

CHILL TUBS[®]

ESSENTIAL

POD



USER MANUAL



WHAT'S IN THE BOX?

Take a moment to find out what's included;

- 1 x Chill Tubs Essentials Pod Insulated Tub
- 1 x Chill Tubs Essentials Pod Thermo Lid
- 1 x Carry Bag and Strap
- 1 x Floor Pump
- 1 x Repair Kit
- 1 x Chiller with accessories (if purchased as an optional extra)

Unpacking your Chill Tubs Essential Pod

- Please read carefully through this user manual before using your Chill Tub Essentials Pod.
- Go to **chilltubs.com/support** to register and activate your Chill Tubs warranty.
- Complete the steps in the **QUICK START GUIDE** to assemble your Chill Tubs Essential Pod.

CUSTOMER SUPPORT

If you have any questions about setting up or using your Chill Tub, please visit our website for further information, FAQs, troubleshooting and customer support.

OWNERS RESPONSIBILITY

Please read if you have purchased a Chiller Unit as an optional extra.

Electricity is very dangerous, in order to prevent accidents or death please pay attention to safety and ensure you fully read this instruction manual before use.

1. During and after transportation, the Chiller Unit must stay upright on a stable surface at all times.
2. After transportation, and before use, the chiller **must be left for 24hrs** for the refrigeration gas to settle.
3. Make sure there are **no water leaks** from the Chiller Unit, or inlet and outlet pipes when connected to the Chill Tubs Essential Pod.
4. Make sure the Chiller Unit is plugged into an AC socket or extension cable that is suitable for use, properly grounded, has a built in surge protector and preferably is 1P65 rated.
5. Ensure the Chiller Unit is **kept dry at all times**, do not immerse, splash or spray the unit with water. If the unit does get wet, unplug it immediately and do not use.
6. **Never** leave the Chiller Unit switched on when using the Chill Tubs Essential Pod, always ensure the unit is **turned off** during your cold water therapy session.
7. If the Chiller Unit stops working or doesn't work when switched on, unplug it immediately and do not use.
8. We accept no responsibility for misuse or failure to use this equipment safely as instructed.



HEALTH & SAFETY WARNINGS FOR THE USER

Taking the plunge is a big step

Chill Tubs declines all liability for damages arising for failure to observe the following directions.

Health disclaimer: If you're unsure about whether this is for you then please check with your doctor before using your Chill Tub.

Chill Tubs are suitable for most people, most of the time, however we recommend to take a cautious approach and we would advise that people with reduced mobility, sensory, and/or cognitive abilities only use the Chill Tub if supervised and only if they have the knowledge necessary to use the equipment safely, as well as to understand the dangers arising from improper use.

Tolerance to cold water varies from person to person and we recommend being mindful of gradually building up the duration of use with the Chill Tub and be cautious when using it alone.

New to this?

It is quite dangerous to suddenly jump into cold water that's significantly cooler than what you're used to as it can cause a shock to the body. Therefore, enter the water slowly and keep your face shoulders and hands clear until your breathing is under control.

The cold-water shock response decreases with cold exposure experience and being mentally prepared.



A risk factor is 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 the water temperature, your body size and shape, your level of cold adaptation and your experience, among other factors. Check with your doctor as relevant. Start with safe, short dips of 30 seconds to learn what your limits are. If you begin to feel uncomfortable or you start to shiver, listen to your body, get out and slowly warm up by walking around.

If you have a chiller, you can check the water temperature before entering the Chill Tub, to ensure that it is at temperature that is suitable for your experience in cold exposure. If you don't have a chiller you can use a water temperature thermometer. Chill Tubs does not accept responsibility for any inaccuracies with your own thermometers.

Children must be supervised near the Chill Tub to make sure they do not play with the equipment and do not carry out operations to be performed by adults, such as maintenance and cleaning. Always attach the cover when not in use. Children are not advised to use the Chill Tub.

Please check with your doctor as relevant. Pregnant women should talk to a doctor first, low temperatures are not advised. Anybody under medical care, such as people with heart conditions, diabetes, high or low blood pressure or other health problems must not use the Chill Tub without first consulting their doctor. People with infectious diseases should not use the Chill Tub without first consulting their doctor.

Do not use the Chill Tub after drinking alcohol or taking recreational drugs.

The use of alcohol or drugs can greatly increase the risk of fatal hypothermia when using the Chill Tub.

Do not use your Chill Tub during extreme weather conditions (during storms or floods etc). It is also recommended to place the Chill Tub in an area that will not attract standing water.

Be very careful when getting in and out of the Chill Tub. Surfaces may be slippery when wet.

DO NOT use other electrical appliances such as radios, hairdryers etc near the Chill Tub when it is not empty. It is important to maintain water cleanliness in accordance with Chill Tub's instructions by following the correct cleaning procedure, see page 14.

DO NOT use any unapproved chemicals or detergents unless you plan to rinse the Chill Tub thoroughly to remove any remnants of cleaning products before refilling with the water you will bathe in. Chemicals such as ammonia, combustible substances, bromine, fluorine are not advised on the Chill Tub as they may risk passing on to users.

DO NOT use a pressure washer to clean the Chill Tub as this may result in damage.

It is very important to keep the cover on when the Chill Tub is not in use - this is to prevent injury to children or animals.

Any repairs required must be made by a Chill Tubs approved engineer. Chill Tubs cannot accept liability for any damage arising from alterations or repair made by non-approved engineers.

If you have a chiller unit, It is the end user's responsibility to ensure the power supply used is on an RCD protected circuit.



YOUR QUICK START GUIDE

Assemble your Chill Tubs Essential Pod

1. Unpack and place the Chill Tubs Essential Pod on a stable surface.
2. Inflate both the Hard-Wall Tub and Protective Lid using the supplied floor pump.
3. Ensure the pump is fully inserted into the valve, and pump until fully inflated. The recommended pressure is 10 PSI (0.68 Bar).
4. Once inflated, seal the valves using the safety caps.
5. If you are using the Chill Tubs Essential Pod with the Chiller, place it on a stable surface at least 1 metre from the Chill Tubs Essential Pod.
6. Connect both the Inlet and Outlet pipes and ensure the valves are hand tight.
7. You can now fill your Chill Tubs Essential Pod with 'cold water' using a hose until the water is roughly 15 cm (6 inches) below the underside of the top ring (not more than 2/3 full).

How to empty your Chill Tubs Essential Pod

1. If you are using the Chill Tubs Essential Pod with the Chiller, ensure it is switched off and unplugged.
2. Unscrew the 'Water Out' drain plug to let the water drain out.



HOW LONG SHOULD I STAY IN COLD WATER?

The amount of time you can spend in cold water without suffering from hypothermia is determined by the water temperature, your body size and shape, your level of cold adaptation and your experience, among other factors.

Check with your doctor as relevant. Start with safe, short dips of 30 seconds to learn what your limits are. If you begin to feel uncomfortable or you start to shiver, listen to your body, get out and slowly warm up by walking around. If you like, you can check the water temperature before entering the Chill Tub to ensure that it is at temperature that is suitable for your experience in cold exposure.



KEEP UP TO DATE

Follow this QR Code to access our You Tube channel for all our helpful guides to help you get started with your cold water therapy experience.



Thermo lid

This high quality insulated lid is designed to add a thermal bridge between the ice bath water and the external elements, keeping the water at a steady temperature.

Fully Insulated

Both the body of the Pod and the lid are insulated, keeping the outside weather from affecting the internal water temperature.

Easy inflation

Fully inflate the Chill Tubs Essential Pod in less than 5 minutes for a super easy setup.

Durable construction

The Chill Tubs Essential **Pod** is made with ultra-durable fibreglass reinforced PVC, which is easy to clean.



LOOKING AFTER YOUR CHILL TUB

Maintenance, cleaning and storage

- Before using your Chill Tubs Essential Pod for the first time, please wash with **warm soapy water**, rinse and wipe down with a clean dry cloth.
- **Never** clean your Chill Tubs Essential Pod with a strong bleach-based detergents, as this may degrade the materials and waterproof seals.
- To empty your Chill Tubs Essential Pod, use the 'Water Out' drain plug. Take care with the drain tap, don't force it and make sure turn it to the closed position after use and clean it regularly.
- We recommend changing the water once per week. To extend the life of your Chill Tubs Essential, when you drain the water, we recommend washing the inside surfaces with warm soapy water.

How to fill your Chill Tub

- Your Chill Tubs Essential Pod can be filled with cold water. Always start filling with room temperature water, adjusting to your desired temperature as the Chill Tubs Essential Pod gets closer to full.
- Never fill your Chill Tubs Essential Pod more than 2/3 full to compensate for your body mass and displacement of water when you enter. So it's always best to start 1/2 full and adjust afterwards.



PRODUCT SPECIFICATIONS

100 cm diameter

90 cm height

498 litre capacity

Weight 16.5kg (Empty)

Suitable for up to 6'4 (1.9 m tall)

Ultra-durable fibreglass reinforced PVC

Solid wall and insulated construction

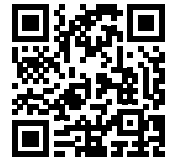
High pressure structure - max 10 PSI / 0.68 Bar

Thermo lid to keep the water at a steady temperature

Solid wall and Insulated design

KEEP UP TO DATE

Follow this QR Code to access our You Tube channel for all our helpful guides to help you get started with your cold water therapy experience.



CHILL TUBS°

**EMBRACE
THE COLD**



chilltubs.com