



INSTRUCTION MANUAL

Demountable Ice Bath Pools

Your iCool Demountable Ice Bath Pool is designed to compliment and enhance the many scientifically proven benefits of regular use of the iCool Ice Bath Therapy and Recovery Systems. It has been designed by highly experienced sports recovery specialists at iCool, the world's leading brand of mobile ice bath systems, to meet all of the extensively researched requirements of effective Ice Bath therapy either in permanent or semi permanent installations or to travel with you to sporting events. Your Ice Bath Pool is an attractive product that is very strong, safe and easy to transport and assemble. It is also perfect as a permanent pool installation.

FEATURES

- * Manufactured from accurately machined Marine grade aluminium
- * Tough and attractive heat cured UV resistive paint coatings
- * High quality inner liner formed from special purpose tough polymer materials
- * Strong long life industrial grade polypropylene quick release water fittings
- * Comfortable and durable head and leg rests.



SETTING UP YOUR NEW iCOOL POOL IS QUICK AND EASY IF YOU TAKE THE TIME TO FOLLOW THESE CLEAR ILLUSTRATED INSTRUCTIONS.

IF YOU DO NOT FOLLOW THIS SEQUENCE YOU MAY FIND IT MUCH MORE DIFFICULT.

PLEASE TAKE A FEW MINUTES TO LOOK THROUGH THESE INSTRUCTIONS AND YOU WILL SAVE YOURSELF TIME AND AVOID FRUSTRATION.



STEP 1

LAY OUT THESE COMPONENTS AS ILLUSTRATED

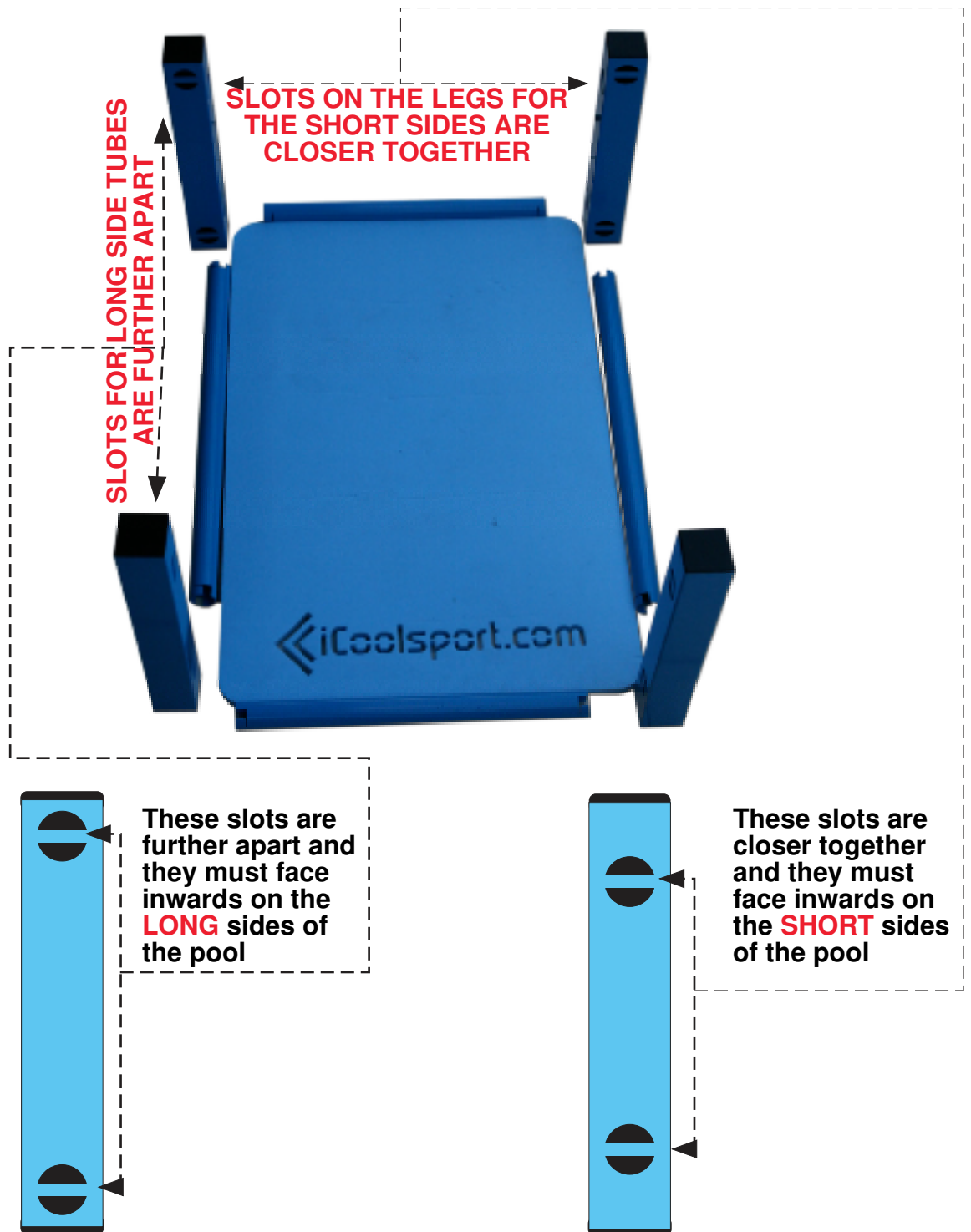
1. Choose a flat surface to assemble your Ice Bath and keep in mind that **you will need to provide suitable space for your iCool Cooling and/or Heating Systems and the associated hoses.** Please remember that water is very heavy so **you will not be able to move the bath once it is filled with water.**
2. First lay down the insulating matt as shown. **It is essential that you use a matt** to prevent a very high loss of the cooling or heating energy into the floor or ground. This can waste a lot of electricity and may mean it will take a lot longer than normal to cool or heat the water because of these losses. The matt also adds comfort for the user.
3. Lay out 2 long and 2 short tubes and place a square leg at each corner as shown below and in more detail on the next page.
4. Note as illustrated on Page 3 that the legs can be used either way up but they have different slot spacing on each side. The round slotted holes that hold the tubes on the long sides of the pool are further apart and the slotted holes that hold the tubes on the short sides of the pools are closer together. This is to allow the head and foot rests to be lower than the main sides. Research has confirmed that this is more comfortable for the user and allows much easier entry and exit access.

STEP 2

ASSEMBLE THE LOWER TUBES TO THE LEGS



SEE DETAILS ON THE NEXT PAGE

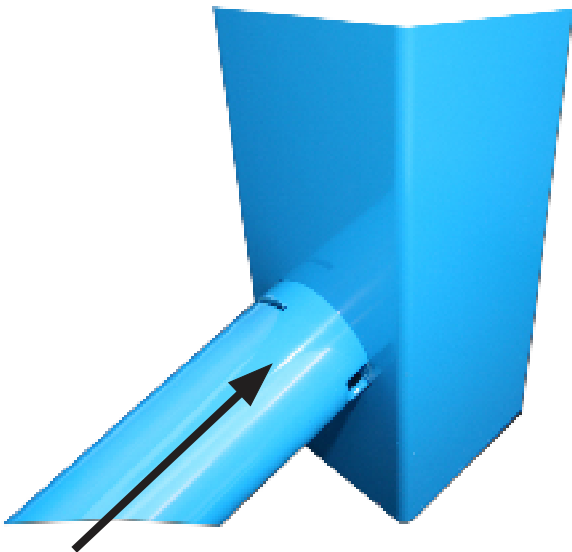


PLEASE NOTE THAT THE LEGS CAN BE USED EITHER WAY UP BUT THE SPACING OF THE ROUND SLOTS IS DIFFERENT ON EACH SIDE. THESE SLOTS MUST FACE THE CORRECT DIRECTION AS SHOWN

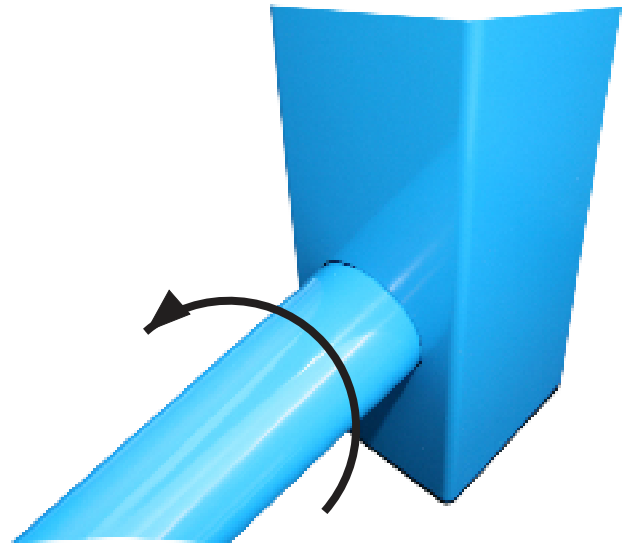
STEP 2

ASSEMBLE THE LOWER TUBES TO THE LEGS (Continued)

1. The tubes have a machined mechanism on each end that allows them to slide into the round slots on the leg posts and then lock strongly into position by twisting.
2. It is important that both ends of each tube are slid as far as they will go inside the round slotted holes on 2 legs before the tube is twisted, so that it locks into both legs at the same time.
3. Because the slots and tubes are machined to fit with high precision it is essential that the components are all well aligned and perfectly square to each other or it may not be possible to twist the tube to lock it.
4. The illustration below shows how the tube is first slid into the legs (it must be in both legs) and then twisted to lock the entire assembly.



SLIDE BOTH ENDS FULLY INTO EACH LEG UNTIL THEY STOP.



TWIST TO LOCK



BOTH ENDS OF EACH TUBE MUST BE SLID COMPLETELY INTO THE APPROPRIATE LEGS BEFORE YOU CAN TWIST TO LOCK THEM. THEY MUST BE SQUARE TO EACH OTHER AND ALL THE WAY IN AS FAR AS THEY WILL SLIDE OR THE LOCKING MECHANISM CAN NOT WORK PROPERLY.

STEP 3

PLACE THE POOL WATER LINER IN POSITION



1. With the bottom sections of the pool assembled as shown, place the pool water liner inside the frame in the correct position as shown.
2. The short sides of the water liner are aligned to the short ends of the pool frame and the long sides of the liner to the long ends of the pool frame. The white iCool Sport Logo faces up as shown in the photograph above.
3. Note that there are water inlet and outlet fittings on one of the long sides. At this point you need to decide on which side of the pool your iCool Cooling and/or Heating System will be placed.
4. Make sure that the water inlet and outlet points are facing the correct side to be closest to your other iCool equipment. This allows the water hoses to be neater and to be out of the way of the athletes as they enter and exit the pool.
5. If you intend to run 2 pools from the one cooling unit you may find it more convenient to place the inlet and outlet points of each pool on different sides. This is a matter of working out what works best for your particular setup. More information about this is available on our website or from your local iCool distributor.

STEP 4

ASSEMBLING THE UPPER FRAME TO THE WATER LINER



1. Slide the remaining tubes through the sleeves in the water liner as shown

2. Make sure you use the longer tubes for the long sides and the shorter tubes for the short sides.

3. If you find that moisture or condensation is making the tubes stick to the liner material you can make it easier to slide them in by using some ordinary talcum powder or even massage oil to lubricate the tubes first.

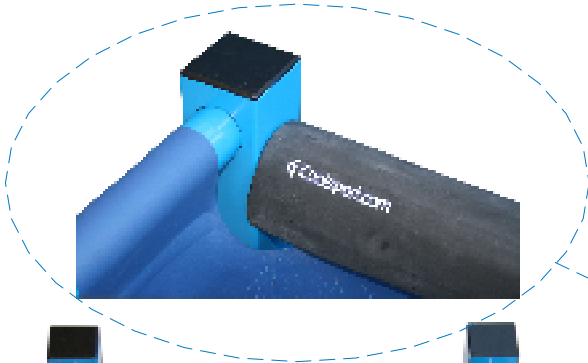
4. Slide the long side tubes in first as shown and then insert each end of the tube into the top slots of the legs on each end and twist the tube to lock it into place. This is the same procedure shown for the lower tubes on page 4.

5. Next slide in the short side tubes in the same manner and twist them to lock them into place.

CONGRATULATIONS, YOU HAVE NOW COMPLETED THE ASSEMBLY OF YOUR iCOOL POOL AND IT SHOULD NOW LOOK LIKE THE ILLUSTRATION ON THE NEXT PAGE.

STEP 5

ADD THE HEAD AND FOOT RESTS.



SLIDE THE HEAD AND FOOT RESTS INTO PLACE AS SHOWN .



STEP 6

FILLING WITH WATER.



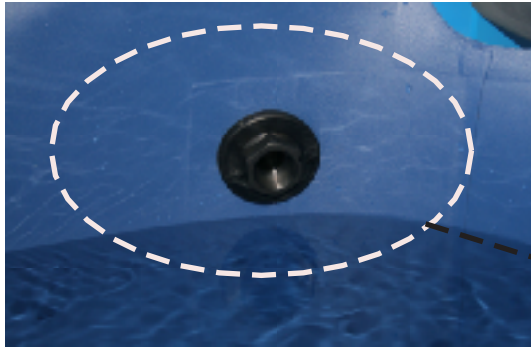
WHEN USING THE POOL WITHOUT AN iCOOL COOLING OR HEATING SYSTEM, THE SNAP LOCK CAPS SUPPLIED MUST BE IN PLACE AS ILLUSTRATED TO PREVENT LOSS OF WATER.



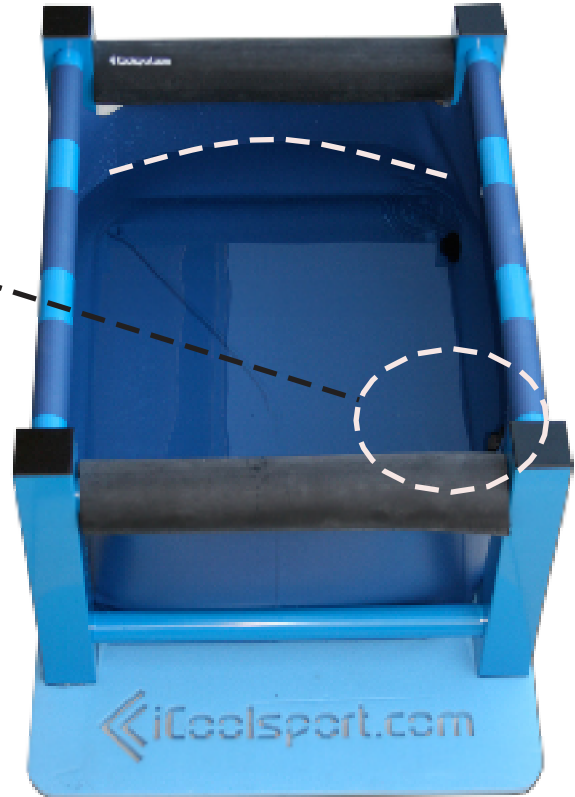
TO USE YOUR POOL WITH AN iCOOL COOLING OR HEATING SYSTEM PLEASE REMOVE THE CAPS AND ATTACH THE SNAP LOCK HOSE FITTINGS PROVIDED WITH YOUR COOLING OR HEATING SYSTEM AND FOLLOW THE INSTRUCTIONS THAT CAME WITH THE SYSTEM.

STEP 6 FILLING WITH WATER (Continued)

THE CORRECT WATER LEVEL IS INDICATED BY THE DOTTED LINE.



FOR BEST RESULTS THE WATER LEVEL SHOULD BE APPROXIMATELY 50 MM BELOW THE TOP WATER INLET FITTING AS SHOWN



THE SMALLEST OF THE iCOOL ICE BATH POOLS IN USE AND CONNECTED TO AN iCOOL COMPACT COOLING SYSTEM.

PLEASE NOTE!
THESE ILLUSTRATIONS MAY LOOK A LITTLE DIFFERENT TO YOUR POOL MODEL BUT THE ASSEMBLY AND OPERATION PROCEDURE WILL BE EXACTLY THE SAME

There are a number of different models of iCool Demountable Ice Bath Pools covering all requirements in sizes that accommodate from one to 8 athletes.

The illustrations in these instructions show only the smallest of the available models, the iCool Half Time Recovery Bath, designed to rapidly cool football players at half time while keeping their leg wrappings and shoes dry. Other models are bigger but otherwise very similar.

All models assemble and operate in exactly the same way regardless of size except for the Twin Half Time Bath which has a twin headrest in the center of the pool to allow for an athlete to sit at each end. A supplement to these instructions is provided with that model.

FOR MORE INFORMATION OR ASSISTANCE PLEASE VISIT www.icoolsport.com