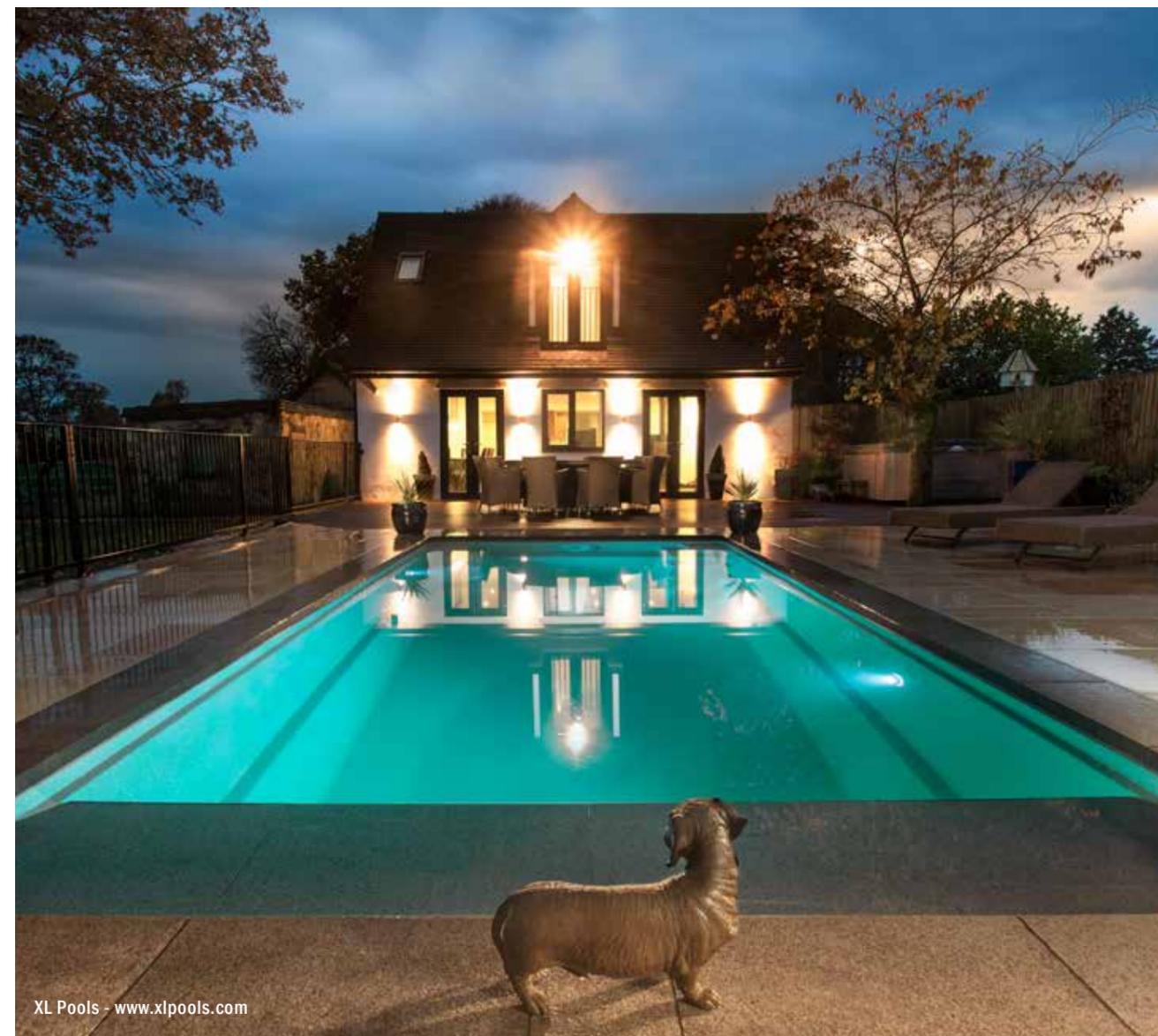
environmental control.

It's important to ensure the pool project integrates all of the specialist elements together, as solving technical problems after completion can be difficult, disruptive and potentially expensive. The project must be right from the outset, so it's vital to appoint a professional pool designer, or an architect with specialist experience in this area. Check if your pool contractor is able to offer you the option of having your pool designed by them.

There are lots of design considerations



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to be taken into account when planning a swimming pool. These include the heating methods (both water and air); dehumidification; ventilation; plant-room noise suppression; recovery of waste heat and cooling in summer. All of these design elements will depend on the pool size, shape, bather load and hours of use per day and in turn they will affect the choice of building materials and the overall design and layout of the building.

The three major areas of pool construction – the pool itself (and the building and the air treatment plant for indoor pools only) are sometimes left to three separate firms. Ideally, it is best if just one company is in charge of looking after all the elements of the design and build of your pool. Pool installation companies can often undertake this work themselves, or can suggest names of

designers or architects with whom they have worked with. The Swimming Pool and Allied Trades Association (SPATA) can signpost you to companies or individuals in their membership.

A specialist designer will be able to discuss your requirements in detail, carry out a thorough assessment of the plan, draw up a complete schedule of work and supervise the project from start to finish. Besides the practical aspects, a professional designer can also help make the most of the aesthetic possibilities by creating an environment tailored to your personal requirements. Since swimming pool water is flat and still (at least when the pool is unoccupied), an extra dimension is useful to give it a 'WOW' factor. This extra dimension can be provided as height, depth, light, movement and even sound. If you

have sufficient space and your budget will allow you to indulge your imagination, elements such as different levels of pool surround, planted areas, island stepping stones, peninsulas or bathing platforms extending into the pool can all be incorporated. You could even enhance the visual aspect of the pool with waterfalls, water curtains, fountains or bubbling waters.

When researching architects and specialist designers, make sure they can undertake the tasks that they are being required to do by you and always ask for references. If possible go and visit these to see first-hand the quality of their work to get feedback from the client on how well their installation went. An integrated approach to pool design is a sure way of ensuring that your pool will be trouble free and brings your dreams to life!

IS PLANNING PERMISSION REQUIRED?

As a guide, outdoor pools (in a rear garden) will often be treated as permitted development, if they are not in Conservation Areas, or Areas of Outstanding Natural Beauty and, therefore, will not require planning consent. Planning permission is required where you opt for an indoor pool. For outdoor pools with an enclosure it is worth checking for the relevant Local Planning Permission Authority. When you have decided on having a pool at home, you should also inform your local water company. Installing a pool needs careful planning and construction, if you are to reap the rewards of your investment.

POSITION, SHAPE AND SIZE

Pools are available in a variety of shapes and sizes, mainly dictated by budget and site considerations. Taking advice from an experienced and approved contractor can help to smooth your decision making process. Ensure your chosen pool position

will benefit from maximum exposure to sunlight. Avoid trees and other foliage which could overshadow the pool or shed leaves and other debris into it. Don't build the pool too far from your house - a lengthy cross garden trek can take the edge off the enjoyment of using your pool unless you have dedicated changing facilities near the water.

Plan for the future, within your budget, go for the largest pool that is practical for you. Small children grow up remarkably quickly, their circle of friend's increases, so they are likely to use the pool more often. Water depths are therefore necessary to consider, as adults will need at least 900mm of water in the shallow end to swim comfortably, while young children will need to feel safe in the shallow end while they learn to swim.

Site access will be an important factor. Excavation machinery will need to get in and out, so it's never too early to think about landscaping, given the availability of excavated material.

Soil conditions may require specific treatment and changes of ground level, and existing structures will all need to be taken into consideration.

CHOOSING A POOL

There is a choice of having your pool in-ground, or you may prefer to have an above ground option. In some instances, above ground pools may be suitable to be put partially into the ground, but please make sure this is warranted by the installer and the manufacturer.

The three basic methods of in-ground pool construction each have their own merits:

Concrete - a strong, waterproof reinforced concrete shell finished with tiles, mosaic, plaster or special paint. This pool has traditionally been the goal of many pool owners, as it can be built to any shape and size.

Liner - a tailor-made PVC liner provides the necessary waterproofing, avoiding the need for a heavy structural reinforced



base. Correctly designed and installed, liners are crease and wrinkle free and are available in a range of different colours and attractive finishes.

Glass Fibre/Ceramic - a one-piece moulded swimming pool shell that is strong, durable and requires minimal maintenance. These are often the quickest to install, although there may be some limitations in their shape and size.

Customers also have the option of having an above ground pool, which may be more appropriate to meet budget and garden size requirements. Not to be confused with the basic, low cost 'splasher' pools, a range of high quality above ground pools are available in a range of shapes and sizes that will offer years of fun and enjoyment. Often

supplied complete with their own filtration system, good quality above ground pools also have a choice of optional extras such as access ladders, covers and counter current swim systems to create a bigger feel to a smaller pool.

To help make a decision about which pool type is right for you, ask your SPATA contractor to put you in touch with owners of the various types to see for yourself and to ask them questions about their pool.

ENCLOSED OR OPEN POOL?

It makes sense to be able to use your pool whenever you want, day or night and whatever the weather. Covering your pool has financial benefits too; reduced heating and chemical costs and substantial reduction in water lost through evaporation. Pool enclosures come in a

wide variety of types, both fixed position, or telescopic versions (which can be opened up or rolled back in fine weather) air inflated domes, large 'conservatories' and also log cabins.

Even if you go for an open pool, you may well want to consider enclosing it in the future and you should bear this in mind when deciding on its position in your garden. Enclosing your swimming pool not only enables you to use it for more of the year, but also means that you are more likely to use it earlier and later in the day. Added to the savings in water heating and cleaning that a pool enclosure can bring, the prospect becomes very attractive.

Deciding which type of enclosure is best for you will depend on the type of use you make of your pool, your budget and how permanent you want

the structure to be. The different types of enclosures also include architect designed buildings, glazed conservatories, log cabins and specialist aluminium/PVC and polycarbonate/glass enclosures specifically designed for the swimming pool environment.

POOL COVERS - ARE YOU COVERED?

Whether or not you have an enclosure, whatever the type of pool you have, indoors or outdoors, you will almost certainly benefit from the use of a good quality pool cover. Their success has been such that pool owners everywhere consider the use of a good quality cover an essential part of their pool accessories.

The prime function of a so called "solar" cover is to reduce heat loss through evaporation. This applies to indoor and outdoor pools (although more so for outdoor pools due to wind factors). It is estimated that an uncovered outdoor

pool may lose an incredible 90% of its heat through evaporation. Therefore if you stop that evaporation, you will save on heat and water loss, pool chemicals, and most of all save money. A good quality heat retention cover used on indoor pools will also reduce humidity and stop condensation almost entirely, thus reducing the damage that may otherwise be caused to poolside furnishings and the building structure.

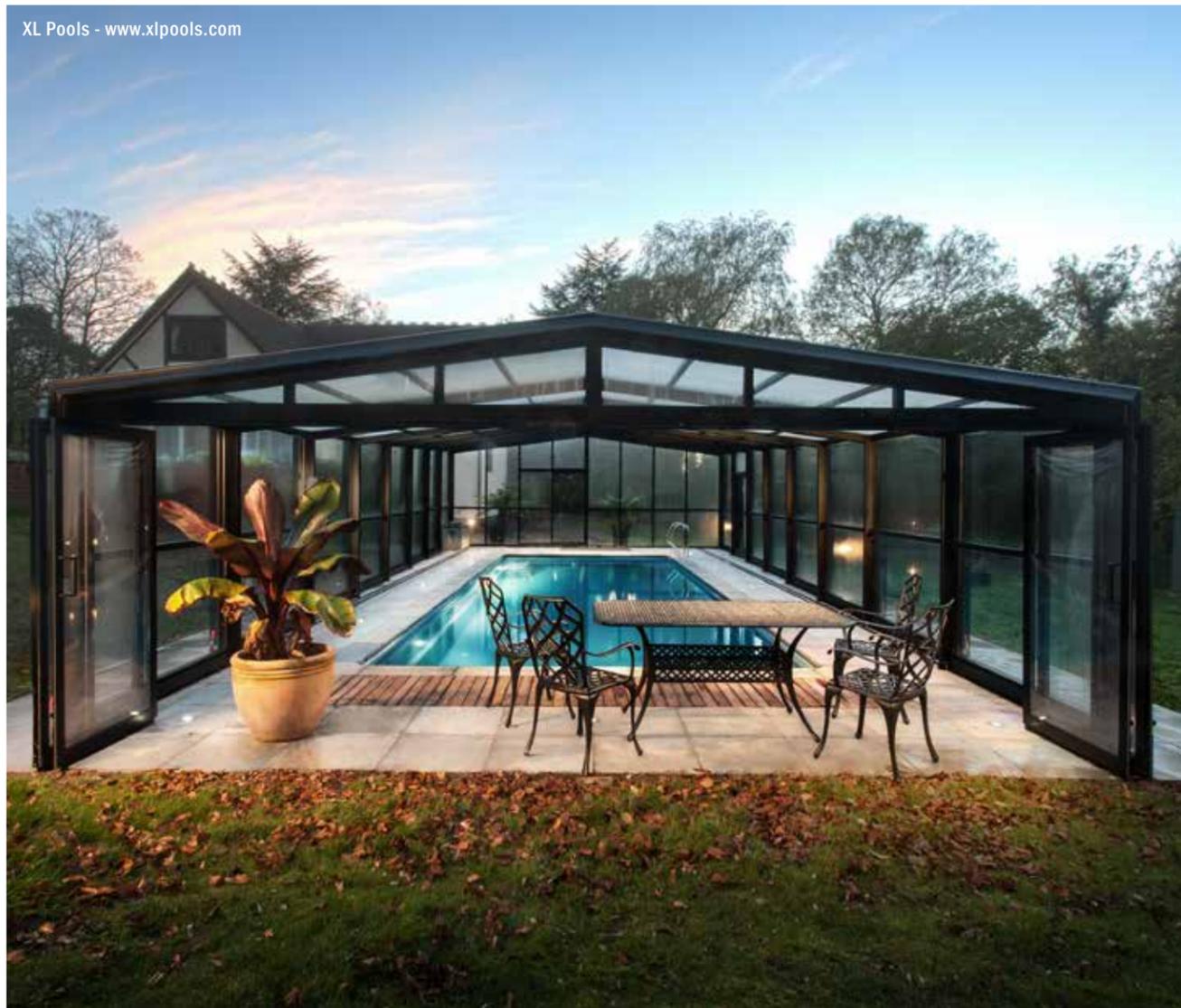
The first thing to consider is your list of priorities. Safety will be more of a concern if small children and family pets can access the pool area. Safety covers are available from most SPATA retailers and contractors and in a choice of styles and designs. These range from a simple safety net, which is tensioned over the pool when not in use, to a fully automated system which will completely cover the pool in a matter of minutes, by simply pressing a remote control switch. Please

note, there are no swimming pool covers that are 100% safe. Customers may wish to explore the use of other safety devices, such as pool fences and/or they may wish to ensure that their boundary with any neighbours has a suitable fence or wall to prevent unauthorised access.

HEATING AND MAINTENANCE

The majority of pools are heated, and therefore consideration should be given to the best heating method. There are various ways to heat your pool water, each with its benefits. Choosing the right type of heating will maximise your chances of having the most suitable energy efficient system, and this will help to save you money. SPATA would always recommend that to minimise operating costs, the use of a heat retention cover should be considered with whatever heat source you choose, as most of the heat loss from a swimming pool is from the water surface. It is also imperative to

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- www.londonswimmingpools.com

ensure that equipment is installed only by fully qualified people. The most common forms of swimming pool heating are Heat Pumps, Gas and Oil boilers, Direct resistance electric heating and Solar heating.

INDOOR POOL HEATING

Indoor pool water can be heated by any of the options listed, although solar heating is rarely used. When considering indoor pool heating, you must heat not only the water, but also the space above

This will help reduce moisture evaporation from the swimming pool and provide a comfortable atmosphere for occupants of the room. Inevitably, some moisture from the swimming pool will always evaporate into the room. This can cause condensation, fabric damage and lead

to high humidity that causes personal discomfort. Swimming pool room heating should be complemented with a form of moisture control, such as a dehumidification system or a combined heating and dehumidification air handling system.

The installation of an air-handling unit with a distribution system for dehumidification will be required to do this. Consequently, it is important that each system is designed separately, and separate instructions are issued.

ACCESSORIES AND OPTIONAL EXTRAS

You want your pool to be as comfortable and attractive as possible, and there is an enormous selection of enhancements and labour-saving devices available on the market. These range from underwater

lighting, automatic water top-up, counter current machines and automatic cleaners to diving boards, slides, special deck finishes and poolside furniture. Research what is available and choose the accessories and extras that suit your lifestyle, to help you make best use of your investment.

SWIMMING POOL RENOVATION

For a growing number of people, a pool in their home or garden may be an installation that came with their new property purchase and is of need of a facelift or a bit of cosmetic surgery. Alternatively, you may have an ageing pool and wish to give it a make-over to suit your preferences. Whichever type of pool you own, calling in a SPATA approved specialist will ensure that your renovation



Oyster Pools & Leisure - www.oysterpools.co.uk

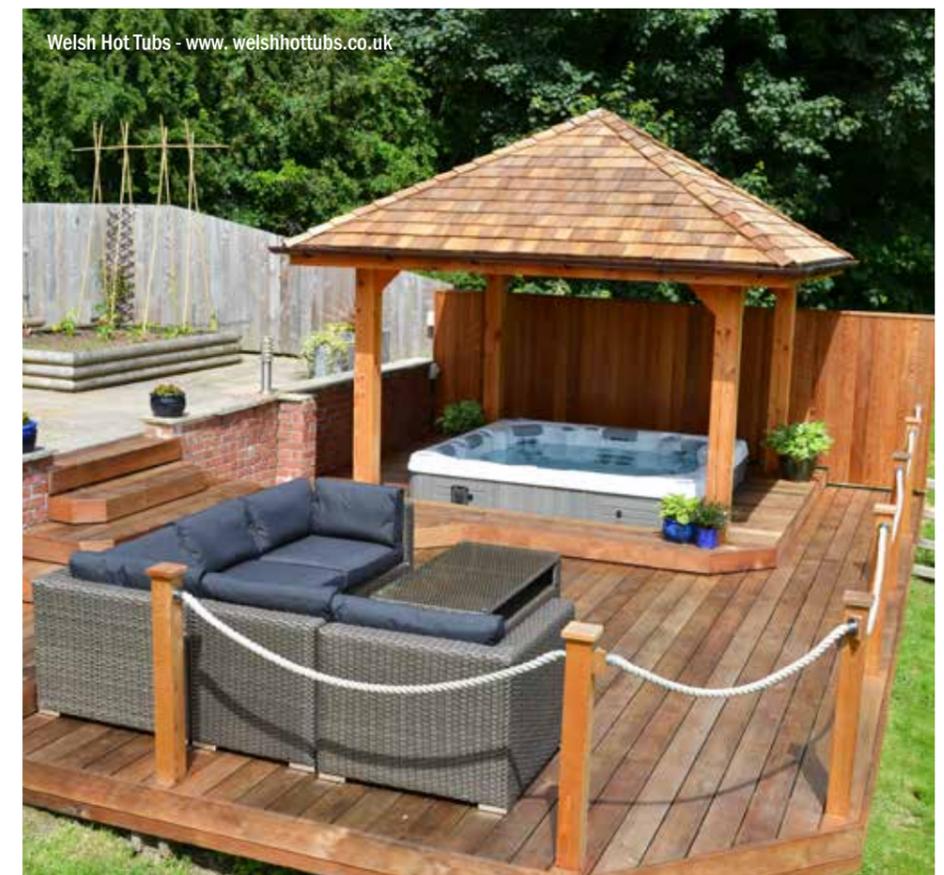
project provides many more years of bathing pleasure.

Whether new or refurbished, a well-planned and installed pool, will give years of pleasure to you, your family and friends and bring great health benefits and much enjoyment. Building a pool is a major specialist undertaking and requires expert assistance from the outset. Make sure that any contractor you approach can provide the type of pool you need, check the type of work they have provided other customers and talk to these clients about their experiences. SPATA members can be found by visiting: www.spata.co.uk

HOT TUBS AND THE POWERS OF HYDROTHERAPY

Being the owner of a hot tub promises a number of health benefits, as well as a treat for you and your family. Hot tubs (often also referred to as "spas") have been used as a source of relaxation in spa resorts and fitness centres all over the world and promote wellbeing and by owning one, this can give you more regular access to these benefits.

Hot tubs are adapted to cater for



Welsh Hot Tubs - www.welshhottubs.co.uk

most living spaces and can hold a various number of people, depending on your needs and the purpose of the hot tub. You can decide where you want your new hot tub (usually outside in your garden, but they can be sited on balconies and indoors, but check what additional requirements they will need). A major benefit of hot tub ownership is you are not restricted by season, as you can use it all year round, from enjoying the warm summer nights to looking at contrasting winter snow, whilst the bubbles of the heated hot tub massage your body.

Hot tubs come in a variety of price ranges which means you can pick one that is right for your budget. They can be especially effective for people who suffer from muscle soreness, or poor joint conditions, as you can move more freely and pain-free in water. The pressure

from the jets in the hot tub are strong, yet gentle. A hot tub can also help you with that “getting away from it all” feeling, without costing a fortune. By relaxing in your hot tub, you can get similar feelings of relaxation as you would on a holiday break, with warm waters and a stress free atmosphere, all achieved in your home or garden!

To help make the right decision for your needs and requirements; ask your BISHTA retailer for their recommendations and arrange to visit their show room for a wet test.

SWIMMING AGAINST THE TIDE

Swim Spas are much larger than most hot tubs, but often not as large as most swimming pools! Swim spas are great for those who enjoy swimming, but who do not have room for a swimming pool. A

Swim Spa can provide the experience of swimming the English Channel in an area no bigger than 8’ x 6’. Swim Spas allow you to swim against a continuous stream of water. You do not have to complete laps or turn around like in a normal pool, but just have to keep exercising within the space provided to ensure you get the swimming exercise you need.

Larger spas can be designed as swim spas and / or they can be designed to have other exercise functions, such as a range of aqua aerobics activities, weight resistance training, to water jogging, making it the ideal therapeutic tool for tired bodies to be supported in the water. The use of these larger exercise spas can therefore increase your fitness at home, rather than paying for a membership at the gym.

Exercise spas have been found to be



Falcon Pools - www.falconpools.co.uk



Hydropool UK - www.hydropoolspas.co.uk

effective for those recuperating from any sports injuries. The reason is that these units have been designed so that you can indulge in strenuous water based activities, and the flow of the water jets can also be fine-tuned to deliver just the right force and direction. In terms of space, they only need about 4 – 8 metres in length and 2.5 – 3.5 metres in width. Since they are self-contained, they are quicker and easier to install than most swimming pools.

Hot tubs and exercise spas are a healthy and natural way to relax and are a great addition to any home or garden to

enhance your lifestyle. With an enormous variety of shapes, sizes, colours and styles you can be sure that there is an option to suit every requirement!

Make an informed choice, by talking to the experts. Each year the UK’s number one international swimming pool and spa exhibition, SPATEX takes place at the Ricoh Arena, Coventry (31st January – 2nd February 2016). It represents all sectors of the wet leisure industry from pools, spas, saunas to hydrotherapy, steam rooms and children’s play equipment, in both the domestic and commercial arena.

Primarily a trade Show, it also welcomes members of the public. As the longest established and leading event for the wet leisure sector, SPATEX provides a unique annual opportunity for you to come and meet the experts, all under one roof. www.spatex.co.uk

PARADISE AT HOME

A well planned and installed pool, spa or hot tub, will give years of pleasure to you, your family and friends and should enhance your health and enjoyment. If you are a pool or spa owner looking to refurbish or upgrade, or a customer looking to buy a pool, spa or hot tub, the UK wet leisure trade associations are on hand to offer you advice and guidance. SPATA and BISHTA, have created and established the standards by which pools and spas should be built and provide a Code of Ethics for ethical trading by which its members abide. Choosing an approved SPATA or BISHTA member, will provide you with peace of mind when making your dream a reality! Find your nearest member at; www.spata.co.uk and www.bishta.co.uk

SPATA - The Swimming Pool and Allied Trades Association, is a member of BSPF, the British Swimming Pool Federation.
TEL: 01264 356210
www.spata.co.uk



BISHTA - The British and Irish Spa and Hot Tub Association, is a member of BSPF, the British Swimming Pool Federation.
TEL: 01264 356211 www.bishta.co.uk



For more information about the SPATEX exhibition VISIT www.spatex.co.uk