

# iCOOLBARREL<sup>®</sup>

Cold Water Therapy



**PORTABLE CRYOTHERAPY BATH**

# iCOOLBARREL®

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## USER MANUAL



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## TAKE A MOMENT TO FIND OUT WHAT'S INCLUDE

- 1 x iCoolBarrel Insulated Hard-Wall Tub
- 1 x iCoolBarrel Protective Top Lid
- 1 x Carry Bag
- 1 x Floor Pump
- 1 x Thermo Chiller with accessories  
(if purchased as an optional extra)

## UNPACKING YOUR iCOOL BARREL

1. Read carefully through this user manual before using the iCoolBarrel.
2. Complete the steps in the QUICK START GUIDE to assemble your iCool Barrel.



## QUICK START GUIDE



### ASSEMBLE THE iCOOL BARREL

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1. Unpack and place the **iCoolBarrel** on a stable surface.
2. Inflate both the **Hard-Wall Tub** and **Protective Top Lid** using the supplied floor pump.
3. Ensure the pump is fully inserted into the valve, and pump until fully inflated recommended pressure 15 PSI (1 Bar).
4. Once inflated, seal the valves using the safety caps.
5. If you are using the **iCoolBarrel** with the **Thermo Chiller Unit**, place chiller unit on a stable surface at least 1 meter from the **iCoolBarrel**.
6. Connect both the Inlet and Outlet pipes and ensure the valves are hand tight.
7. You can now fill your **iCoolBarrel** with "cold water" using a hose until the water is roughly 15 cm (6 inches) below the underside of the top ring (not more than  $\frac{3}{4}$  full).

### HOW TO EMPTY THE iCOOL BARREL

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1. If you are using the **iCoolBarrel** with the **Thermo Chiller Unit**, ensure the **Thermo Chiller Unit** is switched off and unplugged.
2. Unscrew the 'Water Out' drain plug to let the water drain out.

### HOW LONG SHOULD YOU STAY IN COLD WATER?

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Cold water therapy works best with the right combination of time and temperature. For example, if you are in water with a temperature of 10°C, we would recommend you stay for no more than 10mins.

#### Temperature to Time examples:

1°C = 1 minute submersion

2°C = 2 minutes submersion

3°C = 3 minutes submersion

5°C = 5 minutes submersion

10°C = 10 minutes submersion

15°C = 15 minutes submersion



### **THERMO LID**

This high quality insulated lid is designed to add a thermal bridge between the ice bath water and the external elements, keeping the water at a steady temperature.

### **FULLY INSULATED**

Both the body of the barrel and the lid are insulated, keeping the outside weather from affecting the internal water temperature.

### **PLUG & PLAY**

Quality built hoses easily connect between the chiller and the iCoolBarrel, circulating fresh, clean, cold water.





### **EASY INFLATION**

Fully inflate the iCoolBarrel in just 3 minutes for a super easy setup.

### **DURABLE CONSTRUCTION**

The iCoolBarrel is made with ultra durable fibreglass reinforced skin-friendly PVC, which is easy to clean.

### **iCOOL THERMO CHILLER**

The iCool chiller is the industry's best chiller and filter combination, low maintenance, keeping your water clean with changeable particulate and UV filters, and keeping the water temperature at a steady 3°C.

The iCool chiller can also be controlled using a WIFI enabled mobile app (IOS e ANDROID).





## SAFETY & USAGE NOTES

### MAINTENANCE, CLEANING & STORAGE

- Before using your iCool Barrel for the first time, please wash with **warm soapy water**, rinse and wipe down with a clean dry cloth.
- **Never** clean your iCoolBarrel with a strong bleach-based detergents, as this may degrade the materials and water-proof seals.
- To empty your iCoolBarrel, use the 'Water Out' drain plug. Take care with the drain tap, don't force it and make sure turn it to the closed position after use and clean it regularly.
- Though not essential, to ensure a long service life and for hygiene purposes, we recommend draining, cleaning and drying your iCoolBarrel every two to three weeks.



### SAFETY INSTRUCTIONS

- Your iCoolBarrel can be filled with cold or hot water **up to 50°C**. Always start filling with room temperature water, adjusting to your desired temperature as the iCool Barrel gets closer to full.
- **Never** fill your iCoolBarrel more than  $\frac{2}{3}$  full to compensate for your body mass and displacement of water when you enter. So it's always best to start  $\frac{1}{2}$  full and adjust afterwards.





# PRODUCT SPECIFICATIONS

## Dimensions

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100cm diameter

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95cm height

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Suitable heights up to 6'7" (2.1m tall)

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## Specifications

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Ultra Durable Fibreglass Reinforced Skin-Friendly PVC

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Solid Wall and Insulated Construction

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High Pressure Structure - 15 PSI / 1 Bar

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520 litre capacity

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15kg weight (empty)

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520kg weight (full)

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