



BRASS MONKEY

# Commercial Ice Bath Guide

[brassmonkey.co.uk](http://brassmonkey.co.uk)



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# Welcome

## The World's first pro-grade ice bath

We make ice baths that look great and are exciting to get in. Our team of innovators, craftsmen and specialists partner with local engineers and experts to ensure that we make the best product possible. Something that we have built where we live, with people who live near here and that we're proud to ship to the world. Every day we find a little way to make it better than yesterday. We want our ice baths to look like they belong in their environment. We design them ground-up to perform outdoors in a garden or indoors in a gym or pool room. We expect every single one to look, perform and feel, well—f\*cking great. That's why we use premium materials and components that sit in and around a solid steel frame. Engineered beautiful, built to last, made in Britain. The Silverback is the world's first commercial grade ice plunge. Designed to work in your environment and powered by our patented ice cycle technology.

The Silverback builds on our popular residential product - the Ice Plunge XL - with improved filtration, dual-ice panels for always-on ice creation and 316 stainless steel for durability even when around the harshest chemicals such as chlorinated or salty air.. We're just getting started—but we're excited about where this new product can take us.



# How it works

The world's only automated ice bath - completely app controlled with over the air updates and remote support. All of our ice baths and plunges make their own ice, it's how they get to 0°C.

## Patented Ice Cycles

Yes you've read that right. Our patented technology means our ice baths & plunges run what we call ice cycles. When the bath is set to below 2 degrees, we freeze the sides of the bath and release it in cycles, this creates 15-30mm ice sheets that break up easily and mean your ice bath can drop to zero degrees with ice in. The ice brings a whole new level to your cold water immersion that no other product can come close to matching.

## Easy to maintain

We design the baths to be as maintenance light as possible. The cleaning guidelines will largely depend on the environment that the bath is in and the level of usage. The maintenance will consist of changing the filter and UV bulb. Depending on usage you should only need to swap the water every couple of months. To ensure your water stays clean for as long as possible we'd always recommend customers take a quick shower before jumping in your ice bath!

## Guided Immersions

From Spring 2023 you will be able to access guided cold experiences from a selection of Brass Monkey partners and track your temperature and time in the bath. We will add contributors and immersion experiences each quarter to help you get the most from your cold immersion.

## Intelligent and app connected

Our ice baths are designed to ensure you can just say focussed on your immersion. We have 6 sensors all feeding into our software to ensure temperature control and ice formation is as energy efficient and precise as possible. Using our companion app you can schedule you bath to be ready when you want it to be bringing further efficiency to your bath. On top of that receive maintenance reminders to ensure your water is always crystal clear.

# Operator responsibility and safety recommendations

Brass Monkey Health Ltd declines all liability for damages arising from failure to observe the following directions.

As the owner, it is your responsibility to:

- Ensure the safety of those using the bath and read and observe the health and safety warnings and safety recommendations as set out in this manual.
- Maintain the materials of which the bath is made by following the cleaning procedures in *section 7* of this manual.
- Use the bath according to the recommendations in this manual.
- Only use our recommended engineers for service and repairs.
- Ensure a safe electrical connection to the bath; Ice baths are 'class 1' appliances and must therefore be permanently connected, *without* intermediate junctions or extension cables, to the electrical network and to the protection circuit (earthing system) in your home.
- Ensure that the cabling does not present a slip hazard.
- Live electrical components and equipment (except those powered at a very low voltage not exceeding 12V) must be out of reach of individuals using the appliance.
- Parts containing electrical components must be positioned or fixed so that they cannot fall into the water.
- There will likely be times when water spills out of the bath, especially when getting in or out and we recommend taking a common sense approach and making sure there is good drainage for water on the floor around your bath and a non slip surface to step on to.
- **CAUTION:** Before carrying out any maintenance operations, disconnect the appliance from the power supply.
- Do not switch the power on to the bath until it is filled to the required level. Running the pump dry, without water, could cause immediate damage and void your warranty.
- Avoid flooding! We would advise that the level to which you fill your bath with water falls at least 20cm below the top to avoid flooding, ideally fill just above the water outlet from the pump (the highest hole to the rear). Top-up the water periodically as it lowers due to users entering/exiting to keep the water level high enough.
- Use your insulated cover. It is advisable not to leave the ice bath uncovered since ice melts in warm air, and requires the unit to be working more than it needs to.
- Damage arising by not following the guide or warnings are not covered by the warranty.
- If you have any questions concerning the operation of your bath or the information in this manual, please do contact us.

# Health and safety user recommendations

Ice dipping is no walk in the park.

Brass Monkey Health Ltd declines all liability for damages arising for failure to observe the following directions.

Health disclaimer: If you're unsure, please check with your doctor before using the your Brass Monkey Ice Bath.

Ice Baths are suitable for the majority of people, the majority of the time, however it is best to take a cautious approach and we would advise that people with reduced mobility, sensory, and/or cognitive abilities only use the bath 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 Ice Bath or Plunge and be cautious when using the Ice Bath alone.

A note for the inexperienced. It is quite dangerous to suddenly jump into 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 30-60 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 or taking slow air squats. Keep it fun!

If you like, you can check the water temperature before entering the bath, to ensure that it is at temperature that is suitable for your experience in cold exposure. The temperature of the water is displayed as default on the control panel and is displayed in increments of 1°C, rounding down to the nearest whole number, and then drop in 0.1 increments below 1°C.

Protect children, please use the locking cover. Children must be supervised near the ice bath to make sure they do not play with the equipment and do not carry out operations to be performed by adults (cleaning cycles/maintenance). Always attach the cover when not in use.

Small children are not advised to use the Ice Bath or Ice Plunge.

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 Ice Bath without first consulting their doctor.

People with infectious diseases should not use the Ice Bath without first consulting their doctor.

# Health and safety user recommendations - continued

Do not use the Ice Bath after drinking alcohol or taking recreational drugs. It must be stated that the use of alcohol or drugs can greatly increase the risk of fatal hypothermia in the ice baths.

Do not use your Ice Bath during extreme weather conditions (during storms or floods etc). It is also recommended to place the bath in an area that will not attract standing water. Good drainage is essential so that the services compartment does not become submerged with water. If it does, switch the unit off and let everything dry out.

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

In order to protect the pump from large pieces of debris - always do your best to keep the inlet (inside and right at the bottom of the unit) clean and clear.

Do not use other electrical appliances such as radios, hairdryers etc near the Ice Bath when it is not empty.

It is important to maintain water cleanliness in accordance with Brass Monkey Health's instructions by following the correct cleaning procedure, see section 7.

The ice bath has an automated cleaning cycle which runs constantly. During this time the pump, filter and UV cleaner run simultaneously.

DO NOT use any unapproved chemicals or detergents unless you plan to rinse the 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 must not be used on the tub as they may risk passing on to users.

Do not use a pressure washer to clean the bath as this may result in damage to the electrics and services compartment unit.

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

It is the owners responsibility to ensure the power supply used for the bath is on an RCD protected circuit.

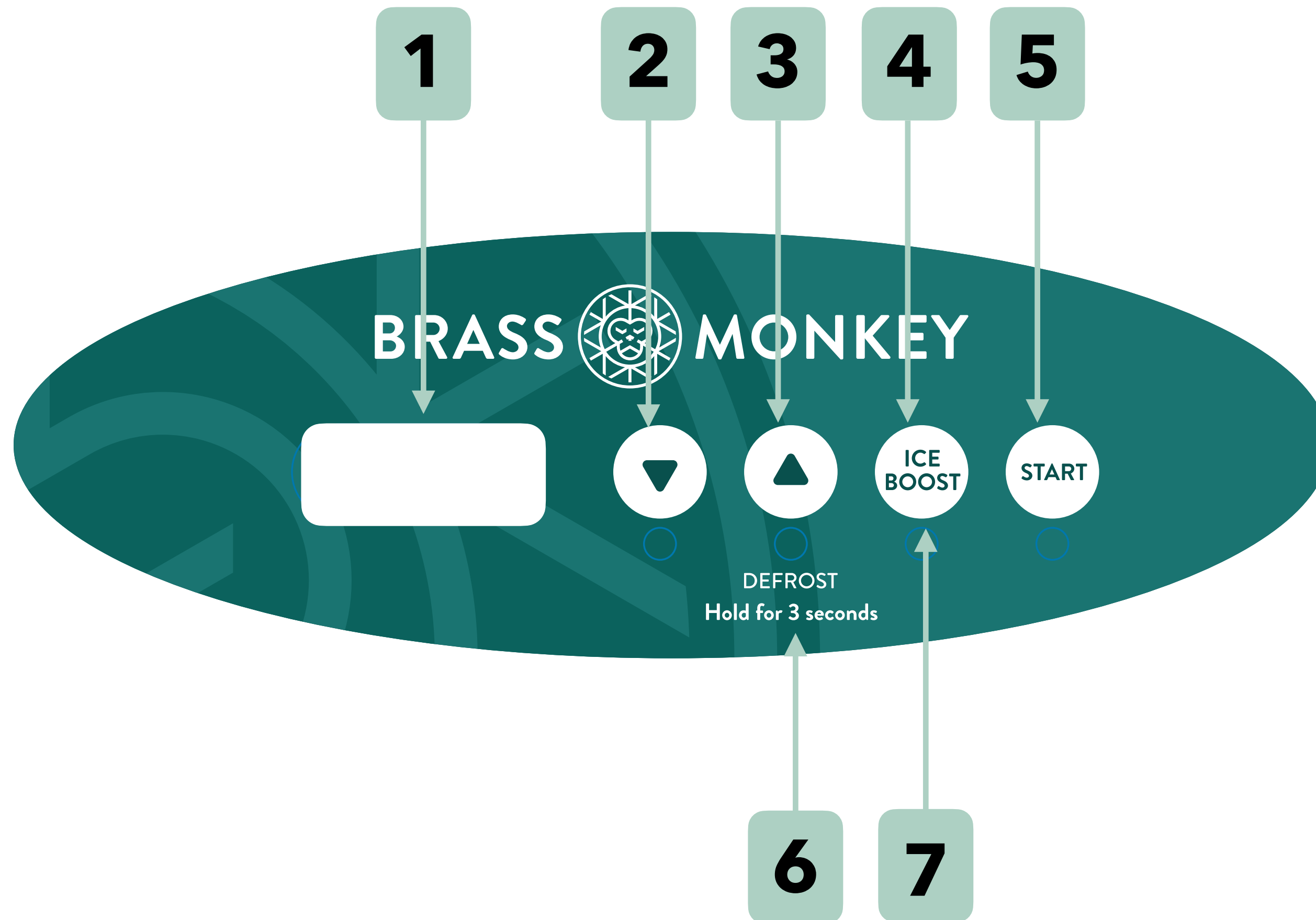
For all operations and maintenance of the Ice Bath please refer to this manual and if in any doubt please contact Brass Monkey directly via email first — [support@brassmonkey.co.uk](mailto:support@brassmonkey.co.uk)

# Technical Specifications

<b>Max water capacity to fill (litres)</b>	435L
<b>Dry weight</b>	Approx 190Kg
<b>Filled weight</b>	approx 625kg
<b>Electrical requirement</b>	30mA RCD socket outlet
<b>Power consumption</b>	2.55 A
<b>IP rating</b>	ip44
<b>Voltage</b>	240v
<b>Frequency</b>	50Hz



# Operating Controls



**1** CURRENT TEMP DISPLAY

**2** TEMP DOWN BUTTON

**3** TEMP UP BUTTON

**4** ICE BOOST

**5** USER START

**6** HOLD UP 3 SECONDS TO DEFROST

**7** HOLD FOR 3 SECONDS TO ENTER MAINTENANCE MODE

The light in the bath will flash 3 seconds on 3 seconds off whilst in this mode.

# Maintaining your Brass Monkey Ice Bath

Recommendations for optimal use - complete the checks and actions recommended below

- Ask customers to shower before entering the ice bath especially if located near saunas
- If you wish to add additional cleaning protocols, we'd recommend Huwa-san
- Keep the cover on to prevent debris

Frequency	Checks	Actions if required
Daily	Is the water completely clear?	If the water has turned murky, we would recommend half the water is removed from the plunge, the filters are rinsed off. Fresh water is used to top the baths bath up.
Daily	If ice is present is it manageable in size? It should be easily broken up by light taps with a hand?	If the ice is too thin or too thick, please email <a href="mailto:support@brassmonkey.co.uk">support@brassmonkey.co.uk</a>
Daily	Is the bath water at the right temperature?	Ensure the bath is set to the right temperature, if the water is more than 4 degrees warmer than the set temperature while in normal use
Daily	Is the bath top deck area clean	Clean down the top deck with a clean microfibre cloth and warm water
Daily	Is the steel that is just above the top line of the water clean	Wipe clean with a microfibre cloth and warm water

# Maintaining your Brass Monkey Ice Bath

Frequency	Actions
Daily	Rinse off paper filter
Every 3 days	Rinse off paper filter and mesh filter
Once per week	Part replace water
Every other week	Completley replace water
Every month	Empty the baths completley, dry and clean the steel (we recommend baby oil), clear any debris from within the compartment area or that is blocking the vents (usually with a vacuum)
Every month	Clean the bottom of your covers with a clean microfibre cloth and warm water
Every 2 months	Completley replace filters
Once per year	Replace UV bulbs

FILTER REPLACEMENTS CAN BE PURCHASED AT [WWW.BRASSMONKEY.CO.UK](http://WWW.BRASSMONKEY.CO.UK)

# Changing the Filter

A 2 part filtration system with an 80 micron steel pre filter and a 20 micron paper filter. The gauges are for engineer use only

1. Enter maintenance mode.
2. Press and hold Ice Boost button for 3 seconds to enter maintenance mode
3. Isolate main filtration unit with isolation valves (Turn 2 blue handles off - 90 degrees clockwise)
4. Undo large brass fitting on filter housing using spanner provided and remove glass housing one at a time.
5. Beware you may experience some water loss whilst changing the filter
6. Rinse 80 micron steel filter
7. Replace 20 micron paper filter and rinse out the used one until clean
8. When re-fitting ensure large O ring is in place
9. Tighten with spanner until secure.
10. Open isolation valves again, 90 degrees anti clockwise.
11. Open bleed valve on the right hand side filter (80 micron filter)
12. Ensure that the filter housing fills with water.

# How the cleaning system works

The Ice Bath has an automated cleaning system - the filter and UV run simultaneously and continuously.

The UV aids in eliminating organic substances thus removing the need for chemicals or residual water treatment in most applications. UV works automatically alongside the filtration system. Where the filter removes debris (like the lint remover in a tumble dryer) the UV breaks down viruses, bacteria and other organic material such as dead skin. It means you don't need to waste water and have the hassle of pumping and re-filling too often.

The filter contains two cartridges, one 80 micron steel to pre filter the water and another which is 20 micron paper. These will need rinsing and changing depending how heavily the unit is used. You can order them through our website [www.brassmonkey.co.uk](http://www.brassmonkey.co.uk) or by emailing us at [orders@brassmonkey.co.uk](mailto:orders@brassmonkey.co.uk) or source online.

Changing the water. We recommend that you replace the water in the tub every month. Frequency of water replacement depends on frequency of usage and care taken in maintaining water quality. It will become evident that the water needs changing when it becomes murky, doesn't look clear or is unable to be cleared by the onboard UV and cartridge filter. If it is used directly post-workout without showering, it is likely to need the water changing perhaps weekly.

A residual chemical cleaner in the water is advised in heavy-use settings as a third line of defence. It is not however always necessary, again down to frequency of use and how dirty the users skin is (sweat, lotions, oils etc). Never use chlorine as a residual cleaner.

Used in the London 2012 Olympics, we recommend the use of Huwa-San silver stabilised hydrogen peroxide since this is very safe to handle, bathe in and does not react with UV. It is also odourless. Huwa-San TR-5 is able to render drinkable water, unlike chlorine and bromine solutions which render by-products the user can ingest or absorb. Separate instructions from the manufacturer are provided to detail the levels of Huwa-San and the protocols. Contact us if you would like to discuss at [support@brassmonkey.co.uk](mailto:support@brassmonkey.co.uk)

Cleaning the bath and steelwork. Flash cleaning and external disinfection is also recommended using a Huwa-San TR-3 solution. This way, any solution that accidentally enters the bath is safe for users, unlike traditional cleaners.

During replacement of water, it is an ideal time to clean the stainless steel on the inside of the tub. This can be done by wiping out the tub with warm water on a damp cloth or sponge to remove any dirt or grime, or again Huwa-San TR-3 can be used to disinfect. We would not recommend using any other powerful detergents unless you plan to rinse the tub thoroughly to remove any remnants of cleaning products before refilling with the water you will have users bathe in.

Whilst the bath is empty always check the silver ion filter, it may need replacing anywhere between 3-5 months depending on use and the cleanliness of the users.

It's a good idea to vacuum all external ventilation panels at least once a month. This helps to remove any build up of lint and can help keep a clear flow of air to the refrigeration system. Annually, we advise you to remove the ventilation panel and vacuum the radiator grill on the condensing unit.

When cleaning the services end, the power must be switched off.

Stainless steel can be damaged and marked permanently if scratched and scraped, or chemicals bleaches and salts such as chlorine or bromine are used. It also has a natural grain and any deep cleaning of the steel with abrasive substances (scouring pads, liquids such as Cif etc) will mark the unit if rubbed hard and in the wrong direction of the grain.

Remember: Chlorine additives are damaging to stainless steel. This is also not necessary and why we **ONLY** suggest using Huwa-San as an additional disinfectant. Adding other chemicals will void your warranty. If you are unsure contact us on [support@brassmonkey.co.uk](mailto:support@brassmonkey.co.uk)

# Download the app

## Intelligent and app connected

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# Support

We are here for you

If you have any questions or require technical support you can get in touch with us by the following means:

Email: [support@brassmonkey.co.uk](mailto:support@brassmonkey.co.uk)

Call us: 0113 5267255

Raise a ticket in your online account