

THANK YOU FOR FOLLOWING WSC'S COLD PLUNGE SAFETY GUIDELINES:

Cold Plunge is designed to be a recovery aid. Improper usage will cause physical harm. For recreational use please use our Lap and Therapy pools.

USAGE FOR MEMBERS AND GUESTS 16 YEARS AND ABOVE

Hygiene and Attire:

Shower before use and wear proper swimwear only — to maintain sanitation and chemical balance, leggings, compression shorts, athletic shorts, and sports bras are not permitted.

Consult your Doctor:

It's crucial to consult a healthcare professional before cold plunging, especially if you have existing health conditions like heart problems, diabetes or high blood pressure.

Stay Hydrated:

Drink plenty of water before and after the session.

Avoid Alcohol and Caffeine:

These substances can affect your body's ability to regulate temperature and should be avoided before cold plunging.

Start Slowly:

Begin with shorter durations (30 seconds to 1 minute) to allow your body to adapt gradually. Work up in time at your own pace, Limit to 10 minutes to avoid risks.

Listen to your Body:

Pay close attention to how your body responds during and after the plunge. If you experience discomfort, dizziness, or any concerning symptoms, exit immediately.

Supervision:

It is encouraged to have someone near by during the first cold plunge sessions for your safety.

Control your Breathing:

Focus on slow, deep breaths to help manage the initial cold shock response.

Warm Up Gradually:

After plunge, warm up naturally by drying off and dressing warm.

For safety and enjoyment of our membership, thank you for following these guidelines.