Tubby Cedar Ice Bath How-To Guide

Unbox it, plug it in, set a temperature and leave it there. Anywhere from 3 °C to 38 °C, so one tub does the plunge and the warm soak both.

The one-minute version

- **Inspect the crate before you sign for it.** Damage must be reported within five working days.
- **Leave 50 cm clear behind the chiller fan**, and about a metre of free space all round.
- **Never run the chiller without the filter element installed.**
- **Fill the bath completely before you switch the chiller on.**
- **Set Cooling mode** and a low temperature. It holds down to 3 °C and stays there.
- **It heats too, up to 38 °C**, in about three hours from a fresh fill. 38 °C is the ceiling — never set it higher.
- **Two to three minutes is a plunge.** There is no medal for longer, and never plunge alone.
- **Change the water every one to two weeks** with regular use, and clean the filter.

Unboxing

1. **Safety first.** Get enough people together before you start lifting, and mind your back and knees.
2. **Inspect the crate.** Look for cracks, holes or crushed timber that suggest a rough trip.
3. **Find the clips.** Metal clips hold the crate together, on the sides and the top.
4. **Straighten them with pliers**, keeping your fingers well clear — they pinch.
5. **Take the top and sides off.** Once the clips are straight the panels slide out easily.
6. **Lift the bath out together** and carry it to its final spot, with the path clear ahead of you.

> **Damage on arrival: do not accept the delivery.** Photograph it, refuse it, and contact us straight away at **info@soaknz.com**. All claims for shortage or delivery damage must reach us and the carrier within five business days.

Where it goes

The bath itself wants the same base as a hot tub: flat, level and properly built up. Our **Recommended Foundations** guide covers the three we recommend. The chiller adds a few requirements of its own, and these are not negotiable if you want it to work properly.

BEHIND THE FAN	ALL ROUND	POSITION
50 cm min.	**100 cm**	**Upright, ventilated**
Clear space for the chiller to exhaust	Free space for airflow and access	Never on its side or upside down

- Make sure the filter element is installed before you run the unit. Not sometimes: always.
- Check the rated voltage on the unit matches your household supply.
- Keep the chiller out of standing water and somewhere rain will not pool around it.

Power

Nothing complicated here, which is the nice part. The ice bath comes with a **standard three-pin plug**, ready to go. No electrician, no special outlet. Plug it into a suitable outdoor-rated socket protected by an RCD, which every modern installation will have. If yours is older or you are unsure, have an electrician confirm it.

The chiller unit: ventilation and cooling fan, water inlet and outlet, RCD device, AC power cable, and locking caster wheels.

Filling

Make sure the bath is clean and free of debris, then fill from the garden hose. It takes under an hour in most cases, depending on your water pressure. Fill slowly and steadily, checking the level as you go, and cover it once it is full to keep leaves and grit out.

Only once the bath is full should you switch the chiller on.

The control panel

The wire control panel. Tap Function to switch between heating, automatic and cooling modes; the matching icon lights up.

Everyday operation

KEY	WHAT IT DOES
ON/OFF	Turns the unit on or off.
Function / Mode	Tap to cycle between Heating, Automatic and Cooling. The matching icon lights up. **Cooling** for a plunge, **Heating** for a warm soak up to 38 °C, **Automatic** to hold a set point either way.
+ and −	On the main screen, sets your target water temperature, anywhere from 3 °C to 38 °C.
Timing	Short press enters the scheduling screens; long press sets the clock.

The screen locks itself

After 60 seconds without input the display goes dormant and locks, and the lock icon lights. To unlock, tap any key to wake the screen, then **long press ON/OFF for five seconds**. It beeps, you release, and the lock icon goes out.

Setting the clock

1. **Long press Timing for five seconds** from the main screen. The hour and minute digits flash together.
2. **Tap Timing.** The hour flashes on its own. Set it with + and −.
3. **Tap Timing again.** Now the minute flashes. Set it with + and −.
4. **Tap Timing once more** to confirm and return, or press ON/OFF. Leaving it 30 seconds saves it anyway.

Scheduled on and off

The unit has **two timing groups**, so you can have it chill for your morning plunge and again after work without running flat out all day.

1. **Press Timing** from the main screen. Group 1 starts blinking.
2. **Press Timing again** to set the start hour, adjusting with + and −, then again for the start minute.
3. **Press Timing again** to move on to the shutdown hour and minute, set the same way.
4. **Press Timing once more** to save the group, then use + and − to move to the second group.
5. **Activate a group** by holding the Function key for three seconds while its segment is blinking. The timing switch icon appears. Hold Function for three seconds again to switch it off; the icon disappears.

If a group's start and shutdown times are identical, that group is treated as invalid and does nothing. Thirty seconds without a key press on the timing screen saves and exits automatically.

User parameters

There is a deeper settings layer if you want it. Long press **Function** for three seconds from the main screen to enter the query interface, scroll with + and −, press Function to select a parameter (it flashes), change it with + and −, and press Function again to confirm. Thirty seconds of inactivity saves and exits, or press ON/OFF to leave directly.

> **You probably never need this screen.** Cooling mode and a target temperature is the whole job for almost everyone. If a parameter has been changed and something is behaving oddly, email us rather than experimenting.

Keeping the water clean

Your ice bath has a filter, and that filter is very good at catching the big bits. It is not, however, a magical self-cleaning wonderland. If you would not dive headfirst into a lukewarm bowl of yesterday's noodle soup, you probably do not want to marinate in your own runoff either.

HOW OFTEN	WHAT YOU DO
Every one to two weeks with regular use	Drain, wipe out and refill. Longer is fine if you only dip occasionally; shorter if the bath is busy.
Before every plunge	Shower. Body oils and lotions form a film on the surface and load the filter faster than anything else.
Every plunge	Put the cover back on. It keeps debris out and stops the chiller working harder than it needs to.

A clear mind comes from clear water. Nobody wants to ponder life's big questions while swimming in a murky, human-flavoured consommé.

Filter maintenance

- **Removing it.** Use the special wrench supplied to unscrew the filter housing.
- **Loading it.** Install fresh filter paper.
- **Refitting it.** Use the wrench again to seat the housing properly.
- **How often.** Replace the filter paper **weekly with frequent use**, or roughly every two months if you only dip now and then. Water quality drives this more than the calendar does.

> **Never run the chiller without a filter element installed.** It is the fastest way to put debris through the pump and the fastest way to void your warranty.

Using it warm

Your tub is not only a cold plunge. In Heating mode it runs all the way up to 38 °C, which means the same box does both halves of a contrast session — heat first, cold second — without owning two tubs. It also means the thing stays useful in the middle of winter, when a 3 °C plunge stops sounding like a good idea.

> **38 °C is the ceiling, not a suggestion.** Above it a long soak stops being relaxing and becomes a medical problem. Measure with an accurate thermometer rather than trusting how it feels, and read our **Hot Tub Safety** guide before the first warm soak — every warning in it applies here.
>
> No alcohol, no drugs. If you are pregnant, have a heart or circulatory condition, or take prescribed medication, talk to your doctor first. Keep warm soaks to 15–20 minutes.

From a fresh fill it reaches 38 °C in **about three hours**, though that moves around with the temperature of the water going in — a summer hose fill gets there quicker than a midwinter one. Taking a tub that is already sitting at 3 °C all the way up to 38 °C takes longer again, because it is starting from much further away. Either way it is not a five-minute job, so set it going well before you want to get in rather than standing beside it waiting.

How to plunge

1. **Shower first**, to keep oils and lotions out of the water.
2. **Get in deliberately.** No jumping, no diving, no bravado.
3. **Breathe slowly.** The first thirty seconds is the hard part, and slow breathing is the whole technique.
4. **Two to three minutes is plenty** for most people. Get out before you start shivering hard.
5. **Build up over weeks** rather than proving something on day one.
6. **Warm up gently** afterwards. Dry off, move about, put clothes on. A hot tub straight after is the contrast therapy that makes the whole thing worth doing.

> **Never plunge alone, and never after a drink.** Cold water causes an involuntary gasp reflex and can affect heart rhythm.
>
> If you have a heart condition, are pregnant, or take medication that affects blood pressure, talk to your doctor before you start cold immersion. This is not a formality.

Precautions and specifications

ITEM	VALUE	NOTES
Working temperature	1 – 45 °C	Ambient range the chiller is designed to operate in.
Storage temperature	−20 – 55 °C	For the unit out of service.
Storage humidity	20 – 85%	Relative humidity.
Clearance	100 cm	Free space around the chiller, with at least 50 cm behind the fan.
Before storage	Drain fully	Make sure there is no water left in the chiller's internal pipework. Water left in over a hard frost will split it.

- Always keep ventilation around the unit clear.
- Never turn the chiller upside down.
- Never operate it without the filter element installed.

Emptying the bath

1. **Switch the chiller off at the outlet first.**
2. **Find the end cap** on the drain pipe.
3. **Twist it gently** until you feel and hear a click. That click is the cap releasing.
4. **Pull the cap straight out** with a firm, confident yank, then unscrew it completely.
5. **Push the uncapped pipe firmly back in.** The water starts to go.
6. **Attach the garden hose** to the drain fitting to take the water further from the bath.

Looking after the cedar

Re-oil the cladding at least once every twelve months — here in the South Island we would say every six. We recommend **Wood-X**, in the "Hessian" colour, which is formulated for New Zealand conditions and penetrates deeply rather than sitting on the surface. More at **wood-x.co.nz**.

1. **Clean and dry the wood first**, removing dirt, debris and any old oil residue.
2. **Follow the manufacturer's instructions** for application.
3. **Apply evenly and thoroughly**, covering every timber surface.
4. **Pay attention to end grain** and anywhere exposed to direct moisture.

Clean the cladding regularly with a soft brush or cloth, avoiding harsh chemicals and abrasive cleaners. Inspect it for cracking, splitting or discolouration, and deal with any damage promptly.

> **Cedar moves, and that is not a fault.** Varying colour, grain and texture are natural, and small splits and cracks develop as the timber responds to its environment. None of it compromises the bath, and none of it is a defect under warranty.

Warranty and support

All Tubby Tubs products carry a **two-year manufacturer's warranty on parts** against defects and failure in normal use, in line with our recommendations. Defects should be reported to us in writing within seven days of being noticed. Full terms are at **tubbytubs.co.nz/legal/terms-and-warranty**.

Stuck on something?

Email us at **info@soaknz.com**. We would far rather spend ten minutes sorting it out with you than have you guess, and we answer every message ourselves.