

# ICE BATH

USER GUIDE

---

Bringing advanced chilling  
technology and beautiful  
designs to the UK



THE 3° CLUB

# HEALTH AND SAFETY



DO NOT use an extension lead or plug adapter at any time. A stable voltage must be ensured at all times.



Ensure your power socket is properly grounded and equipped with Residual Current Device (RCD) protection. Our ice baths come equipped with an RCD for additional protection.



The ice bath must be installed in a well-ventilated location. Provide a minimum of 30cm of free space around the ice bath vents.



This product is not intended for use by children. Always supervise small children when they are in the vicinity of the ice bath.



Ensure outdoor safety by using waterproof electrical outlets and weatherproof coverings to shield it from rain. Elevate power sources, inspect components regularly and prioritize keeping the area dry. Do not use the product during heavy rain or storms.



## Consult with a Healthcare Professional:

Before starting any cold water exposure routine, especially if you have pre-existing health conditions, consult with a healthcare professional to ensure it's safe for you.



## Gradual Acclimation:

If you're new to cold water exposure, start with shorter durations and gradually increase over time. This allows your body to acclimate to the cold.



## Know Your Limits:

Pay attention to your body and know your limits. If you experience excessive discomfort or adverse reactions, exit the ice bath immediately.



## Supervision:

We recommend always having someone present to supervise your cold water therapy sessions, especially during the initial sessions. If engaging in breathwork before or during the ice bath session it is essential to have supervision. Breathwork can lead to temporary loss of consciousness and is not to be done unsupervised in an ice bath.



## Temperature Awareness:

Be aware of the temperature of the water. Ensure it's within a safe and tolerable range for individuals. Cold water immersion can cause hyperventilation and lead to loss of consciousness.



## Hydration:

Stay hydrated before and after cold water exposure. Dehydration can affect your body's ability to regulate temperature.



## Individual Health Considerations:

Pregnant women, individuals with cardiovascular issues, or those with respiratory conditions should seek advice from a healthcare professional before using ice baths.



#### Exit Protocol:

Have a systematic exit protocol, especially if the exposure is intense. Gradually exit the ice bath to allow your body to adjust to the change in temperature. Be mindful of wet areas around the chill tub which could be a slip hazard.



#### Post-Exposure Warm-up:

After exiting the chill tub, warm up gradually. Use towels, warm clothing, or engage in light physical activity to increase circulation.



#### Emergency Preparedness:

Be aware of emergency procedures, including how to exit the ice bath quickly in case of discomfort, and have access to warm blankets or clothing nearby.



#### Regular Maintenance:

Regularly inspect and maintain the ice bath to ensure it functions correctly and is safe to use.

## SET UP

### Step 01: Verify the power socket

Our ice baths undergo rigorous safety testing before leaving the workshop. While we ensure their safety, the user is responsible for ensuring the ice bath is plugged into a socket in good working condition. Hence, we urge you to take a few minutes to verify the safety of the power socket.

It is your responsibility to confirm that your ice bath or chill tub is connected to a standard UK 13 amp socket with:

- A grounded electrical supply
- 30mA RCD (residual current device) protection

Before plugging in your chill tub we recommend using a smart plug socket tester to identify any potential faults. If the socket passes the test, proceed with the setup. In case of failure or lingering uncertainty, consult with an electrician before proceeding. Never use an extension lead or adapter to plug in your ice bath.




## Step 2: Positioning

Before installing the ice bath, ensure that the vents are free from any obstructions. Blocked vents trigger the compressor's self-protection mechanism, preventing the water temperature from dropping. The air inlet must be completely free of any obstacles. Do not position the ice bath in an enclosed area with limited air volume. Your ice bath requires continuous free airflow to operate at maximum efficiency with adequate heat exchange.

Once the ice bath is in your desired position, let it lay flat for 24 hours to allow the refrigerant to settle in the compressor. Similar to fridges or freezers, the gas requires time to stabilize before use.

The chiller will arrive fixed down inside the ice bath. It is appropriate to loosen the fixings in order to change the filter, however, the chiller must be kept in the same position.





**Weight:**

Ensure that the ice bath is positioned on a hard flat surface capable of supporting 750kg of weight. The ice bath weighs 205kg and at capacity holds 250kg of water. The weight of the user also needs to be considered.

**Ventilation:**

There must be 30cm of free space around the vent at all times.



**Signal:**

Connect the chill tub to your Wifi network by placing it within the range of a 2.4Ghz Wifi signal on your secure home network.



## Step 3: Install the Filter

01

Slide the filter changing tool up the tube containing the filter and turn the device until it comes free, keeping the base supported with your hand.

02

Remove the filter from the tube. **DO NOT** spill or drain any of the water inside.

03

Unpack your new filter and place it inside the tube. Use the filter changing tool to reconnect the tube to the chiller.

## Step 4: Add Water

Use fresh tap water to fill the ice bath and do not add any chemicals to the water without approval from an expert at The 3° Club. The water should be changed every 3 and 6 months for weekly and daily users, respectfully. Fill your ice bath to 20cm below the top line. Try and minimize water spillage when entering and exiting the ice bath as this will create a slip hazard. Remember to replace the water that is lost over time. Do not turn the ice bath on without sufficient water in the pipe as it could cause irreversible damage.

## Step 5: Turn on the ice bath



1. Adjust the Ozone working time interval: 0 min (off) and max to 5 min
2. Adjust the screen brightness: min 10%, max 100%
3. Adjust the screen sleep time: 0 min (off), max 5 min
4. Adjust the screen lock time: 0 min (off), max 5 min
5. Click return button to enter the first interface
6. Long press to enter the WiFi function (connect Tuya or Smart Life)
7. Click the help icon to scan the QR code for technical support
8. Temperature unit switching (°C/°F)
9. Adjust the sound button: ON/OFF
10. Power-on automatic operation ON/OFF

## Touch panel introduction

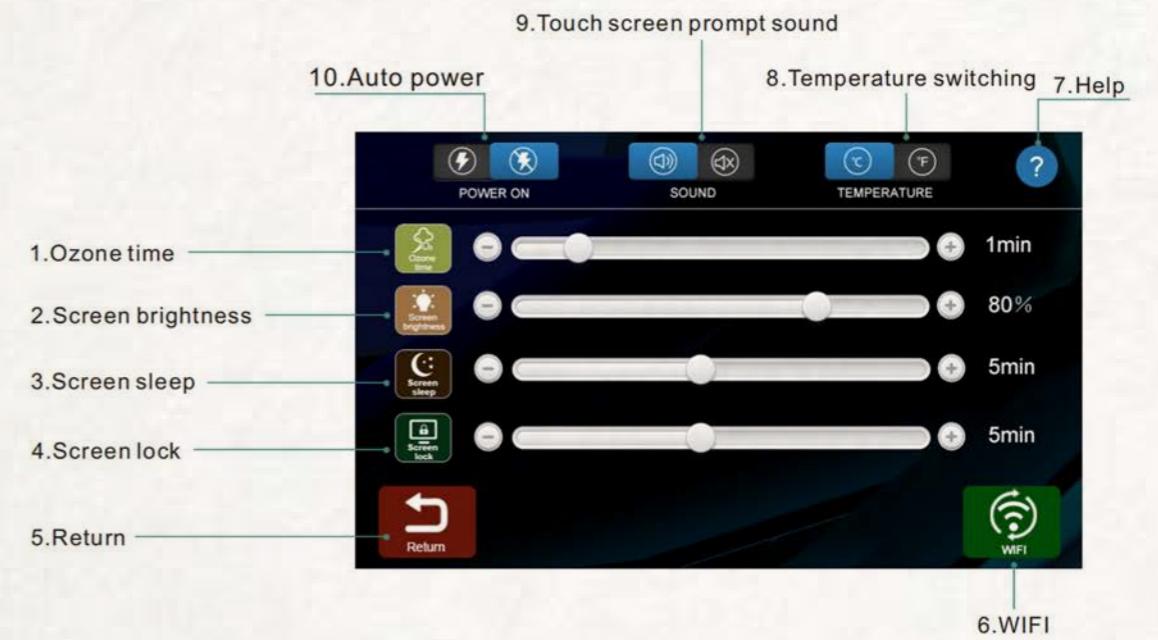
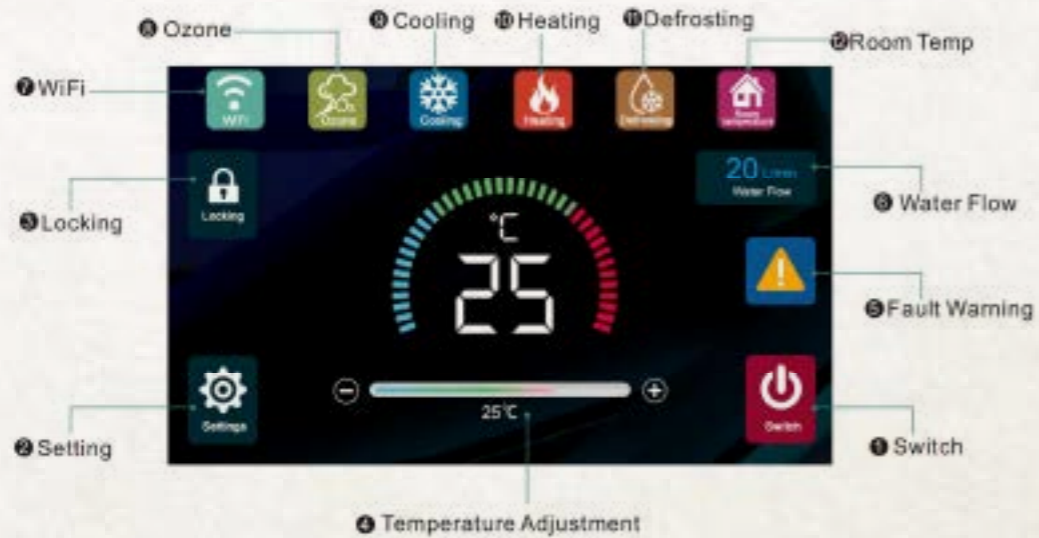
### Status Icons



The corresponding icon will only light up when the current function is turned on.

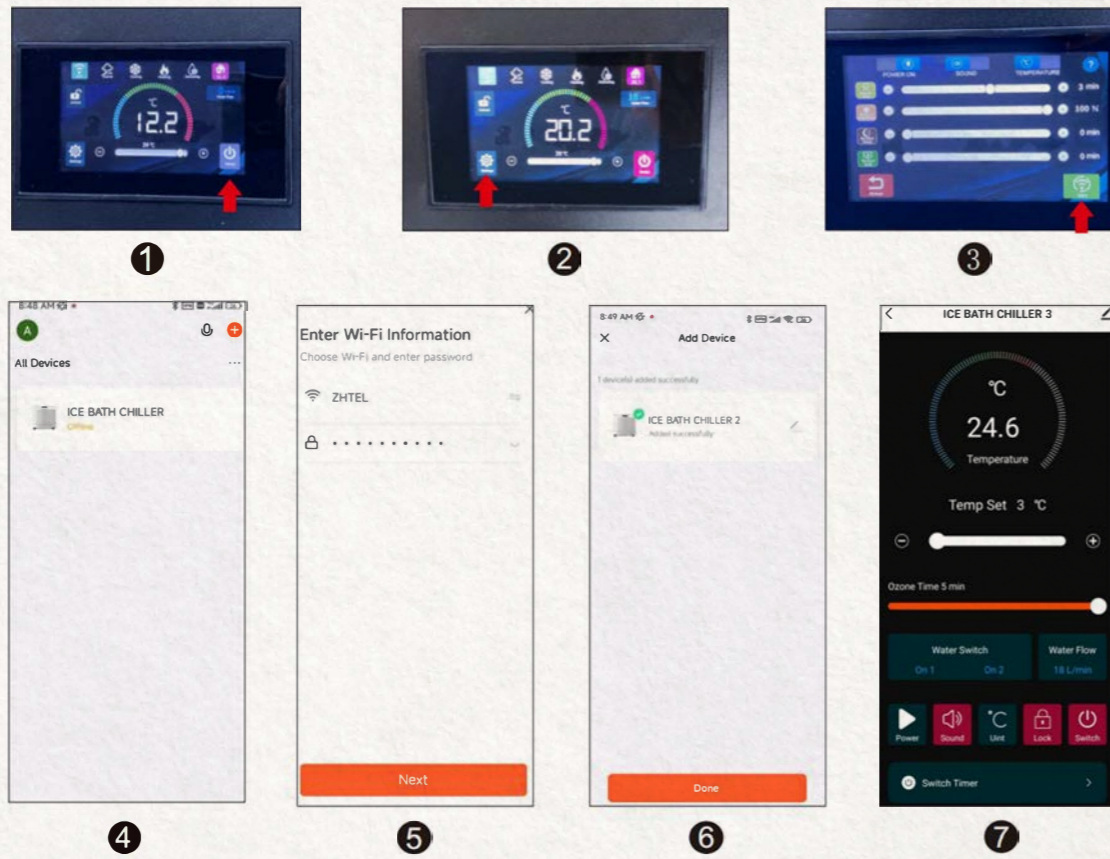
- 1 Turn on/off
- 2 Press to enter the second screen
- 3 Press 3-5s to lock or unlock
- 4 Press + or - to set the temp
- 5 will be displayed when there is a fault
- 6 Displays the current water flow

Remarks: 1 2 will only light up for chillers with heating function when heating.



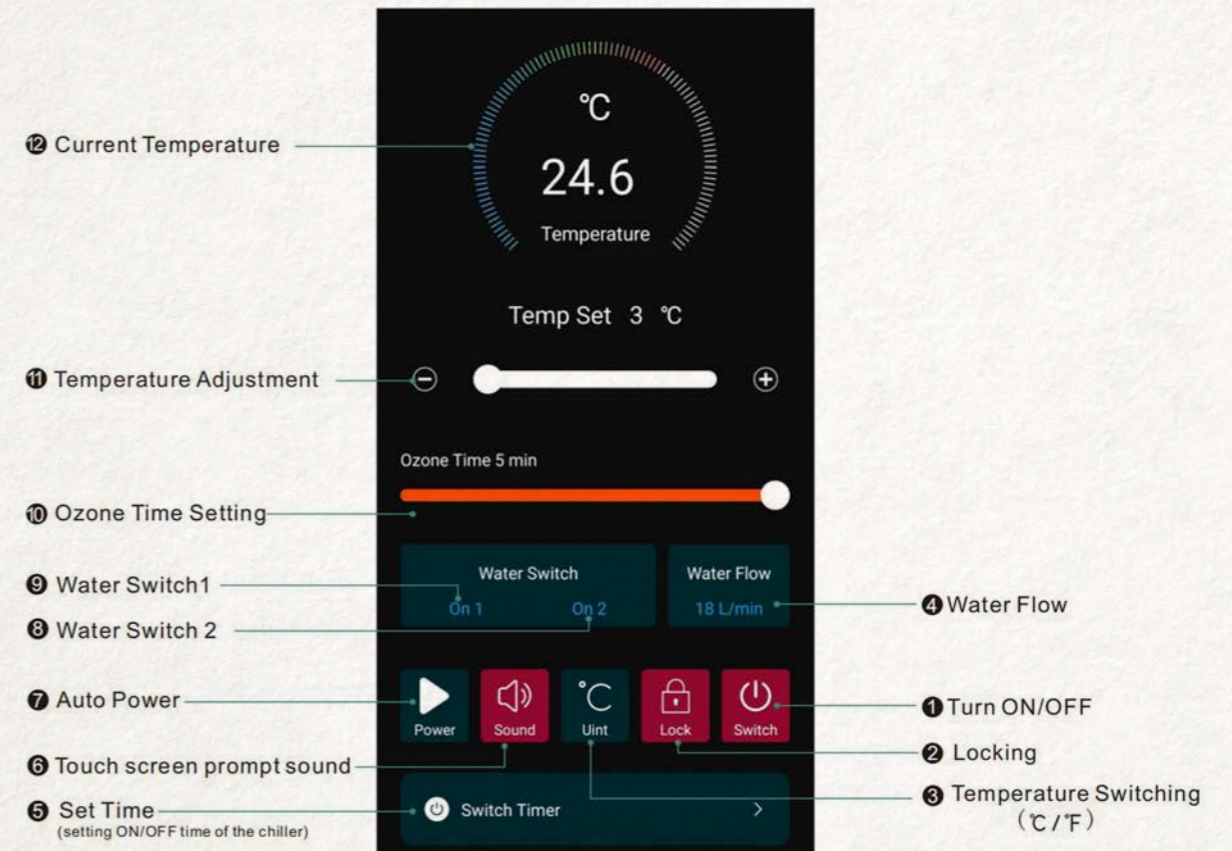
## Wifi description

1. Turn on the chiller.
2. Click the settings key.
3. Press WiFi key for 3-5 seconds until the WiFi blinks.
4. Open the Tuya Smart App on your phone.
5. Select add device.
6. Turn on your phone's WiFi connection and enter password.
7. Succeeded in adding a link, Enter the App control panel.



## Tuya smart interface introductions

1. Turn on/off (Turn ON/OFF the chiller)
2. Locking (Touch panel lock/unlock)
3. Temperature unit switching (°C/°F)
4. Water Flow
5. Set Time
6. Touch screen prompt sound (ON/OFF)
7. Power-on automatic operation ON/OFF
8. Water Switch1
9. Water Switch2
10. Adjust the Ozone working time interval: 0 min (close) and max to 5 min
11. Temperature adjustment (3-42°C/37-107°F)
12. Current Temperature



## Maintenance: 6 simple steps

1

Regularly check the filter and replace it when required. The filter will visibly change colour and become much darker when it requires changing. This will typically be once every 30 days if the product is used once a day.

2

The water should be changed every 3 and 6 months for weekly and daily users, respectfully.

3

Wipe down the surfaces and keep the vents free of any dust/debris, especially if keeping the ice bath outside.



4

Ensure the space around the ice bath has been kept free of debris. For example, if kept outside do not allow leaves to collect around the vent.

5

Check the water inlet and drainage often to ensure free movement of water.

6

Clean the sides of the chiller to ensure efficient heat exchange.

## WARRANTY

### Warranty Period:

The warranty period of 2 years applies to the ice baths supplied by THE THREE DEGREE CLUB LTD. The 2-year warranty begins on the date of delivery.



### Warranty Coverage:

During the warranty period, THE THREE DEGREE CLUB LTD. warrants that our ice baths will be free from defects in material and workmanship under normal use. This warranty is applicable only to the original purchaser and is non-transferable.



### Conditions for Warranty Validity:

For the warranty to be valid, it is essential to adhere to the following conditions:

#### Proper Use:

The ice baths must be used for their intended purpose as outlined in the user guide provided with the product. Any misuse, abuse, or use outside of the recommended guidelines may void the warranty.

#### Maintenance:

Regular maintenance, as specified in the user guide, must be performed to ensure the longevity and performance of the product.

#### Original Purchase:

The warranty is valid only for the original purchaser and requires proof of purchase, such as a sales receipt or invoice.



### Warranty Exclusions:

The warranty does not cover damages resulting from:

- Using the product against the guidelines set out by The Three Degree Club LTD.
- Accidents, abuse, misuse, or neglect.
- Unauthorised modifications or repairs.
- Normal wear and tear.
- Use of the product in a manner contrary to the user guide.
- Adding chemicals to the water
- Not maintaining/replacing the filter when required.
- Restricted airflow to the ice bath/chill tub.
- poor maintenance of the chiller (Chiller must be cleaned to ensure proper heat exchange).
- regular checks of the chiller system pressure.
- Damages caused by misuse, lack of maintenance, or limescale deposits are not covered.
- THE THREE DEGREE CLUB LTD reserves the right to replace defective parts with factory or re-manufactured parts.
- The warranty does not cover damages resulting from alterations or modifications made by the consumer.
- Defects, damage, or failure caused by carriers, installers (other than THE THREE DEGREE CLUB LTD), users, pets, rodents, or acts of God are excluded.
- THE THREE DEGREE CLUB LTD is not liable for incidental or consequential damages, losses, or damages due to specific causes.
- The warranty excludes labour, transportation, crane, or any removal/re-installation costs.
- The warranty is void if any additions, deletions, or modifications are made without the manufacturer's consent.
- Normal wear and tear, improper installation, alterations without manufacturer consent, accidents, misuse, abuse, commercial or industrial use, use of unauthorized accessories, failure to follow the user manual, or repairs by unauthorized personnel are not covered.
- Compensation for delays in resolving warranty claims or loss of use during the claim process will not be provided.



### Making a Warranty Claim:

If you believe your ice bath or chill tub is experiencing an issue covered by the warranty, please contact our customer service team at [info@threedegreeclub.co.uk](mailto:info@threedegreeclub.co.uk). Be prepared to provide proof of purchase and a detailed description of the issue.



### Resolution of Warranty Claims:

Upon receiving your warranty claim, we will work diligently to assess the issue and determine the appropriate course of action. This may include repair, replacement, or, if necessary, a refund.



### Limitation of Liability:

THE THREE DEGREE CLUB LTD. shall not be liable for any incidental or consequential damages, including but not limited to loss of profits, loss of data, or any other indirect damages arising from the use or inability to use our products.

## CONTACT INFORMATION

For further assistance or inquiries regarding the warranty, please contact us at

 [info@threedegreeclub.com](mailto:info@threedegreeclub.com)

 08000614376

Note: This warranty information is subject to change, and the terms outlined here represent the most recent policy as of the current date. Please refer to the user guide and our website for the latest warranty information.