

CHILL TUBS[®]

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INFO TECH

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GENERAL INFORMATION

An chill tub is a recovery technique used by athletes and individuals looking to reduce muscle soreness and inflammation after physical activity. It is proven that cold water therapy also has many other benefits such as improving blood circulation. The purpose of the Chill Tub is to allow people to experience cold water safely and efficiently in the comfort of their own home/setting.

While there are benefits to cold water therapy, there are a few things that you should be cautious of especially if it is your first time experiencing cold water immersion. Chill Tubs are designed to go down to as low as 3 degrees, which is extremely cold. So, for your first time it is recommended you start at 10 degrees and gradually reduce the temperature over time. If you normally have a cold shower, you could start at 6 degrees.

NOTES

Chill Tubs are NOT designed to be used by children. The temperatures are too cold for young children and could cause hypothermia.

Hypothermia

The risk factor associated with cold water immersion therapy is the potential of developing hypothermia. This occurs when you suffer a drop in core body temperature and can eventually lead to loss of consciousness and heart failure. The amount of time you can spend in cold water without suffering from hypothermia is determined by many varying factors, so it is always best to check with your doctor prior to use.

The best thing to do is start with short dips of 30 seconds, keeping your face, shoulders and hands out of the water. If you begin to feel uncomfortable or you begin to shiver, listen to your body and get out, slowly warm yourself back up by walking around.

SAFETY TIPS

- The Chill Tub is designed for use by one person at a time. Do not exceed
- Build up slowly by gradually introducing your body to the cold water. Start with your feet first, then legs, torso and so on
- Be mindful of your breathing and learn how to control it
- Start at 10 degrees for short durations (30 seconds to 1 minute)
- Always check with your doctor if you are unsure
- Always keep the cover on when not in use

KEEPING THE WATER CLEAN

You should still chemically treat the water to ensure that it is safe to bathe in. Although the water is cold, bacteria can still be present. Cold temperatures cannot kill germs, but only slow down their growth. Therefore, bacteria in cold temperatures will not be able to function, but if they are brought back to room temperature, they will start to multiply.

Recommended treatment:

- Use 1 x Chill Tabs Sanitiser Tablet twice per week
 - This may need to be more frequent for heavily used Chill Tubs
 - 1 x tablet in 400ltr of water will give you 2.5ppm of free chlorine
 - The recommended free chlorine range is between 2-5ppm
- Ensure you test the water regularly, including before use.
 - Use quality test strips such as AquaSParkle 4-way

NOTES

Chill Tabs Sanitiser Tablet are gentler than normal chlorine tablets and are generally less aggressive on stainless steel. Once you have added 1 tablet to the water we recommend leaving the cover off for 1 hour to ensure the tablet has fully dissolved.



SANITISER TABLETS COMPARISON

Characteristics	Chill Tabs Sanitiser Tablet (dichlor)	Stabilised Chlorine tablets (trichlor)	MF Stabilised chlorine tablets (trichlor)	Bromine Tablets
Rate of Release	Fast	Slow	Slow	Slow
PH	6.0 - 6.5	2.9	3	4
UV Protection	✓	✓	✓	✗
Clarifier	✗	✗	✓	✗
Sanitiser %	43	90	87	95
Dispenser Required	✗	✓	✓	✓
Suitable for Chill Tubs	✓	Check with manufacturer	Check with manufacturer	Check with manufacturer

Filter cleaning:

The filter should be replaced every 3 months and cleaned at least once a month. We recommend using a cartridge filter cleaner such as InSpire Cartridge Cleaner, following the product instructions for use.

NOTES

The water should be replaced every 8-12 weeks depending on use.



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