



ICE BATH WATER

GENERAL MAINTENANCE & STEP BY STEP GUIDE

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ICE BATH WATER

GENERAL MAINTENANCE GUIDE



WATER TREATMENT SANITISER

Purpose: Kills bacteria and sanitises bath.

Ideal Range: 15ppm

Instructions: Add **60ml** per **1000 litres** weekly. **Do not overdose.** To lower sanitiser level **empty some water** and **top up with fresh water** until desired parameter is met.



ALKALINITY INCREASER

Purpose: Maintains pH stability.

Ideal Range: 125 – 150ppm

Instructions: To increase alkalinity by **10ppm**, add **18g** per **1000 litres** – **do not add more than 40g** per **1000 litres** at a time. Have **filtration running** and wait **30 minutes** before adding more. Continue until desired parameter is met.



CHLORINE REMOVER

Purpose: To ensure that there is **no chlorine** entering the water.

Ideal Range: 0

Instructions: Add **12.5ml** per **1000 litres** whenever filling up or topping up Ice Bath with tap water



SHOCK

Purpose: Chlorine-free oxidiser to keep water fresh and clear.

Instructions: Add at a rate of **20g** per **1000 litres** of water. Use regularly to maintain water clarity and freshness, particularly after heavy use.



BIO-CLEANER

Purpose: Removes **Bio-Film build up** on surface of Ice Bath and throughout pipework and filtration

Instructions: Add **250ml** per **1000 litres** monthly.



INSTANT FILTER CLEANER

Purpose: To **clean** and **degrease** cartridge filters, simply **spraying on** and **hosing off**.

Instructions: **Spray** cartridge **weekly**, leave for **15 minutes** then **hose off**.

IMPORTANT POINTS TO NOTE

- **CLEAR AS ICE** uses a **NON-CHLORINE SANITISER** and is **not compatible with chlorine**.
- Tap water **can contain traces of chlorine** therefore **CHLORINE REMOVER** is required to be added on initial filling and topping up of your Ice Bath.
- Always **have filtration running** when adding chemicals and **wait 30 minutes** in between each chemical adjustment.
- Always adjust **Total Alkalinity before pH**
- Make sure you know **how many litres of water** there are in your ice bath. This is very important for correct chemical dosage.
- Test water **at least weekly** depending on usage and **adjust chemical parameters** according to chart.
- Run filtration **daily**.



pH REDUCER

Purpose: Bather comfort and equipment protection

Ideal Range: 7.2 - 7.6

Instructions: To lower pH by **1 unit**, add **43g per 1000 litres**. To increase see Alkalinity Increaser.



HARDNESS INCREASER

Purpose: Protects the surface of your Ice Bath and equipment from **scale build up** and **corrosion**.

Instructions: Add **10g per 1000 litres** to increase by **10ppm**. To reduce, dilute water by **emptying some water** and **topping up with fresh water**.



CLEANSER

Purpose: Breaks down **body fats, oils, sweat** etc and **clarifies water**

Instructions: Add **60ml per 1000 litres weekly**.



MINERALS

Purpose: Therapeutic minerals that contain **magnesium, potassium** and **ocean trace elements**.

Instructions: Add **50ml per 1000 litres weekly**.



PIPE CLEANER

Purpose: Removes grime and organic build-up in pipes. Use before completely emptying water in Ice Bath

Instructions: If applicable, **use every 3 months** or before Ice Bath is **completely emptied**. Use **250ml per 1000 litres** and follow instructions as per product label.



DE-FOAMER

Purpose: Eliminates foam (indicates water change needed).

Instructions: Add very small amount when foaming occurs. Start with half a capful. **Do not Overdose** or foaming may worsen. Follow instructions as per product label.



ICE BATH WATER STEP BY STEP GUIDE

IMPORTANT POINTS TO NOTE BEFORE YOU START

- When adding chemicals **always** have **filtration running**.
- Always **wait 30 minutes** in between **each chemical adjustment**
- **ALKALINITY INCREASER** will **increase** both **total alkalinity and pH**
 - **Always** adjust **total alkalinity FIRST**
- It is **very important** to know **how many litres of water** are in your Ice Bath to **ensure correct chemical dosages**.
 - If you are unsure, please check your **Ice Bath User Guide** or with the **manufacturer**.
 - Once you know the volume of water you can commence the **initial start-up** and **maintenance procedures** below.

INITIAL START UP

- **Fill Ice Bath** and **start filtration**
- Add **12.5ml of CHLORINE REMOVER** per **1000 litres** and **run filtration for 30 minutes** then test water with test strips to adjust water balance parameters accordingly - Please see **MAINTENANCE GUIDE** for parameters.

ADJUSTING TOTAL ALKALINITY (TA)

- To increase **TA** by **10ppm** add **18gm of ALKALINITY INCREASER** per **1000 litres** and **run filtration for 30 minutes**
- **Do not add more than 40gm** per **1000 litres** of **ALKALINITY INCREASER** at a time, **run filtration** and **wait 30 minutes** before adding more. Do this until desired parameter is met.
 - **For example:** If your Ice Bath is **1000 litres** and your **TA** is **zero** and you need to increase it to **100ppm**, you would need to add **180gm of ALKALINITY INCREASER**
 - You would add this in **40gm increments** and **leave 30 minutes** in between **each 40gm increment** with **filtration running**.

ADJUSTING pH & CALCIUM HARDNESS

- Once your **TA** level is correct, check **pH** and **calcium hardness** levels using the test strips and adjust accordingly.
- To **lower pH** by **1 unit**, add **43gm of pH REDUCER** per **1000 litres**.
- To **increase pH** by **1 unit**, add **18gm of ALKALINITY INCREASER** per **1000 litres**.
- Run filtration for 30 mins then adjust **calcium hardness** if required using **HARDNESS INCREASER**.
- To **increase calcium hardness** by **10ppm** add **10gm** of per **1000 litres** and **run filtration for 30 minutes**.





NOW ADD SANITISER

- Add **WATER TREATMENT SANITISER** at a rate of **60ml** per **1000 litres** and run filtration for **30 minutes**.
- Very important - **DO NOT OVERDOSE**.

NOW ADD THERAPEUTIC MINERALS

- If you're using **MINERALS**, our **therapeutic addition**, add **50ml** per **1000 litres** and run filtration for **30 minutes**.



NOW YOU'RE READY TO GO!

WEEKLY MAINTENANCE

Always have **filtration running** when adding chemicals and **wait 30 minutes** in between adding each product.

- If topping up of water is required, **after top up** add **CHLORINE REMOVER** – 12.5ml per 1000 litres
- Clean cartridge filter using **INSTANT FILTER CLEANER** – spray cartridge lightly, leave for 15 minutes then hose off thoroughly.
- Add **WATER TREATMENT SANITISER** at rate of 60ml per 1000 litres.
- Check **WATER BALANCE** – total Alkalinity (TA), pH and calcium hardness and adjust accordingly – **SEE MAINTENANCE GUIDE**.
- Add **CLEANSER** at rate of 60ml per 1000 litres to keep water clear and prevent scum line build up.
- Add **SHOCK** at rate of 20g per 1000 litres
- If you're using **MINERALS**, our **therapeutic addition**, add 50ml per 1000 litres.



MONTHLY MAINTENANCE

- Add **BIO-CLEANER** at rate of 250ml per 1000 litres to remove Bio-Film build up from Ice Bath, pipework and filtration.

THREE MONTHLY MAINTENANCE

or when emptying Ice Bath completely

- Before emptying water, use **PIPE CLEANER** as per directions on label to remove grime and organic build up in pipework.

GENERAL MAINTENANCE as required

- Should any foaming occur use **DE-FOAMER** as per directions on label.
- Foaming usually indicates a build up of body fats and oils and therefore Ice Bath should be emptied and refilled with fresh water. When emptying water completely it is recommended to do a pipe clean beforehand using **PIPE CLEANER**.



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