

FORTIFY GYM ICE BATH USE PROCEDURE



1. Ensure you have read and signed the Wavier and Release Liability Agreement.
2. Shower using soap immediately prior to entering the ice bath. Rinse all soap off thoroughly.
3. Tie long hair back / up so that it does not enter the water.
4. Check the water temperature on the thermometer provided and add more ice if desired. The recommended temperature is between 10 and 15 degrees Celsius.
5. Set device / timer so that you can monitor time spent in and out of the bath.
6. Enter the bath slowly and carefully ensuring you continue to breathe deeply and slowly to assist in adjusting to the cold.
7. Lower deep enough to submerge the shoulders if you are comfortable to do so. It is ok to start slowly and work towards this.
8. The head (including ears, nose and mouth) should NOT be submerged.
9. When exiting the bath do so slowly. During intervals do not cross your arms when out of the bath.
10. When finished allow the body to warm up naturally if possible.

PLEASE NOTE:

- Swimwear must be when using the ice bath.
- For safety reasons ensure the door to the bathroom remains UNLOCKED whilst in the bath.

HOW LONG DO I STAY IN THE BATH FOR?

There are various recommendations and protocols around time in the ice bath. We advise you to listen to your body when using the Ice Bath.

If you are starting out you may need to commence with shorter intervals and work your way up to longer ones.

Example Ice Bath Therapy Session

Intervals:

1 – 2 minutes in the bath

1 -2 minutes out of the bath

Repeat up to 5 times

****DO NOT REMAIN IN THE ICE BATH FOR LONGER THAT 10 MINUTES****

Happy Plunging