

Cold Plunge Water Maintenance

Proper Water Maintenance requires a combination of all the following elements:

- Replacing water regularly
- Ozone Generator
- Chlorine or other chemical water treatment
- pH level maintenance
- Regular filter maintenance
- Skimming
- Covering pool when not in use
- Washing or rinsing before use

Replacing the Water

Replace the water in the tub every 3-5 days depending on usage, and then clean the tub with a clean cloth between draining and filling.

Ozone

The Dynamic Cold Therapy Chiller is equipped with an Ozone Generator that can be programmed to run at regular intervals. Ozone helps reduce bacteria in the water but is not an all-encompassing stand-in for routine water maintenance.

Chlorine and Chemical Disinfectant

Use chemical treatment sparingly to minimize exposure, and to maximize longevity of product. Maintain chlorine levels within the recommended range to effectively kill bacteria and maintain water clarity. For persons sensitive to Chlorine, or who would like to just avoid it, Hydrogen Peroxide or other chlorine free chemicals can be used.

pH Balance and Water Testing

Maintaining proper water chemistry is essential for optimal water quality and use comfort.

1. **pH Level:** Keep the pH level of the water within the recommended range (typically 7.2-7.8) to prevent irritation to the skin and eyes and ensure the effectiveness of the chlorine disinfection. Sodium bisulfite can be used to lower pH and is commonly found in spa treatment products.
2. **Total Alkalinity (TA):** Monitor and adjust total alkalinity levels to help stabilize the pH of the water and prevent fluctuations.
3. **Calcium Hardness:** Maintain proper calcium hardness levels to prevent corrosion of pool surfaces and equipment.

Use test kits to measure chlorine levels, pH, alkalinity, calcium hardness, and other essential parameters regularly:

1. **Test Kits:** Use test kits to measure chlorine levels, pH, alkalinity, calcium hardness, and other essential parameters regularly.
2. **Frequency:** Test the water at least once a day, especially during periods of heavy use or hot weather when chlorine demand may increase.
3. **Adjustments:** Make necessary adjustments to water chemistry based on test results to maintain optimal balance and cleanliness.

Filtration and Particle Elimination

1. **Filter Maintenance:** Replace Filter every 1-2 weeks depending on use, 15-20 Micron filters. The Internal Strainer needs to be cleaned periodically, contact manufacturer for guidance.
2. **Skimming:** Remove surface debris regularly to prevent the buildup of dirt and contaminants.
3. **Cover the Tub:** Cover the tub whenever it's not in use to prevent leaves, debris, or other particles from falling in.
4. **Personal Hygiene:** It is best to shower or rinse off before entering the pool to remove oils, lotions, and other substances that can contaminate the water.