







# The **HISTORY**

Thank you for choosing Aquavoss! In 2022, our cold plunge journey commenced as two brothers exploring the breathtaking Norwegian Fjords.

Nestled in a lush green valley between the Vangsen and Borstrondi mountain ranges, Voss captivated us with its natural beauty. We ventured to the peak of the Vangsen range, explored the river gorge at its base and ended our excursion within the frigid waters of Lake Vangsvatnet.

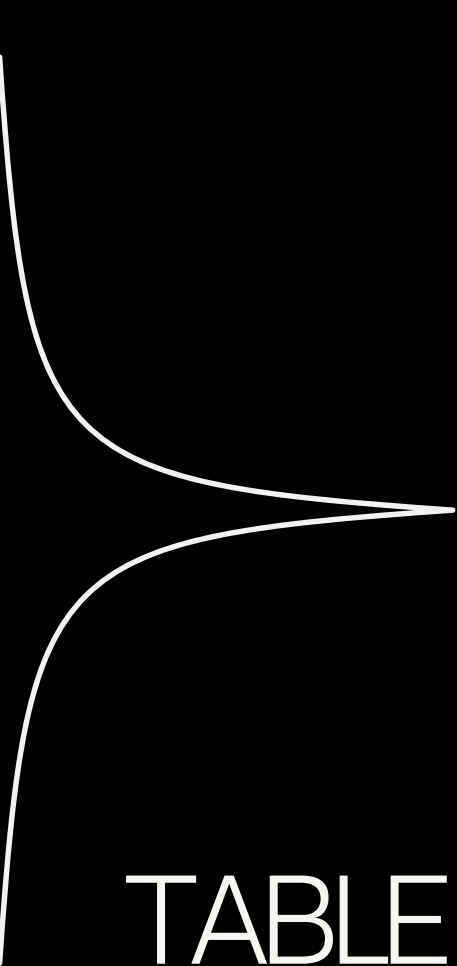
This excursion in Voss, Norway continues to remind us to embrace the cold, be present, and to live an intentional life.

As you take your first dip into your Aquavoss, we encourage you to channel the spirit of Voss, Norway—a town that continues to inspire us to be bold, healthy, happy, and well.

Sincerely,

The Aquavoss Team

*P.S. Voss has the most Olympic medals per square capita in the world!*



# TABLE OF CONTENTS



N.1 Key Features

N.2 Getting Started

N.3 Operating Instructions

N.4 Cleaning and Maintenance

N.5 All About Cold Plunging

N.6 Safety Guidelines

N.7 Contact Information





# Introduction

## PURPOSE

This user manual is meticulously crafted to guide you through the safe, effective, and enjoyable use of your cold plunge. Whether you are a seasoned cold plunge enthusiast or just beginning your wellness journey, this manual serves as a comprehensive companion to ensure you get the most out of your cold plunge experience. Cold plunging is more than just a wellness activity; it's a holistic approach to rejuvenation and recovery. As you navigate through the sections of this manual, you will gain insights into selecting the perfect location for your cold plunge, understanding its key features, and mastering the operation and maintenance aspects. Additionally, we'll delve into the science behind cold plunging, exploring gradual adaptation, hydration strategies, and post-plunge recovery techniques.

## EMPOWERING YOUR WELLNESS

Our goal is to empower you on your wellness journey. Whether you seek the therapeutic benefits of cold immersion or simply wish to enhance your overall well-being, this manual provides the knowledge and guidance you need. Cold plunging can be a transformative experience, and we are here to ensure that every plunge is safe, refreshing, and tailored to your individual preferences.

## SOURCE OF INFORMATION

Think of this manual as more than just instructions; consider it a source of information and support. Should you have any questions or encounter challenges along the way, the subsequent sections offer insights, tips, and detailed instructions. From the initial setup to troubleshooting and maintenance, we're here to support you at every step.

# N.1 Key Features

Congratulations on your choice of the Cold Plunge—a remarkable addition to your wellness routine. To maximize your experience, it's essential to familiarize yourself with the key features that set your cold plunge apart. These features are meticulously designed to offer you a tailored and invigorating cold immersion experience.

## TEMPERATURE CONTROL

Enjoy precise control over the temperature of your cold plunge. Whether you prefer a brisk cool-down or a more gradual approach to cold immersion, the temperature control feature allows you to customize the plunge according to your comfort level.

## DURABILITY & CONSTRUCTION

Crafted with durability in mind, your cold plunge is built with high-quality materials to withstand the rigors of regular use. The robust construction ensures longevity, providing you with a reliable and enduring wellness companion. With its metal support frame and acrylic shell and weather resistant paneling, your cold plunge is built to last!

## EASY OPERATION

Navigate the operational aspects of your cold plunge effortlessly. The intuitive design and user-friendly interface make turning it on or off, adjusting temperatures, and managing settings a straightforward process, ensuring a hassle-free experience.

## COMPACT DESIGN

Despite its powerful capabilities, the cold plunge boasts a compact design, making it a versatile addition to various spaces. Whether it's in your backyard, garage gym, or next to an outdoor sauna, the cold plunge effortlessly integrates into your preferred location. It's engineered to maximize every inch of space, making it a beautifully designed addition to your wellness space.

## SUPERIOR INSULATION

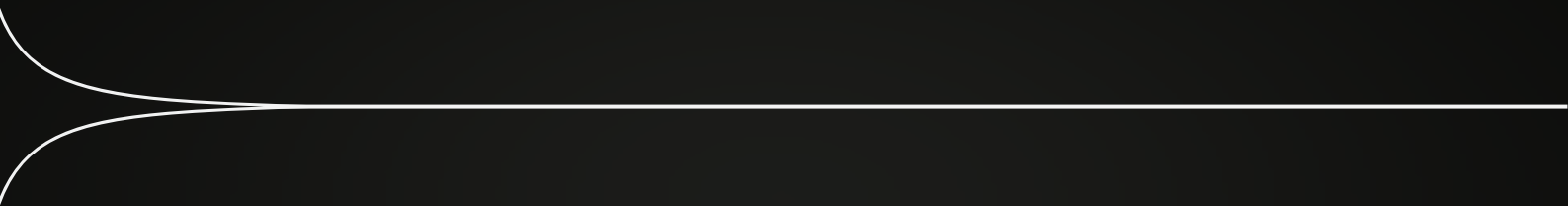
Enjoy precise control over the temperature of your cold plunge. Whether you prefer a brisk cool-down or a more gradual approach to cold immersion, the temperature control feature allows you to customize the plunge according to your comfort level.



## MAGNETIC PANEL TECHNOLOGY

Your cold plunge is equipped with an innovative Easy Removal Access Panel, enhancing user convenience during maintenance and service tasks. The magnetic paneling system allows for quick and effortless removal of the access panel. Simply grasp the panel from the base and pull it out to access the internal components.

This streamlined design not only facilitates easy maintenance, including filter replacement and service procedures, but also ensures a user-friendly experience when interacting with your cold plunge. The Easy Removal Access Panel is a testament to our commitment to providing you with a hassle-free and efficient wellness solution.



# N.2 Getting Started

## SELECT YOUR LOCATION

Choosing the right location for your cold plunge is a crucial step in ensuring a comfortable and effective wellness experience. Here's a guide to help you make an informed decision:



### CONSIDER SPACE REQUIREMENTS

Before settling on a location, assess the available space. Ensure that the chosen area can accommodate your cold plunge comfortably, allowing for easy entry and exit. Additionally, leave sufficient space around the cold plunge for maintenance tasks and potential future relocation. Do not block or cover the vented side panels as they are necessary for proper ventilation of your cold plunge!

### ACCESSIBILITY

Choose a location that is easily accessible for regular use. If the cold plunge is placed outdoors, ensure that the pathway leading to it is clear and free from obstacles. Accessibility is crucial for a seamless and enjoyable experience.

### LONGEVITY

The choice of where you position your cold plunge significantly impacts its overall durability and operational efficiency.

Cold plunges situated indoors, shielded from external elements, generally enjoy an extended lifespan. When placed outdoors, factors such as direct sunlight exposure can accelerate wear, particularly due to UV exposure, and place additional strain on the chiller system. For optimal longevity and performance, we highly recommend locating your cold plunge indoors. If an outdoor placement is preferred, consider positioning it in shaded areas or under a protective gazebo. This precautionary measure helps shield your cold plunge from the potentially harsh effects of outdoor elements, contributing to sustained durability and efficient operation over time.

### SURFACE STABILITY

Select a stable and level surface for your cold plunge. A flat surface is essential to prevent tilting or shifting during use. Avoid placing the cold plunge on uneven or sloping ground to maintain stability and safety. Do not place your cold plunge on top of grass or dirt. Choose a strong and supportive foundation such as a wood deck, concrete base, gravel, etc. Your cold plunge weighs an estimated 2,000 pounds when filled with water. Choose an appropriate foundation that can support this weight load. Please contact your local contractor, architect, or engineering professional to confirm whether your foundation can support this weight load.

### COMPLIANCE WITH LOCAL REGULATIONS

Check local regulations and guidelines regarding the installation of cold plunge units. Ensure that you comply with any zoning or safety requirements to avoid any issues in the future.



# INSPECT YOUR COLD PLUNGE

## INSPECT FOR DAMAGE:

Upon delivery of your cold plunge by the freight company, it is crucial to conduct a thorough inspection before unboxing or moving the unit. Follow these steps to ensure a smooth process:

### EXTERIOR INSPECTION

Carefully examine the wooden crate for any visible signs of damage, such as dents, scratches, or punctures. Take clear photographs of the crate from different angles, capturing any areas of concern.

### DOCUMENTING DAMAGE

If you identify any damage to the crate, document it by noting the specific areas affected and describing the nature of the damage. Record the date and time of the delivery for reference.

## CONTACT AQUAVOSS

In the event of damage, promptly contact Aquavoss customer support using the contact information provided. Share the documented photographs and a detailed description of the damage with the Aquavoss support team.

Avoid unboxing or moving the cold plunge until you have communicated with Aquavoss and received guidance on the next steps. Taking these precautionary measures ensures that any damage incurred during shipping is well-documented, facilitating a smoother resolution process. Aquavoss customer support will guide you on the appropriate actions to take based on the reported damage. Your satisfaction and the condition of your cold plunge are our top priorities.



# MOVE YOUR COLD PLUNGE

Moving your cold plunge from its curbside delivery location to its final destination requires careful consideration and proper handling. Whether you opt for spa and hot tub movers or general movers, follow these steps for a smooth and secure relocation:

## PROFESSIONAL HOT TUB MOVERS

If possible, consider hiring spa and hot tub movers. Their experience with handling large, water-filled vessels makes them well-suited for moving your cold plunge with precision and care. Their specialized equipment minimizes the risk of damage during transportation.

## GENERAL MOVERS

If spa and hot tub movers are not available in your area, general movers with experience in handling large and heavy items can also get the job done. Ensure they have access to dollies and industrial moving equipment to facilitate a smooth relocation process.

## CLEAR PATHWAYS

Ensure that pathways from the curb to the final location are clear of obstacles. Remove any potential tripping hazards and make sure doorways and passages are wide enough to accommodate the cold plunge during transit.

## COORDINATION WITH MOVERS

Communicate with the movers regarding the cold plunge's weight, dimensions, and any specific handling instructions. Provide clear directions to the final location and inform them of any considerations for navigating tight spaces or uneven terrain.

## PLACEMENT IN FINAL LOCATION

Once the cold plunge reaches its final destination, work with the movers to carefully position it in the selected spot. Avoid dragging the unit to prevent damage to the exterior or potential harm to the movers.

## LEVELING

Check and ensure that the cold plunge is level on the chosen surface. Use leveling tools if necessary to make any adjustments for stability.

## FINAL INSPECTION

Conduct a final inspection of the cold plunge to ensure there are no visible damages or issues resulting from the move. If you notice any concerns, document them immediately and contact the moving company.

By following these steps, you can ensure a successful and secure relocation of your cold plunge to its designated location. Once the cold plunge is in place, proceed to Section 2.3 for guidance on the initial setup process.

Lets get you in cold water.

# INITIAL SETUP

Congratulations on the delivery and successful placement of your cold plunge in its chosen location! The initial setup process is straightforward and designed to ensure that your cold plunge is ready for a refreshing and invigorating experience. Follow these steps for a smooth setup:

## UNBOXING

Carefully remove any straps or packaging securing the wooden crate. Use appropriate tools to open the crate without causing any damage to the contents. Remove the cold plunge from its pallet and place it in its final destination.

## FILLING WITH WATER

Fill the cold plunge with water using an outdoor hose or other water source. Do not overfill your cold plunge with water. Please consider that the water level will rise when a person is inside the cold plunge. Your water level should never be so high that water is leaving the cold plunge when a person enters.

## POWER CONNECTION

**Do not turn on or plug in your cold plunge if it is not filled with water.** Your plunge must always be full of water when connected to a power source. Your plunge runs on 120v/60hz electrical connection. Please check with your local electrician to ensure the designated electrical outlet can support the electrical requirements and amperage draw of the cold plunge. Refer to the technical specifications listed on the chiller and circulation pump to determine if your current electrical outlet is suitable for the cold plunge.

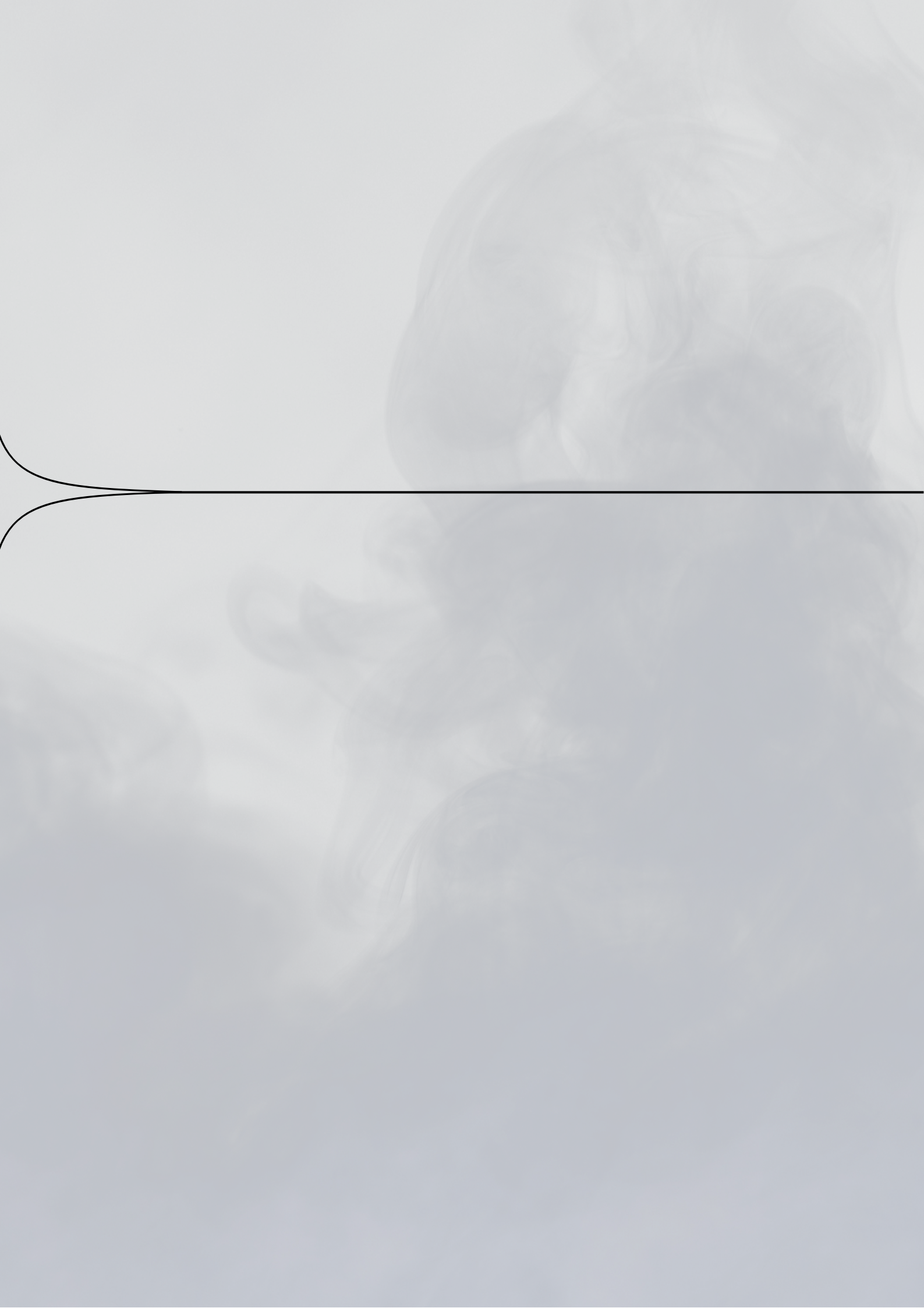
## INITIAL OPERATION

Refer to the section 3 (Operating Instructions) for proper operation and temperature setting of your cold plunge. Please note that your cold plunge, depending on its chiller, will typically cool water down 3-8 degrees Fahrenheit per hour depending on the location and ambient temperatures of the cold plunge.

## PLUNGE

Once your water has cooled to the designated temperature, its time for your first plunge! Refer to section 5 for tips on making the best of your plunge experience and to learn more about cold plunging.







# N.3 OPERATING INSTRUCTIONS

## REMOVING THE ACCESS PANEL

Your cold plunge is equipped with a user-friendly magnetic paneling system, facilitating effortless installation and removal of the access panel. For quick access to the smaller panel, simply grasp it at the base and pull it out. The corner pieces are permanently attached to this smaller panel.

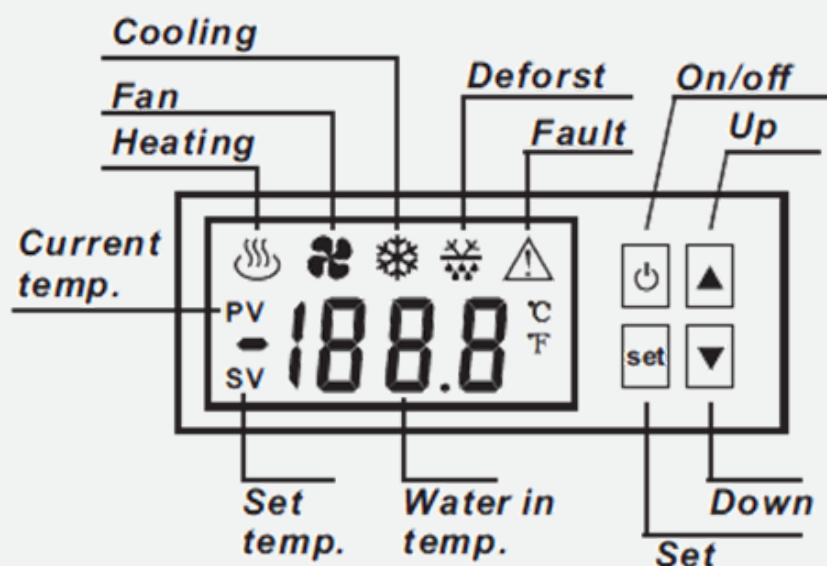
When it comes to removing the larger side panels, follow these steps: Use a screwdriver to extract the screws securing it to the metal frame. To access and remove the larger panels, it's necessary to first remove the smaller side panels. This action reveals the screws, allowing you to proceed with the removal of the larger panels.

The primary access point for service, maintenance, and routine tasks such as changing the filter is through the access panel located on the side with the built-in seat. To carry out any necessary service or maintenance, as well as to periodically replace your filter (as detailed in Section 4), remove this access panel.

This magnetic paneling system not only ensures ease of use but also simplifies the process of accessing components for maintenance or other service needs.

# CHILLER OPERATION

The chiller in your cold plunge serves as the essential powerhouse responsible for maintaining the optimal water temperature, ensuring a consistently cold and refreshing experience. Acting as the cooling engine, the chiller employs advanced refrigeration technology to regulate the water temperature within the plunge. By efficiently removing heat from the water, the chiller allows you to enjoy the invigorating benefits of cold immersion. Its precision and reliability contribute to the overall performance of your cold plunge, making it a key component in sustaining the chilly environment that enhances your wellness routine. Ensuing are details regarding your chiller and its proper operation:



## TURN ON/OFF

To turn on/off your chiller, long press the “On/Off” button for 3 seconds.

## CURRENT TEMPERATURE

On the main interface, press the “Up” button to query the current temperature

## TARGET TEMPERATURE SETTING

Press the “Set” button to display the target temperature.

Press the “Up” or “Down” button to change the target temperature.

After you set the desired temperature, the temperature sensor within your cold plunge assesses the current water temperature. If the current water temperature exceeds the set target, the chiller and circulation pump kick into action, initiating the cooling process. The water will continuously cool until it achieves the preset temperature. Once the target temperature is attained, the chiller seamlessly transitions into "sleep mode," temporarily ceasing its operation until the water temperature deviates beyond the preset range. Upon surpassing this range, the chiller re-enters "active mode," efficiently cooling the water back to the designated temperature. This intelligent, energy-saving technology eliminates the need for manual chiller control, as it autonomously regulates between "sleep" and "active" modes, ensuring optimal efficiency and temperature maintenance without the need for constant user intervention.

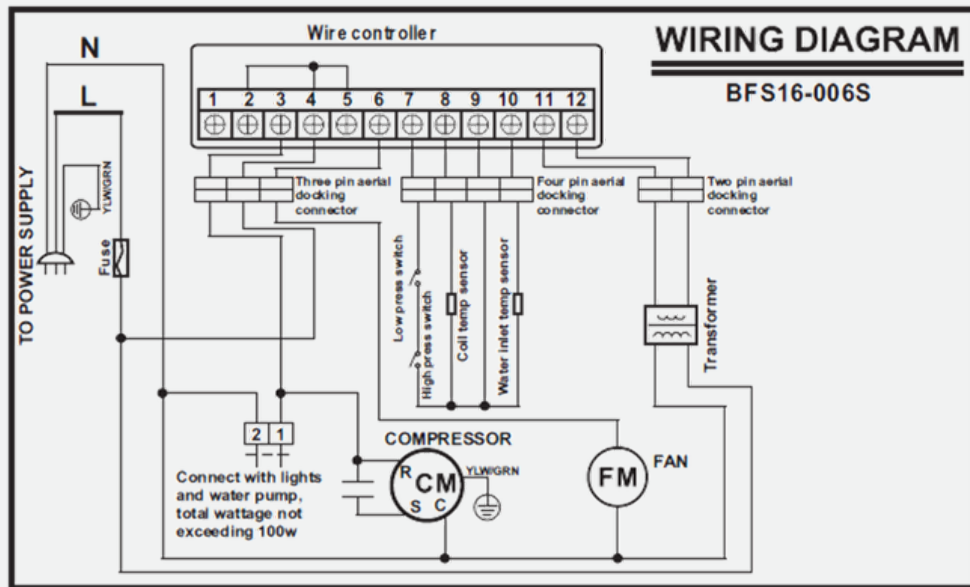
# CHILLER TROUBLESHOOTING

All troubleshooting and error resolution should be handled by an approved Aquavoss technician. Repairing and fixing your chilling unit should only be performed by a licensed professional. Please direct your professional to the following troubleshooting tips, wiring diagrams, and more.

<b>Malfunction</b>	<b>Reason</b>	<b>Solution</b>
No display on power	Whether the power is open or not; whether there is any malfunction in temperature control.	Check the power supply line and replace the fuse; check whether the power supply has been entered or replaced with the dealer.
Displayed but not running	Setting temperature within the stop range; external circuit protection; check if the heating or cooling mode is selected correctly.	Reset the required temperature control values; check the cause of external circuit faults; After troubleshooting, reset the operation.
Display temperature instability	The sensor line is disturbed; the wiring is bad; it is bundled with other power lines; and the line is damaged.	Separate the sensor from the power cord or change the shielding line; check whether the wiring terminal is tightened.
The actual temperature and the measured value of the thermostat error large	The installation position of each sensor is incorrect; the wiring is too long, the line resistance is big; the wiring contact is bad; the sensor is damaged.	Each sensor must be installed in the correct position; increase the cross-section of the extension line; ensure the sealing of the connection, waterproof and moisture-proof; replace the sensor.
Reach the temperature without stopping	Incorrect sensor installation can not detect the correct value; external contactor failure.	Check whether sensor is accurately measured to temperature; replace the external contactor.
Relay over frequency operation	The return temperature is too small or the pressure protector is installed.	Readjust and increase the return temperature value and adjust the pressure protector settings.
Display E1、E2	The sensor line is short circuited or opened.	Check whether the sensor line is connected to the connection port.
Display E3	The system protection was failure.	Check each protection point of system.

# CHILLER WIRING

Please have your Aquavoss approved repair technician refer to the above wiring diagram for repairs and troubleshooting.





# CHILLER SPECIFICATIONS

Please refer to the below diagram for the specifications of your chilling unit.

Model		BFS16-006S	
Refrigerant	Type/g	R410A/340	
Rated Cooling Capacity	W	1850	
	BTU/h	6310	
Cooling Range	°C	8~40	
Cooling Input Power	W	820	
Running Current Cooling	A	7.84	
EER	W/W	2.3	
Power Supply	V/PH/Hz	110/1/60	
Compressor Type		Rotary	
Compressor Nos.		1	
Fan Motor Nos.		1	
Fan Motor Input	W	13	
Noise	dB(A)	48	
Water Connections	mm	25	
Water Flow Volume	m <sup>3</sup> /h	0.5-0.8	
Water Pressure Drop	Kpa	12	
Operating rang-Air	°C	15~43	
Unit Dimension	L	mm	382
	W		363
	H		357
Packing Dimension	L	mm	480
	W		390
	H		380
Weight	Net Weight	kg	22
	Gross Weight		23

# N.4 CLEANING PROCEDURES

## OVERVIEW

Maintaining pristine water quality is a fundamental aspect of ensuring the safety, comfort, and longevity of your cold plunge experience. Just as you invested in the construction and design of your cold plunge to create a good experience for you, it is equally crucial to invest in its chemical maintenance. Good quality water care not only contributes to the overall aesthetics but, more importantly, plays a significant role in safeguarding the health of those who use it. To ensure that your cold plunge remains a clean and inviting space, this section of the manual will guide you through the essential steps and considerations for maintaining water quality at its best.



# WHICH CHEMICALS TO USE?

When you unbox your cold plunge, you may notice water at the bottom of the cold plunge. Each cold plunge is rigorously tested before it was sent to you. As such, do not be alarmed if you see this water – you can rest easily knowing that it was well tested! Before filling your cold plunge with water, dry off and clean the cold plunge using a soft cloth or towel.

It's recommended to purchase the following chemicals for your cold plunge:

- Sirona™ Simply Test Strips
- Sirona™ Simply Oxidizer
- Sirona™ Simply Sanitizer
- Sirona™ Spa Up
- Sirona™ Spa Down
- Sirona™ Specialties Cover Care
- Sirona™ Specialties Quick Gloss

These chemicals can be purchased on Amazon or at your local pool store. These are the only EPA-approved non-chlorine and non-bromine cleaning solutions available in the market. If you prefer to use chlorine or bromine, those solutions can also be used for your water maintenance solution as well.

## STARTING UP CHEMICALS

Follow these step by step instructions whenever filling up water for the first time in the cold plunge:

- Step 1: Fill up your cold plunge with water from your nearest watering source.
- Step 2: Insert a Sirona™ Simply Test Strip into the water; the test strip will inform you which chemicals and the corresponding quantity to add to the tub.
- Step 3: Add Sirona™ Simply Oxidizer (as indicated by the test strip).
- Step 4: Add Sirona™ Simply Sanitizer (as indicated by the test strip).

The test strip may indicate that you need to add additional chemicals to keep your cold plunge balanced. As an example, the test strip may indicate that you should add Sirona™ Spa Down or Sirona™ Spa Up. If the tub requires these balances, then you should apply these balancing solutions as indicated by your test strip.

# MAINTENANCE SCHEDULE & ROUTINE

## WEEKLY MAINTENANCE

Apply chemicals weekly to keep your water clean.

- Step 1: Use a pool skimmer and remove all visible debris from the cold plunge.
- Step 2: Take a soft sponge and wipe along the waterline of the cold plunge to remove any unwanted marks. Do not use any sponges that have an abrasive material.
- Step 3: Insert a test strip into the cold plunge to understand the required chemicals to keep the cold plunge clean and balanced (refer to "Start Up Process" to understand how to do this).
- Step 4: Add the chemicals in the appropriate quantities as indicated by the test strip.

## MONTHLY MAINTENANCE

Replace the paper filter inside of the access panel and clean metal filter.

- Step 1: Drain the water using the drain hose inside the cabinetry.
- Step 2: Unscrew the outlet drain jet cover located inside the cold plunge tank and remove the metal basket filter located inside the plumbing. Remove any dirt/debris/hair from the metal basket filter to ensure good water flow. Clean the filter thoroughly. Place the filter back in its location and screw back on the silver drain jet cover.
- Step 3: Remove the access panel (see instructions in this manual for guidance on how to remove access panel). Unscrew the filter encasing so that you can access the paper filter. Remove the existing paper filter and replace it with a new filter (it's recommended that you use a 20-micron pleated paper filter which can be purchased online as well). Screw the filter encasing back into place and close the access panel.
- Step 4: Re-fill the cold plunge tank with water and follow the instructions outlined in the 'Start-Up Process' above.

## QUARTERLY MAINTENANCE

Clean the acrylic shell and the cover.

- Step 1: Drain the hot tub.
- Step 2: Dry off the cold plunge with a soft towel and once dried, apply Sirona™ Quick Gloss to the acrylic shell. This solution will minimize fading and oxidation of your acrylic shell. Refer to the instructions on the Sirona™ product for guidance on how to apply this solution.
- Step 3: Apply Sirona™ Specialties Cover Care to the cover. This solution will prevent UV rays and other environmental factors from damaging your cover.
- Step 4: Follow the process from the monthly maintenance section to replace your water.

If you have any questions regarding water maintenance, please give the Sirona helpline a call at 877-929-7945. They have a dedicated specialist team available Monday – Friday, 9am – 7pm EST to help customers with their water maintenance needs.



Regular maintenance is paramount for ensuring the longevity and optimal performance of your cold plunge. Utilize the provided cover as a protective shield against environmental elements such as wind, rain, snow, and more. This cover serves as a safeguard, shielding your cold plunge from potential wear and tear caused by exposure to the elements. To further extend its lifespan, consider placing the cold plunge in a shaded area, covered gazebo, or indoors. These protective measures not only contribute to the durability of your cold plunge but also minimize the impact of external factors. Remember, consistent and attentive maintenance is key to enjoying your cold plunge for years to come, making it an enduring and reliable part of your wellness routine.

# WINTERIZING YOUR COLD PLUNGE

Persistently low ambient temperatures below freezing pose a potential risk of enduring damage to your cold plunge if proper maintenance and winterization measures are not implemented. In sub-freezing temperatures, it's recommended to drain your cold plunge and move it indoors.

If moving it indoors is not an option, then it's recommended to remove the chilling unit from the cold plunge. This is accomplished by opening the access panel and locating the unit.

- Step 1: Unplug the cold plunge from the electrical outlet.
- Step 2: Drain the water from the cold plunge (see draining instructions in this manual).
- Step 3: Disconnect the control panel and the circulation pump from the chilling unit.
- Step 4: Unscrew the inlet and outlet water connections.
- Step 5: Remove the chiller from the base of the cold plunge and keep it stored in a room temperature location.
- Step 6: Vacuum all water out of the cold plunge
- Step 7: Turn the ball valves to the perpendicular off position.
- Step 8: Add a small amount of non-toxic pool antifreeze as specified by the manufacturer's antifreeze solution.

**CAUTION:** At your own risk, you may use the cold plunge in sub-freezing temperatures. To do so, follow the above steps to remove the chiller from the cold plunge. Thereafter, close the ball valves as indicated in step 7 above and fill your cold plunge with water. The cold ambient temperature will lower the water temperature of the cold plunge. Do not let the water freeze as this may damage the integrity of the acrylic shell and the plumbing. It's recommended that you use a submersible circulation pump to increase the amount of time before freezing occurs in the water. Never enter the cold plunge with a circulation pump running inside.

Please note that damages occurred due to the cold plunge existing in sub-freezing temperatures will not be covered under the company warranty policy. Cold plunge in sub-zero temperatures as described above at your own risk.

AQUAVOSS

---

# **N.5 All About Cold Plunging**



# DURATION & FREQUENCY

## HOW LONG SHOULD I PLUNGE?

The duration of a cold plunge is a personal choice that depends on individual tolerance and experience. For beginners, starting with shorter sessions of 1 to 3 minutes is recommended, gradually extending the time as you become accustomed to the cold. More seasoned cold plungers may find benefits in longer sessions, ranging up to 5 minutes. It's crucial to listen to your body and progress at your own pace.

## HOW FREQUENTLY SHOULD I PLUNGE?

Incorporating cold plunging into your routine can be a regular practice. Beginners may begin with 2 to 3 sessions per week to allow the body to adapt gradually. Some enthusiasts prefer daily cold plunges, while others find benefit in 3 to 4 sessions weekly. Observe how your body responds, and adjust the frequency based on your comfort and well-being.

# HEALTH BENEFITS

## IMPROVED CIRCULATION

Cold plunging promotes enhanced blood circulation, facilitating the efficient delivery of oxygen and nutrients to tissues. This contributes to cardiovascular health and overall vitality.

## REDUCED MUSCLE SORENESS

Post-exercise cold plunges may help alleviate muscle soreness by reducing inflammation and expediting the recovery process. The cold immersion aids in soothing tired muscles and promoting faster healing.

## MENTAL HEALTH

Cold immersion triggers the release of endorphins, often referred to as "feel-good" hormones. This can lead to an uplifted mood, decreased stress levels, and an overall improvement in mental well-being.

## IMMUNE SYSTEM

Regular cold plunges may stimulate the immune system, promoting the production of immune cells and enhancing the body's ability to ward off illnesses.

## INCREASED METABOLISM

Exposure to cold temperatures can activate brown fat, potentially resulting in increased calorie burning and improved metabolism. This aspect of cold plunging is of interest to those looking to support their weight management goals.



# PLUNGE TIPS

## GRADUAL ADAPTATION

For those new to cold plunging, a gradual approach is key. Start with shorter sessions and slowly increase the duration as your body acclimates to the cold. This allows for a more comfortable and enjoyable experience, minimizing the initial shock to your system.

## HYDRATION

Maintain proper hydration before, during, and after your cold plunge. Adequate hydration supports your body's thermoregulation mechanisms and helps optimize the benefits of cold immersion.

## POST PLUNGE RECOVERY

After a cold plunge, engage in gentle movements and consider warm-up activities to ease back into a normal temperature environment. Some individuals explore contrast therapy by alternating between cold and warm water for additional benefits.

# TEMPERATURE CONSIDERATIONS

## IDEAL TEMPERATURE

The ideal temperature for a cold plunge typically falls within the range of 10 to 15 degrees Celsius (50 to 59 degrees Fahrenheit). However, this can vary based on personal preference and tolerance. Experiment with different temperatures to find what suits you best, balancing the invigorating effects of cold immersion with your comfort.

## SAFETY FIRST

It's essential to avoid extremely cold temperatures that may pose health risks. If you have pre-existing health conditions or concerns, it's advisable to consult with a healthcare professional before incorporating cold plunging into your routine. Refer to the safety guidelines for more information.

Embrace the cold plunge experience at your own pace, focusing on the myriad benefits it brings to your overall wellness journey. Prioritize safety, listen to your body, and revel in the revitalizing effects of cold immersion. The journey into cold plunging is not just about the destination; it's about savoring every invigorating step along the way.



# N.6 SAFETY GUIDELINES

## GENERAL SAFETY NOTE

Cold plunging is an invigorating practice that has gained popularity for its potential health benefits. However, it's important to note that this is a relatively new practice, and while anecdotal evidence suggests its advantages, the scientific research in this field is still evolving. Before embarking on your cold plunge journey, it's essential to understand that you are doing so at your own risk. We strongly advise conducting your own research, consulting a physician, and ensuring that you are adequately supervised during your cold plunge sessions. Your safety and well-being are paramount, and by taking these precautions, you can enjoy the potential benefits of cold plunging while minimizing any associated risks. Aquavoss does not claim any health benefits through the practice of cold plunging.

In the following sections, we will share with you key safety considerations during your cold plunge practice as well as recommendations that you should follow before, during, and after your cold plunge sessions:

# CONSULT A PHYSICIAN

Before you consider participating in cold plunging, it is imperative to consult with a qualified medical professional. Your physician can assess your health status and help determine whether cold immersion therapy is safe for you. This consultation is particularly crucial if you have any pre-existing health conditions or concerns. Your physician can provide valuable guidance and recommendations tailored to your specific health needs. Below are reasons to consult a physician:

## CARDIOVASCULAR:

Cold plunging places stress on the cardiovascular system as it induces vasoconstriction (narrowing of blood vessels) and increases heart rate. Consult your physician if you have:

- **Heart Conditions:** Individuals with a history of heart disease, arrhythmias, or recent heart surgery should refrain from cold plunging unless explicitly advised by their healthcare provider.
- **High Blood Pressure:** If you have uncontrolled high blood pressure, it is essential to consult your physician before engaging in cold immersion therapy.

## RESPIRATORY:

Cold plunging involves sudden immersion in cold water, which can trigger a gasp reflex and affect breathing patterns. Individuals with the below respiratory conditions should consult a physician:

- **Asthma:** Cold air and cold water can potentially exacerbate asthma symptoms. Consult your physician to evaluate the safety of cold plunging with your condition.
- **Chronic Obstructive Pulmonary Disease (COPD):** If you have COPD or other chronic lung conditions, seek medical advice to determine whether cold plunging is suitable for you.

## HYPERSENSITIVITY TO COLD AND/OR SKIN CONDITIONS

Some individuals are more sensitive to cold temperatures than others. If you have a history of:

- **Cold Allergies:** Consult your physician if you experience adverse reactions to cold exposure, such as skin reactions or hives, as cold plunging may not be suitable for you.
- **Skin Disorders:** Conditions such as eczema or psoriasis can worsen with cold exposure. Seek guidance from your dermatologist or physician before attempting cold plunging.

## MEDICAL HISTORY & MEDICATIONS:

Your physician can assess your complete medical history, including any medications you may be taking, to determine their potential interactions or effects during cold immersion therapy. Be sure to inform them of any:

- **Medications:** Certain medications may affect your body's response to cold. Discuss this with your healthcare provider.
- **Recent Surgeries or Injuries:** If you've recently undergone surgery or have unresolved injuries, it's vital to consult your physician before cold plunging.

Consulting a physician is not just a precaution; it's a critical step in ensuring your safety. Please note that the above medical concerns is not an exhaustive list of the reasons for consulting your physician before cold plunging. Your physician can provide personalized advice, taking into consideration your unique health profile. They can help you make an informed decision about whether cold plunging is appropriate for you, suggest precautions to take, and monitor your progress if you decide to engage in this practice.

Your health should always be the top priority. If you have any doubts, uncertainties, or health-related questions regarding cold plunging, please consult a qualified healthcare professional before proceeding.

# HYPOTHERMIA

Hypothermia is a potentially life-threatening condition that can occur when your body loses heat faster than it can generate it, causing a dangerously low core temperature. Cold plunging exposes you to cold water, which increases the risk of hypothermia. The longer you expose yourself to cold water, the increased likelihood of experiencing hypothermia. Understanding the risks, recognizing the signs, and taking immediate action are essential for your safety.

The signs of hypothermia include but are not limited to shivering, cold pale skin, numbness or tingling, slurred speech, confusion, fatigue, slow heart rate, shallow breathing.

If you suspect hypothermia, please:

- Leave the cold water immediately.
- Get into dry, warm clothing or use blankets.
- Seek a warm, sheltered area.
- Seek medical assistance as soon as possible to provide you with additional steps to take.

To prevent hypothermia, please:

- Keep water temperatures at warm enough temperatures that you know your body can handle (work your temperature down if you feel more comfortable and have more experience).
- Limit the time of your cold water exposure.
- Continuously monitor your body for distressed signs.
- Always have someone responsible present watching you cold plunge.

# SUPERVISION

Engaging in cold plunging without supervision can be risky. Having a responsible person present is essential for your safety.

- **Safety Assurance:** A supervisor can provide immediate assistance in case of emergencies, ensuring a safer cold plunge experience.
- **Monitoring:** Supervisors can keep an eye on your well-being, looking out for signs of distress or hypothermia.
- **Peace of Mind:** Knowing that someone is there to assist you enhances your confidence and comfort during cold immersion therapy.

Always ensure you have a reliable supervisor present when cold plunging to minimize risks and enjoy the practice safely.



# CHILDREN

Cold plunging can be physically demanding and poses certain risks, especially for children and adolescents. Due to their still-developing physiological systems, young individuals may be more vulnerable to the effects of cold-water exposure, including hypothermia and respiratory distress. To ensure their safety, it is strongly advised that individuals under the age of 18 years refrain from participating in cold plunging activities without proper supervision and guidance from a qualified adult. Prioritizing the safety and well-being of young individuals is paramount, and they should only engage in cold plunging when they are adequately prepared and accompanied by a responsible adult.

# PREGNANCY

Pregnancy is a unique and delicate phase in a woman's life, and it is crucial to exercise caution when it comes to activities that may affect both the mother and the developing baby. Cold plunging involves exposure to cold water, which can have various physiological effects, including vasoconstriction and changes in blood pressure. Therefore, we strongly advise against participating in cold plunging if you are pregnant. The potential risks associated with cold immersion during pregnancy, such as an increased risk of hypothermia, decreased oxygen supply to the baby, and potential stress on the cardiovascular system, make it an activity that should be avoided until after delivery. Always prioritize the safety and well-being of both you and your unborn child during this precious time. If you have any doubts or questions regarding your specific circumstances, consult your healthcare provider for personalized guidance.

# RISK OF DROWNING

Drowning is a potential risk during cold plunges, and it's essential to be vigilant. If you are not comfortable in the water, please do not partake in cold plunging activities. Even if you are comfortable in the water, please be aware that there is a risk of drowning when cold plunging. You are exposing yourself to colder water temperatures and your body may have a reaction that would cause you to, as an example, lose consciousness. Ensure that you are always supervised by a responsible adult when going into the cold water so that you can receive immediate assistance should something go wrong during your cold water immersion experience. Discuss with this responsible adult before your plan of action should you lose consciousness while in the water. This plan of action should be identified and discussed prior to any cold plunging.

# OTHER RISK CONSIDERATIONS

## ENTRY AND EXIT CAUTION

Exercise care when entering and exiting the cold plunge. Sudden movements or slips can lead to accidents or injuries, so proceed slowly and attentively for a safe experience.

## SLIPPERY SURFACES CAUTION

Be cautious around wet surfaces, as they can become slippery. To prevent accidents, walk carefully and consider using non-slip footwear when navigating wet areas around the cold plunge.

## ELECTROCUTION RISK AWARENESS

Ensure electrical equipment near your cold plunge is properly installed and maintained to avoid the risk of electrocution. Keep all electrical cords and outlets away from water to prevent accidents. Do not allow any electrical appliances, such as lights, telephones, radios, or televisions, within 5 feet of your cold plunge. This may result in death or serious injury due to electrocution if an appliance falls into the spa. Make sure your cold plunge is installed with proper drainage away from the electrical compartment and all electrical components. Disconnect the cold plunge/hot tub from the power supply before draining the spa or servicing any electrical components. Don't use the cold/plunge with the equipment compartment door removed. By following these guidelines, you are reducing your risk of electrocution.

## WATER QUALITY

Refer to the section about water quality to understand how to maintain your water. Entering water that is unsanitary can lead to many health issues including but not limited to skin irritations, infections, and waterborne illnesses. To mitigate these risks, it is crucial to maintain high water quality standards through proper filtration, sanitation, and regular cleaning of the cold plunge. Users should also exercise personal hygiene, such as showering before entering the water, to minimize the introduction of contaminants.

## SAFETY CONCLUSION

As we conclude this section on cold plunging safety, it's crucial to reiterate the importance of exercising caution throughout your cold plunge journey. While cold immersion therapy offers numerous benefits, it's essential to proceed at your own risk and follow the guidelines discussed herein. Prioritize your safety, listen to your body, and be mindful of potential risks such as hypothermia, drowning, water quality concerns etc. By doing so, you can fully enjoy the potential rejuvenating effects of cold plunging while minimizing any associated hazards. Always remember that your well-being is paramount, and taking the necessary precautions ensures that your cold plunge experiences remain safe and gratifying.



# N.8 CONTACT INFORMATION

---

## GENERAL

Your satisfaction and the smooth operation of your cold plunge are of utmost importance to us. If you have any questions, concerns, or require assistance, our dedicated customer support team is here to help.

## EMAIL

[support@aquavoss.com](mailto:support@aquavoss.com)

## BUSINESS HOURS

Mon-Fri 9am-5pm PST

## WARRANTY

For any warranty related items, please contact the support team and provide detailed description of the encountered problem as well as your order number. We will work to resolve your issues as soon as possible.

The Aquavoss was incepted in Voss, Norway in 2022.

The founders of Aquavoss visited this very small Scandinavian village that is situated within the Norwegian Fjords as they were preparing to plunge into their next venture together.

The village, besides being majestic in its own right, is the home to the most Olympic medals per square capita and invokes a feeling of health, wellness, and happiness.

We invite you to find your best self in your Aquavoss.

