

CHILL TUBS®

CHILL TUBS®

MANUAL

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EMBRACE THE COLD

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

A Chill 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 Chill 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 Chill 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 Chill 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 Chill Tubs.



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HOW TO SET UP

When delivering and installing a Chill Tub, if you need to tilt it or put it up right, please ensure that when placed into position it is laid flat in order for the gas to settle.

The Chill Tub can then be filled but it should not be turned on for 24 hours.

If you can't wait to try your new Chill Tub then please follow these simple instructions to get started.

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 10amp 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 Chill 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 CHILL TUB

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

The Chill Tub is designed to go down to as low as 3 degrees, which is extremely cold and we advise you to read the safety instructions before getting in.

Who is it for?

The Chill 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 10 degrees 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 Chill Tub. For those who have never been exposed to any sort of cold water, you should start at around 10 degrees Celsius. If you regularly take cold showers, then you could start a little lower at 6 degrees Celsius.

CHILL TUBS®

PREMIUM MATERIALS

How are they made?

Made from stainless steel with a teak top and a black aluminium surround, the Chill Tub looks stylish and is suitable for indoor or outdoor use. Its temperature settings go as low as 3 degrees and it holds up to 400

litres of water. With an antifreeze function to help prevent the formation of ice or frost on the heat exchanger coils or other components of the system. A hose pipe connection is also available for draining.



Stainless Steel



Teak Top



Black Aluminium



Ozone and Filtration

USER RESPONSIBILITY & SAFETY ADVICE

Chill 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 Chill 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 Chill Tub is made from by following the cleaning procedures in section 8 of this manual
- Use the Chill Tub according to the recommendations in this manual
- Only use our recommended engineers for service and repairs
- Ensure a safe electrical connection to the Chill 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 Chill 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 Chill 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 Chill 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 Chill 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 Chill 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 Chill Tub or the information in this manual, please do contact us.

HEALTH & SAFETY WARNINGS FOR THE USER

Taking the plunge is a big step

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

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

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

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

New to this?

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

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

A risk factor is hypothermia.

This occurs when you suffer a drop-in core body temperature and can eventually lead to loss of consciousness and heart failure. The amount of time you can spend in cold water without suffering from hypothermia is determined by the water temperature, your body size and shape, your level of cold adaptation and your experience, among other factors. Check with your doctor as relevant. Start with safe, short dips of 30 seconds to learn what your limits are. If you begin to feel uncomfortable or you start to shiver, listen to your body, get out and slowly warm up by walking around.

If you 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 Chill 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 Chill Tub.

Please check with your doctor as relevant.

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

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

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

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

The Chill 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 Chill Tub thoroughly to remove any remnants of cleaning products before refilling with the water you will bathe in. Chemicals such as ammonia, combustible substances, bromine, fluorine are not advised on the Chill Tub as they may risk passing on to users.

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

It is very important to keep the cover on when the Chill Tub is not in use - this is to prevent injury to children or animals 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 Chill Tubs approved engineer. Chill 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 Chill Tub please refer to this manual and if in doubt please contact Chill Tubs directly via email first – help@chilltubsaustralia.com.au



SPECIFICATION

Power Supply

13 Amp /
220v-240vz
50/60hz

Materials

Stainless
Steel 304,
Aluminium, Teak

Dry Weight

125kg

Water Capacity

400 litres

Temperature

Settings as low
as 3° degrees

4



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

3

1



2



Dimensions

1

730mm

2

750mm

3

1800mm

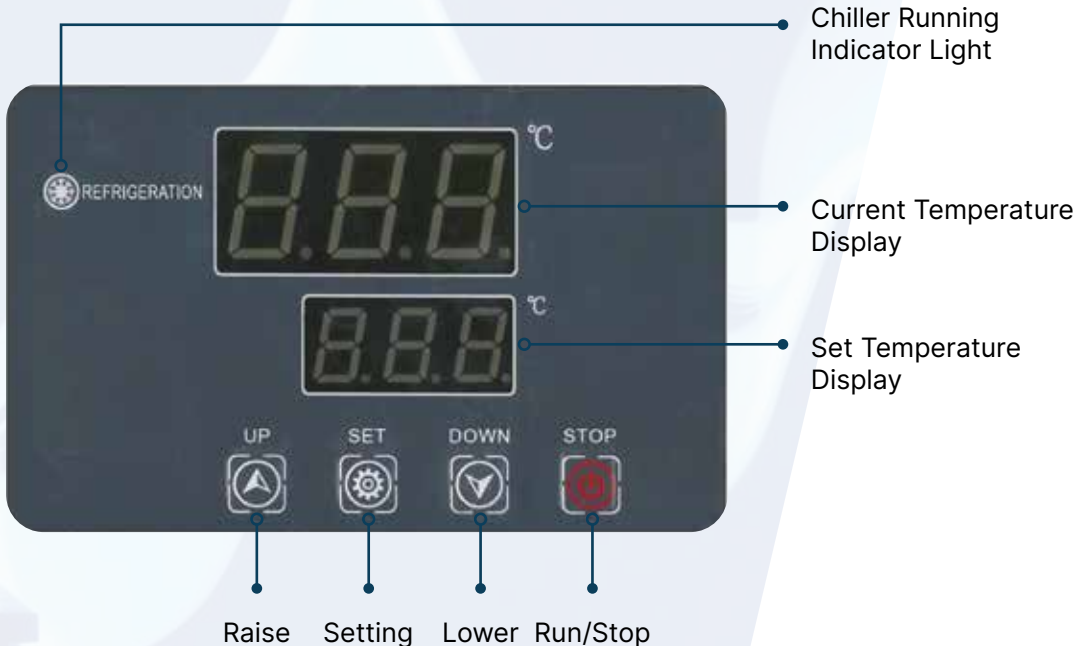
4

1200mm

CONTROL PANEL & COMPONENTS

Control Panel

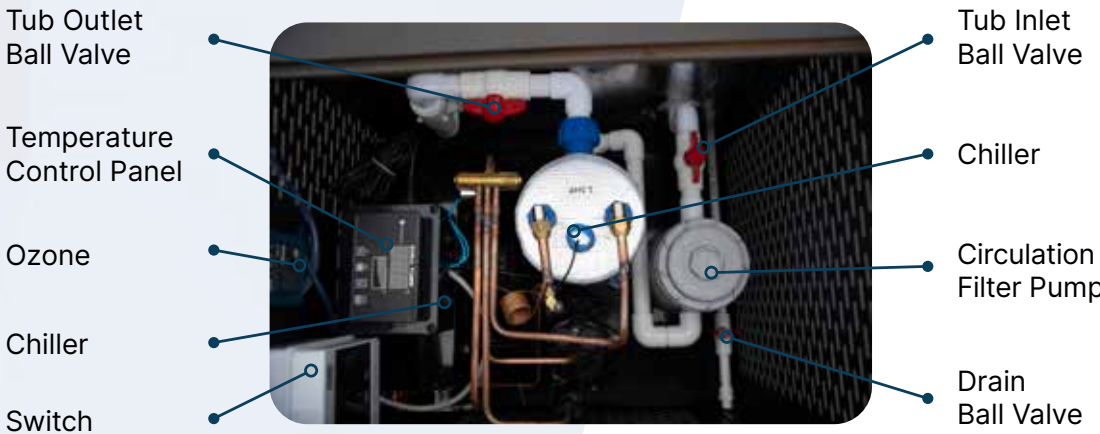
Stainless Steel Temperature Control Key Instructions



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 Chill 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 Chill Tub water temperature cannot drop.

Power connection

1. The Chill Tub must be plugged directly into an RCD protected circuit on a 10-amp socket or box.
2. Do not use an extension cable to run the Chill Tub, this can be a fire hazard.

To fill the Chill Tub for the first time

1. Turn off the power to the Chill Tub before filling/draining and do not turn the power back on until the Chill Tub has been refilled.
2. Fill the Chill 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 14 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 3 degrees.

5. Allow the Chill Tub to get down to the temperature as set on your controller. As the Chill Tub is affected by the environment please turn the machine on 6-12 hours in advance.

If the chill tub is set to 3 degrees, it will run the chiller until it reaches this temperature. Once the temperature then reaches 4 degrees it will turn the chiller on and cool to 3 degrees.

Where multiple users are using the Chill 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 Chill Tubs. We do not recommend chlorine products or other salts.

To drain and refill the Chill Tub:

1. Turn off the power to the Chill 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 Chill 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 Chill 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 Chill 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.

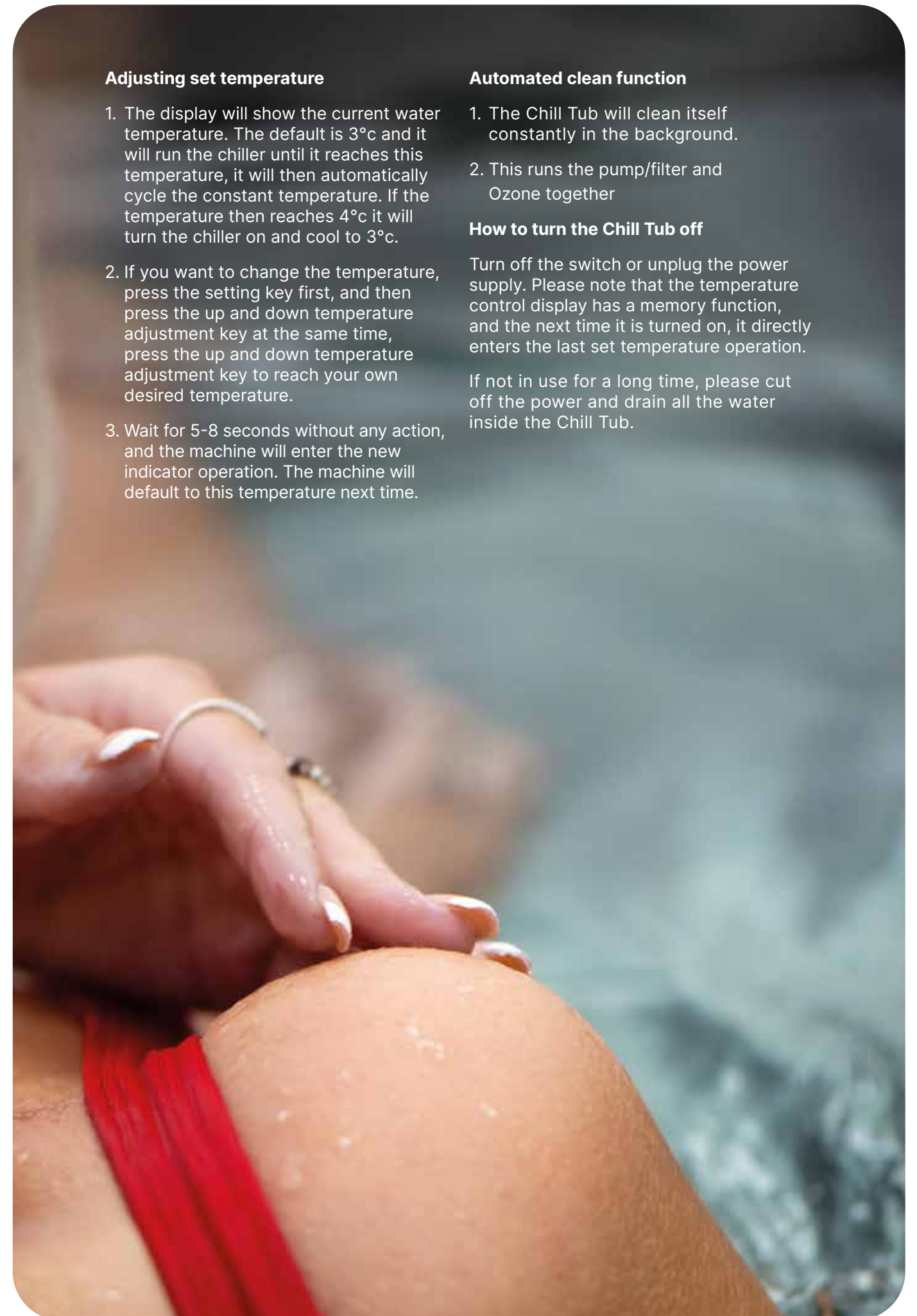
Automated clean function

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

How to turn the Chill 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 Chill Tub.



MAINTENANCE AND CLEANING

Maintaining your Chill 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 Chill Tub filter.

Turn off the Chill 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 Chill 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 Chill Tub

It is important that you use the new Chill Tabs Sanitiser 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. Although the water is cold, bacteria can still be present. Cold temperatures cannot kill germs, but only slow down their growth.

Therefore, bacteria in cold temperatures will not be able to function, but if they are brought back to room temperature, they will start to multiply.

Recommended treatment:

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

The Chill Tabs sanitiser has been specifically formulated for cold water therapy.if they are brought back to room temp

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 Chill Tabs Sanitiser tablets.

SANITISER TABLETS COMPARISON

Characteristics	Chill Tabs Sanitiser 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	✗	✗	✓	✗
Sanitiser %	43	90	87	95
Dispenser Required	✗	✓	✓	✓
Suitable for Chill 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 Chill 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.

Chill 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

The filter should be cleaned every 1-2 weeks depending on usage and the filter changed every 3 months.

Change the water if it has become too dirty.

My Chill Tub won't get to temperature set

Turn the appliance off for 2 minutes and turn back on, it will reset to 3 degrees Celsius .

Are both vents free of obstacles and walls, they require at least 20cm of space, ideally 30cm.

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.

Check, is the compressor running, can you hear a fan, if not then please call us.

There is a bad smell coming from the Chill Tub

If the water looks clean and clear there should be no adverse smells. Run a clean cycle several times.

If the water looks murky, drain and change it.

The temperature is different to what my thermometer is showing

The internal temperature probe is calibrated to within 0.3° +/-

There could be an issue with the temperature sensor or PCB board. Please contact Chill Tubs directly via email – sales@chilltubs.com

My Chill Tub will not switch on

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.

If there is an issue then please contact sales@chilltubs.com

WARRANTY AND REPAIRS

Our Chill 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 Chill 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 Chill Tabs Sanitiser tablets. The warranty does not cover damage resulting from the addition of chemicals to the water, (excluding our recommended Chill Tabs Sanitiser) 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 Chill Tub

- The warranty does not cover damage caused by misuse, lack of maintenance, or lime scale deposits. Chemical abuse or poor water chemistry. Chill Tubs Ltd reserves the right to replace the defective parts with factory or re-manufactured parts.
- Chill Tubs Ltd is not responsible for any damage caused by alterations or modifications by the consumer.
- The warranty of the Chill 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, Chill 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. Chill 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.

- Chill 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 Chill Tub, please go to www.chilltubs.com/support

Extent of Warranty

This warranty extends only to the original consumer purchaser of the Chill 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 Chill Tub will void the warranty.

How to make a claim

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



DISPOSING OF YOUR PRODUCT

Before disposing of your Chill 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 Chill Tub and contact your local authority, or you can speak to us directly if you have any questions.





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