



# MANUAL

ARCTIC PLUNGE COLD TUB

## EMBRACE THE COLD

**Unlock your potential.  
Break through mental barriers.  
Feel invigorated.**

**An Arctic Plunge Cold Tub will change your outlook on life and allow you to break through your own boundaries and make you feel you can take on the world.**

Cold water therapy is a recovery technique used by athletes and individuals looking to reduce muscle soreness and inflammation after physical activity. Some potential benefits of taking a Arctic Plunge Cold Tub include:

### **Reducing muscle soreness**

Cold water immersion can help reduce muscle soreness by constricting blood vessels and reducing inflammation.

### **Improving recovery time**

By reducing muscle soreness, the Arctic Plunge Cold Tub may also help athletes recover faster and be ready for their next workout or competition.

### **Decreasing inflammation**

Cold water immersion may help reduce inflammation in the body, which can be beneficial for individuals with chronic inflammation or inflammatory conditions such as arthritis.

### **Improving circulation**

Cold water immersion can stimulate blood flow and improve circulation, which may help with recovery and reduce the risk of injury.

It's important to note that the Arctic Plunge Cold Tub is not suitable for everyone and can be uncomfortable or even dangerous for some individuals. It's always best to consult with a healthcare professional before starting any new recovery routine.

**Start your cold journey with Arctic Plunge Cold Tubs.**



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## QUICK SET UP

**Before installing the Arctic Plunge Cold Tub, please ensure that there are no obstacles on the outside of the vents on the side of the chiller/fan.**

If there are obstacles blocking the vents, it will cause the compressor to self-protect and the Arctic Plunge Cold Tub water temperature cannot drop. Once your Arctic Plunge Cold Tub is in a position you are happy with please leave it laid flat for 24 hours for the refrigerant to settle in the compressor (Arctic Plunge Cold Tubs are the same as a fridge or freezers and the gas needs to settle before use).

**The Arctic Plunge Cold Tub can then be filled with water but it should not be turned on for 24 hours. We do recommend that you read the full manual though in particular the safety information before you use.**



1

Simply place a garden hose into it. The tub will be completely filled in approximately 15-30 minutes, depending on water pressure



2

Plug in your tub to a 13 amp plug socket and set the desired temperature on the control panel



3

Within a few hours you will be able to start enjoying your new Arctic Plunge Cold Tub cold water therapy



4

We strongly suggest you empty your water every 8-12 weeks and repeat these first three steps

## THE PURPOSE OF YOUR ARCTIC PLUNGE COLD TUB

**The purpose of the Arctic Plunge Cold Tub is to allow people to experience cold water safely and efficiently in their own setting at home or in a commercial setting.**

**The Arctic Plunge Cold Tub is designed to go down to as low as 37° degrees F, which is extremely cold and we advise you to read the safety instructions before getting in.**

### Who is it for?

The Arctic Plunge Cold Tub is designed for use by one person at a time so don't try and squeeze another person in. It is intended for use by adults, and certainly not children, who have some experience in cold exposure and have at least a little knowledge about this topic. If deliberate cold exposure is new to you then please learn more about this first and make sure it is for you. Also start gradually with temperatures of around 50° degrees F and shorter durations of up to a minute to make sure you get used to it before taking the plunge.

### TOP TIPS

**DO** build up slowly. Diving in at the deep end might not be the best idea - could start off by gradually introducing your body to the cold water - feet, then legs, then torso and so on. Don't feel like you have to fully submerge on your first few attempts.

**DO** be mindful of your breathing. Learning to control your breath is a big part of being in cold water. How we breathe is often a very accurate indicator of how we are in our mind. So, if we're breathing fast and rapidly, then that means we're feeling quite frantic in our heads. If our breath is nice and slow and smooth and deep, we are maintaining an element of homeostasis in our body, which keeps us calm.

**DO** take your experience into account when deciding what temperature to set your Arctic Plunge Cold Tub. For those who have never been exposed to any sort of cold water, you should start at around 50° degrees F. If you regularly take cold showers, then you could start a little lower at 42° degrees F.







## USER RESPONSIBILITY & SAFETY ADVICE

Arctic Plunge Cold Tubs 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 Arctic Plunge Cold Tub and read and observe the health and safety warnings and safety recommendations as set out in this manual
- Maintain the materials of which the Arctic Plunge Cold Tub is made from by following the cleaning procedures in section 8 of this manual
- Use the Arctic Plunge Cold Tub according to the recommendations in this manual
- Only use our recommended engineers for service and repairs
- Ensure a safe electrical connection to the Arctic Plunge Cold Tub; which 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 trip 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 Arctic Plunge Cold Tub, 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 Arctic Plunge Cold Tub 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 Arctic Plunge Cold Tub 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 Arctic Plunge Cold Tub with water falls at least 20cm below the top to avoid flooding.

This level is something that will be different for everybody and we recommend that you become comfortable with what level of water works for you and observe what happens to the water levels when you get in - you can always then adjust accordingly.

Top-up the water periodically as it lowers due to users entering/exiting to keep the water level high enough.

Do use your insulated cover. It is advisable not to leave the Arctic Plunge Cold Tub uncovered when not in use since the temperature of the water will rise.

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 Arctic Plunge Cold Tub or the information in this manual, please do contact us.



## HEALTH & SAFETY WARNINGS FOR THE USER

### Taking the plunge is a big step

Arctic Plunge Cold 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 Arctic Plunge Cold Tub.

Arctic Plunge Cold 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 Arctic Plunge Cold 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 Arctic Plunge Cold 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 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.

Children must be supervised near the Arctic Plunge Cold Tub 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 Arctic Plunge Cold 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 Arctic Plunge Cold Tub without first consulting their doctor. People with infectious diseases should not use the Arctic Plunge Cold Tub without first consulting their doctor.

### Do not use the Arctic Plunge Cold 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 Arctic Plunge Cold Tub.

**Do not use your Arctic Plunge Cold Tub during extreme weather conditions** (during storms or floods etc). It is also recommended to place the Arctic Plunge Cold Tub 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 Arctic Plunge Cold Tub.** 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 Arctic Plunge Cold Tub when it is not empty. It is important to maintain water cleanliness in accordance with Arctic Plunge Cold Tub's instructions by following the correct cleaning procedure, see section 8.

The Arctic Plunge Cold Tub has an automated cleaning cycle which runs constantly. During this time the pump, filter and Ozone cleaner run simultaneously.

**DO NOT** use any unapproved chemicals or detergents unless you plan to rinse the Arctic Plunge Cold 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 Arctic Plunge Cold Tub as they may risk passing on to users.

**DO** not use a pressure washer to clean the Arctic Plunge Cold Tub as this may result in damage to the electrical services compartment unit.

It is very important to keep the cover on when the Arctic Plunge Cold Tub is not in use - this is to prevent injury to children or animals and to also prevent water ingress to the services compartment when raining, if the user is placed outside.

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

It is the end user's responsibility to ensure the power supply used is on an RCD protected circuit.

For all operations and maintenance of the Arctic Plunge Cold Tub please refer to this manual and if in doubt please contact Arctic Plunge Cold Tubs directly via email first - [sales@arcticplunge.com](mailto:sales@arcticplunge.com)





### Power Supply

15 Amp  
110v

### Materials

Stainless Steel 316,  
Aluminium, Composite Top

### Weight

275 lbs

### Water Capacity

106 Gallons

### Temperature

Settings as low  
as 37° degrees F

### Dimensions

1 29 in    3 71 in  
2 30 in    4 47 in



### Draining

Hose Pipe  
connection

### Antifreeze function

Prevents the formation  
of ice or frost

### Ozone + Filtration

Built in ozone and filter  
system for clear water

### Cover Included

Insulated for reduced  
running costs



## HEALTH BENEFITS

An ice tub is a therapeutic  
treatment that can provide  
a range of health benefits.



**Reducing  
muscle soreness**



**Decreasing  
inflammation**



**Improving your  
recovery time**

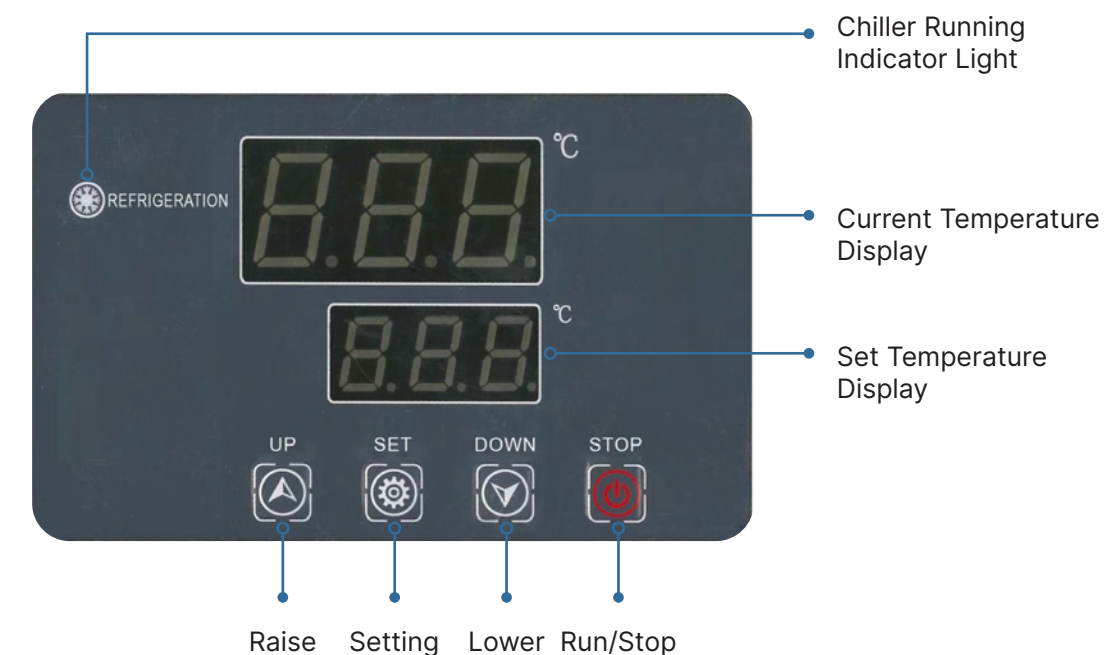


**Improving  
circulation**

## CONTROL PANEL & COMPONENTS

### Control Panel

### Stainless Steel Temperature Control Key Instructions



**Notes:** After turning on the power for the first time, wait for the green indicator light to light up when the refrigeration is running. Press the run button, then press the set button, and then press

the lower or higher button. After 5-8 seconds, it will enter the working state. During use, it is necessary to adjust the temperature and directly press the set button to lower or raise the temperature.

### Components





## HOW TO OPERATE

**Before installing the Arctic Plunge Cold Tub, please ensure that there are no obstacles on the outside of the vents on the side of the chiller/fan.**

If there are obstacles blocking the vents, it will cause the compressor to self-protect and the Arctic Plunge Cold Tub water temperature cannot drop. Once your Arctic Plunge Cold Tub is in a position you are happy with please leave it laid flat for 24 hours for the refrigerant to settle in the compressor (Arctic Plunge Cold Tubs are the same as a fridge or freezers and the gas needs to settle before use).

The Arctic Plunge Cold Tub can then be filled with water but it should not be turned on for 24 hours. We do recommend that you read the full manual though in particular the safety information before you use.

### Power connection

1. The Arctic Plunge Cold Tub must be plugged directly into an RCD protected circuit on a 13-amp socket or box.
2. Do not use an extension cable to run the Arctic Plunge Cold Tub, this can be a fire hazard.

### To fill the Arctic Plunge Cold Tub for the first time

1. Turn off the power to the Arctic Plunge Cold Tub before filling/draining and do not turn the power back on until the Arctic Plunge Cold Tub has been refilled.
2. Fill the Arctic Plunge Cold Tub to the desired level. It will take approximately 15-30 minutes to fill, Depending on water pressure
3. Open the air bleed screw to exhaust air from the filter and pump housing.  
*See page 15 for more information*

4. Switch the power on only when it has been filled. The monitor will flash green, wait for 3-5 mins and it will enter the running state. The default temperature is 37° degrees F.
5. Allow the Arctic Plunge Cold Tub to get down to the temperature as set on your controller. As the Arctic Plunge Cold Tub is affected by the environment please turn the machine on 6-12 hours in advance.

If the Arctic Plunge Cold Tub is set to 37° degrees F, it will run the chiller until it reaches this temperature. Once the temperature then reaches 39° degrees F it will turn the chiller on and cool to 37° degrees F.

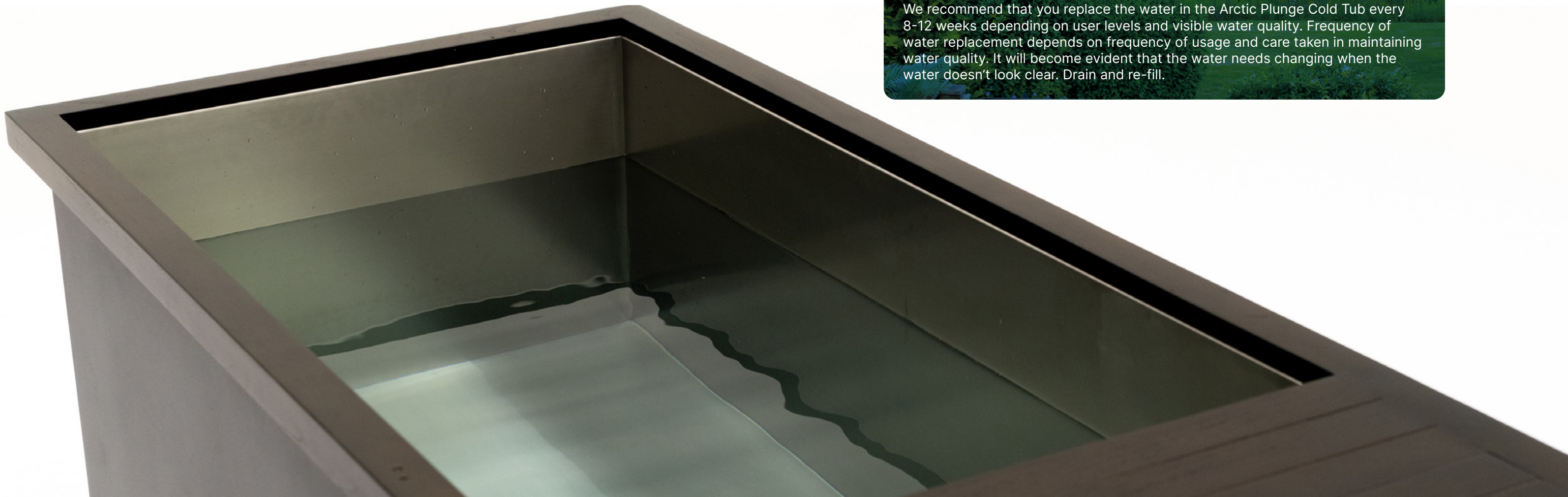
Where multiple users are using the Arctic Plunge Cold Tub frequently we recommend adding a Huwa-San silver stabilised hydrogen peroxide. This is what we recommend as a proven, safe and powerful residual disinfection for Arctic Plunge Cold Tubs. We do not recommend chlorine products or other salts.

### To drain and refill the Arctic Plunge Cold Tub:

1. Turn off the power to the Arctic Plunge Cold Tub.
2. Drain the water using the hose pipe attachment to connect a hose pipe and then open the ball valve to let the water out.
3. Wipe out the inside of the Arctic Plunge Cold Tub with a clean cloth to clean any residual dirt or grime. DO NOT use any chemicals such as bathroom cleaner or stainless-steel cleaner - see section 8 for details.
4. When it is clean and rinsed, ensure the ball valve is closed. Re-fill using a hose pipe.
5. Switch the power back on to the Arctic Plunge Cold Tub and allow the water to get down to the temperature as set by on your controller.

### IMPORTANT

We recommend that you replace the water in the Arctic Plunge Cold Tub every 8-12 weeks depending on user levels and visible water quality. 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 the water doesn't look clear. Drain and re-fill.





### Adjusting set temperature

1. The display will show the current water temperature. The default is 3°C and it will run the chiller until it reaches this temperature, it will then automatically cycle the constant temperature. If the temperature then reaches 4°C it will turn the chiller on and cool to 3°C.
2. If you want to change the temperature, press the setting key first, and then press the up and down temperature adjustment key at the same time, press the up and down temperature adjustment key to reach your own desired temperature.
3. Wait for 5-8 seconds without any action, and the machine will enter the new indicator operation. The machine will default to this temperature next time.

### Automated clean function

1. The Arctic Plunge Cold Tub will clean itself constantly in the background.
2. This runs the pump/filter and Ozone together

### How to turn the Arctic Plunge Cold Tub off

Turn off the switch or unplug the power supply. Please note that the temperature control display has a memory function, and the next time it is turned on, it directly enters the last set temperature operation.

If not in use for a long time, please cut off the power and drain all the water inside the Arctic Plunge Cold Tub.

## MAINTENANCE AND CLEANING

### Maintaining your Arctic Plunge Cold Tub keeps it clean and hygienic, while also protecting it from damage.

If you want to keep it clean, you should combine both prevention and treatment to protect it. It has a built in Ozone and filter system for clear water.

### Filter clean and change

The filter should be replaced every three months. We recommend that you clean the filter every 1-2 weeks depending on usage. We recommend the Arctic Plunge Cold Tub filter.

Turn off the Arctic Plunge Cold Tub before cleaning or changing the filter.

### How to change the filter



Open the hatch on the top and you can change the filter and open/close ball valves inside.

Outlet Valve

Inlet Valve



When replacing the filter element, please close the water inlet and outlet valves of the tub, loosen the filter exhaust valve by counter clockwise, then unscrew the filter cover, remove the filter element, and replace the filter element.



After replacing the filter element. Screw on the filter cover, open the ball valves. Then open the exhaust valve slightly to ensure there are no air locks. After this you can turn the Ice bath back on



# KEEPING THE WATER CLEAN

## Changing the water

We recommend that you replace the water in the Arctic Plunge Cold Tub every 8-12 weeks depending on user levels and visible water quality. 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 the water doesn't look clear. Drain and re-fill.

## Cleaning the Arctic Plunge Cold Tub

It is important that you use the new Arctic Plunge Sanitizer to 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. You should still chemically treat the water to ensure that it is safe to bathe in.

### Recommended treatment:

- We recommend dissolving the Arctic Plunge Sanitizer tablet in a jug of water before adding to the Arctic Plunge Cold Tub
- Use 1 x Arctic Plunge Sanitizer Tablet twice per week
- This may need to be more frequent for heavily used Arctic Plunge Cold Tubs
- Ensure you test the water regularly, including before use. Use quality test strips such as AquaSParkle 4-way

The Arctic Plunge Sanitizer has been specifically formulated for cold water therapy as they have a fast rate of release with a low percentage of Sanitizer.

### IMPORTANT

The use of any hot tub/multi-functional tablets is prohibited and will invalidate your warranty, as this may cause problems with the stainless steel structure. We recommend you only use the Arctic Plunge Sanitizer tablets.

# SANITIZER TABLETS COMPARISON

Characteristics	Arctic Plunge Sanitizer 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	✗	✗	✓	✗
Sanitizer %	43	90	87	95
Dispenser Required	✗	✓	✓	✓
Suitable for Arctic Plunge Cold Tubs	✓	Check with manufacturer	Check with manufacturer	Check with manufacturer

### Filter cleaning:

The filter should be replaced every three months and cleaned every 1-2 weeks depending on usage. 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.



## THE INSULATED COVER

The cover to your Arctic Plunge Cold Tub that has been supplied as an upholstered item and needs handling with care as it is easily damaged.

It comes with a 1 year warranty. Our covers, and any future replacements, can be ordered directly via Superior Wellness.

The insulated cover is designed for three prime purposes:

- To insulate the water from warmer air temperatures, especially warm sunshine
- To stop debris from entering the water or the adjacent services area
- A physical deterrent for small children and animals endangering themselves by entering the cold water

It will benefit from a hose down every month, including the underside.

If there is a problem considered to be a manufacturing defect, this will be covered by the warranty, please contact us as needed. If the problem is due to bad handling or mis-operation unfortunately this will not be considered as a warranty repair.

Arctic Plunge Cold Tub covers are not designed to be stood upon, crawled across, used as places to stand on to change exterior light bulbs etc.



## TROUBLESHOOTING & ERROR MESSAGES

PROBLEM	SOLUTION
The water is murky	<p>Ensure the filter is clean. The filter should be cleaned every 1-2 weeks depending on usage and the filter changed every 3 months.</p> <p>Change the water if it has become too dirty.</p>
My Tub won't get to temperature set	<p>Turn the appliance off for 2 minutes and turn back on, it will reset to 37° degrees F .</p> <p>Are both vents free of obstacles and walls, they require at least 20cm of space, ideally 30cm.</p> <p>Make sure that the green light next to refrigeration is on Solid. If there is no light, press the stop button to make the refrigeration unit turn on.</p> <p>Check, is the compressor running, can you hear a fan, if not then please call us.</p>
There is a bad smell coming from the Tub	<p>If the water looks clean and clear there should be no adverse smells. Run a clean cycle several times.</p> <p>If the water looks murky, drain and change it.</p>
The temperature is different to what my thermometer is showing	<p>The internal temperature probe is calibrated to within 0.3° +/-</p> <p>There could be an issue with the temperature sensor or PCB board. Please contact Arctic Plunge Cold Tubs directly via email – <a href="mailto:sales@arcticplunge.com">sales@arcticplunge.com</a></p>
My Arctic Plunge Cold Tub will not switch on	<p>Ensure there is power to the plug socket you are trying to use. Check the fuse in the plug has not blown. Also check the breaker inside of the control box inside the unit.</p>
How do I drain my Tub?	<p>To drain your Arctic Plunge Cold Tub, please locate the rubber cap on the removable panel on the bottom right hand corner. Please remove the rubber cap and attach your hose pipe connection (you will receive this with your Arctic Plunge Cold Tub). When you remove the wooden hatch, you will see a small red valve at the bottom, turn 90° degrees to open so the water may come out. Please remember to make sure your Arctic Plunge Cold Tub is turned off.</p> <p>To fill, simply place your hose in the Arctic Plunge Cold Tub and leave until it has covered the vents. This time to fill will vary depending on your water pressure.</p>
How do I remove the air locks?	<p>On top of your filter/pump you will have either a brass fitting or a grey hexagon shape cap. If you have a brass fitting with a small cap on, please unscrew the cap a little to release any air in the pump. If your Arctic Plunge Cold Tub has a grey hexagon shape cap, please loosen this a little to release the air until the water slowly comes out.</p>
What is the orange light on the RCD box?	<p>If the orange light stays on for a short while and does not turn green, it may be that there is an air lock in the system or it could be the water flow sensor. This is a small black plastic sensor fastened into a brass mount. Please loosen the screw which is holding it in place and move it very gently until the green light comes on. Then tighten the screw back up.</p>
I think the fuse may have tripped?	<p>Please unplug your Arctic Plunge Cold Tub and check the fuse in the plug socket.</p> <p>On the RCD box in the Arctic Plunge Cold Tub there are two plugs which are labelled pump and compressor. Please unplug the compressor by unscrewing it first, then unplug it and turn your Arctic Plunge Cold Tub on. If it stays on with just the pump running your compressor will need changing please call the After Sales team on <b>1-833-4PLUNGE</b> and we will be happy to assist you.</p>



## WARRANTY AND REPAIRS

**Our Arctic Plunge Cold Tubs warranty provides coverage for defects in workmanship and defects or malfunctions that arise during normal use conditions for a period of 2 years from the date of delivery.**

This warranty applies to commercial and residential use of the Arctic Plunge Cold Tub and only to the original purchaser or original owner if the product was purchased as a gift. **The use of any hot tub/multi-functional tablets is prohibited and will invalidate your warranty, as this may cause problems with the stainless steel structure. We recommend you only use the Arctic Plunge Sanitizer tablets.** The warranty does not cover damage resulting from the addition of chemicals to the water, (excluding our recommended Arctic Plunge Sanitizer) neglected filter care and replacement, power outages, low water flow, restricted air flow, or any other form of neglect, misuse, or abuse. There may be other exclusions to this warranty, as described in the Limited Warranty. It is important to carefully read and understand the terms of the Limited Warranty in order to fully understand the coverage provided.

### Warranty Limitations

- The warranty period starts upon delivery of the Arctic Plunge Cold Tub

- The warranty does not cover damage caused by misuse, lack of maintenance, or lime scale deposits. Chemical abuse or poor water chemistry. Arctic Plunge Cold Tubs Ltd reserves the right to replace the defective parts with factory or re-manufactured parts.
- Arctic Plunge Cold Tubs Ltd is not responsible for any damage caused by alterations or modifications by the consumer.
- The warranty of the Arctic Plunge Cold Tub does not cover defects, damage or failure caused by the common carrier, installer, user or other persons, pets or rodents, or resulting from, without limitation, any of the following: careless handling (lifting unit by plumbing, abrading finish, etc) including its own negligence; modification of any type for any reason) including modification to meet local codes); Improper installation (including installation not in accordance with instructions and specifications provided with the unit); connections supplied by the installer of the equipment; improper voltage supply or unauthorized electrical modification; misuse; incorrect operation, or lack of proper routine maintenance; operation of the unit without specified minimum amount of water or at inappropriate water temperature; use of abrasive or improper cleaners; or acts of God, such as lightening, floods, earthquakes etc.

- In addition, Arctic Plunge Cold Tubs Ltd will not be responsible for incidental or consequential damages or losses arising from any cause (e.g. water damage to carpet, ceiling, tiles, marbles, loss of use etc.) including it's own negligence; damages to, respecting or resulting from: chemicals/misuse are used in the unit or hard water conditions; optional equipment not manufactured by the company but supplied with the dealer, installer or Company; the units prior usage as an operational of display; or defects that should have been discovered before installation.
- This warranty does not include labour, transportation, crane, or any other costs incurred in the removal and or re-installation of the original unit and/or installation of a replacement unit; any costs relating to obtaining access for repair; or loss of use damage, including loss of sales, profit, or business under any circumstances. Arctic Plunge Cold Tub units are excluded of any warranty coverage if any addition, deletion, or modification of any kind whatsoever has been made to the unit (or to any component).
- The warranty does not cover defects of damage due to normal wear and tear, improper installation, alterations without the manufacturer written consent, accident, misuse, abuse, commercial or industrial use, the use of an accessory not approved by the manufacturer, failure to follow the user

manual, or repairs made or attempted by anyone other than an authorized representative of the manufacturer.

- Arctic Plunge Cold Tubs Ltd will not provide compensation for delays in resolving warranty claims, or loss of use whilst the claim is in process.

### Registering the product warranty

All products require registering using the product registration form within 7 days of installation. Failing to register may invalidate the warranty. Please fill in all information requested. To register your Arctic Plunge Cold Tub, please go to [www.chilltubs.com/support](http://www.chilltubs.com/support)

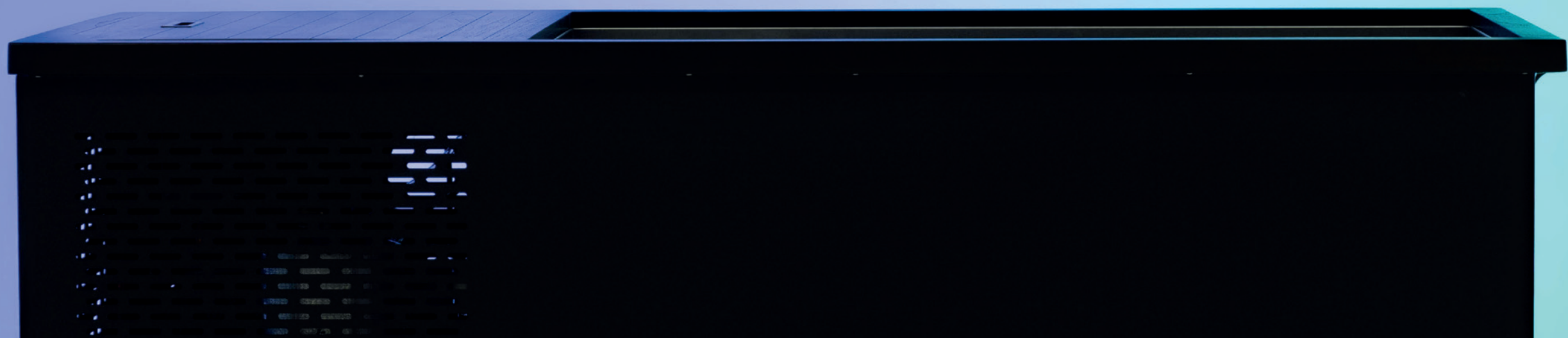
### Extent of Warranty

This warranty extends only to the original consumer purchaser of the Arctic Plunge Cold Tub when invoiced and delivered. The warranty terminates upon any transfer of ownership prior to the expiration of the warranty period. Any modifications to the Arctic Plunge Cold Tub will void the warranty.

### How to make a claim

If you are a Arctic Plunge Cold Tubs retailer making a claim on behalf of your customer, please log a claim using the warranty portal on the CRM.

If you are a Arctic Plunge Cold Tubs customer, please contact your Arctic Plunge Cold Tubs retailer who will make the claim on your behalf.





## DISPOSING OF YOUR PRODUCT

**Before disposing of your Arctic Plunge Cold Tub, please make sure it is switched off and safe.**

**Please note:** the refrigeration system contains gases and refrigerants which require specialist waste disposal. The valuable materials contained in a refrigeration appliance can be recycled.

Contact your local waste disposal depot for proper disposal of your Arctic Plunge Cold Tub and contact your local authority, or you can speak to us directly if you have any questions.

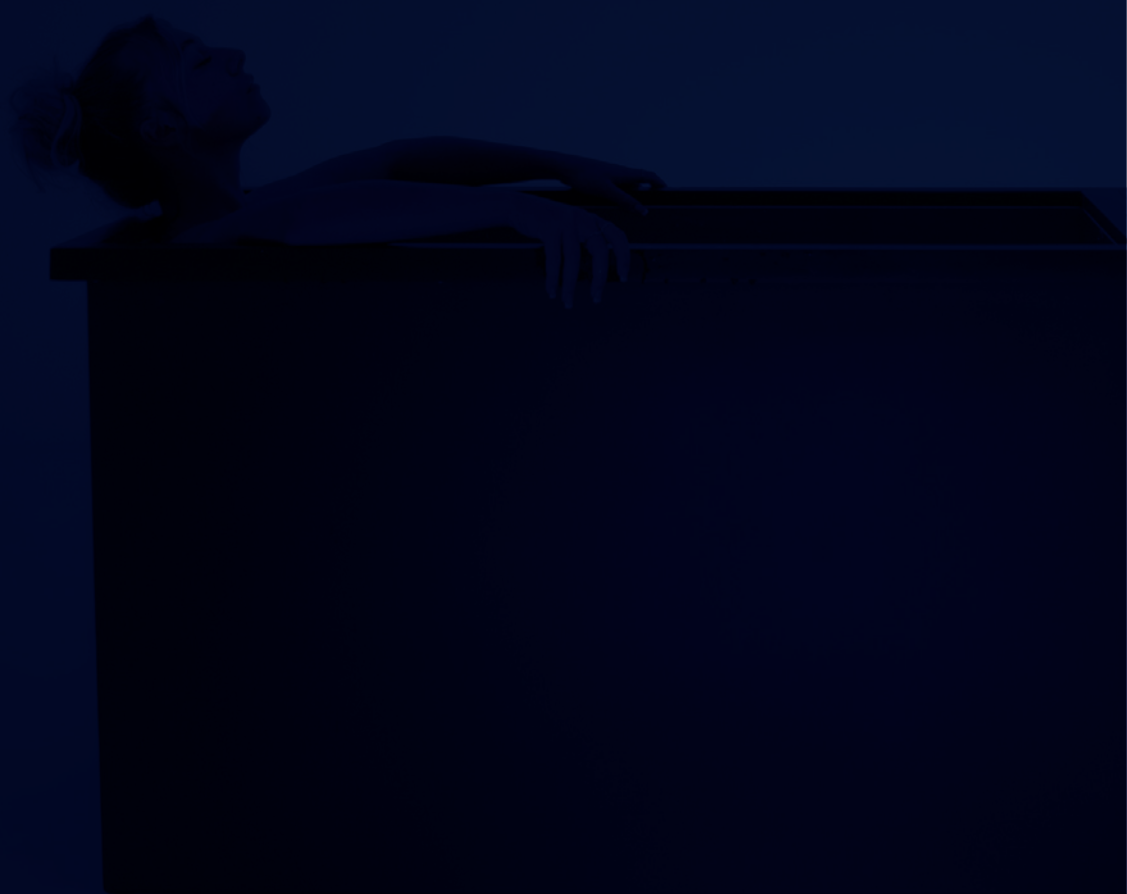
## FULL SET UP GUIDE

**Please follow this step by step guide when setting up your Arctic Plunge Cold Tub by yourself.**

1. Fill your Arctic Plunge Cold Tub to above the suction vents (this may take a while depending on your water pressure) or the advised water line.
2. Ensure the Arctic Plunge Cold Tub is plugged in and press the orange button to see the red light on the little trip switch.
3. You will see an orange light on the RCD box in the Arctic Plunge Cold Tub this will turn green after a few seconds.
4. Once it changes to a green light your Arctic Plunge Cold Tub is getting ready to work, you will notice a green flashing light on the control panel.
5. After a few minutes you'll notice the fan kick in, a minute after the flashing light will stop flashing which means the compressor is on.
6. Your Arctic Plunge Cold Tub is now cooling to your desired temperature.
7. Once it has reached your set temperature it will shut off the compressor and the fan.
8. After the water temperature has risen a few degrees, the fan and compressor will turn on again to cool back down to temperature.







**EMBRACE  
THE COLD**

[arcticplunge.com](https://arcticplunge.com)