



PRE-DELIVERY GUIDE

APOLLO ICE BATH RANGE





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Delivery

Overview

We deliver thousands of Spa Pools, Hot Tubs and Ice Baths all around the country, the most per year out of any retailer in New Zealand! While similar shapes and sizes, without all the internal pumps and plumbing, Ice Baths are a lot lighter and much easier to move around compared with our acrylic Spa Pools.

The Apollo comes assembled in a strong, but heavy, wooden crate to provide maximum protection. The product and crate can weigh over 150kg, which can make them difficult to move by hand. We recommend the use of a forklift or 4 physically active people to handle the crate.

Delivery Options

At Alpine Spas we provide you a range of delivery options to suit your needs. The following pricing is a guide and based on delivery to main centres. Please discuss and confirm all delivery options with your sales consultant.

SERVICE	TYPE	NATIONWIDE METRO	AKL & CHCH METRO	General Installation
Bronze	Collection from a Mainfreight Depot	\$199	FREE	Not Included
Silver	Curbside Drop-Off	\$399	\$299	Not Included
Gold	Delivery into Position	\$799 ¹	\$399 ¹	Not Included

¹Complex deliveries and multiple teams needed incur an additional \$200 fee (subject to confirmation).

Bronze - Collection

Your Ice Bath can be collected from our warehouses located in Christchurch, Auckland or from one of our Mainfreight direct depots located throughout New Zealand. All that is required is a trailer and strops to secure it. Forklift assistance is provided to load the Ice Bath onto your trailer. Non Mainfreight direct depots are excluded from the \$199 offer, speak with one of our friendly sales consultants for more information.

Note: For nationwide depots, allow 3-5 working days from date of dispatch (this is the day the Ice Bath leaves our warehouse). The depot will get in touch with you when stock arrives.

Silver - Curbside Drop-Off

This method has your Ice Bath delivered directly to your property via a transport truck which is contracted to curbside. If access allows and is safe to do so, the driver will attempt to get as far up the driveway as possible. The Ice Bath is removed off the truck with the use of a tailgate and pallet jack and left vertical on a pallet. You will then need to be prepared to move it into final position with manpower or tools of your own. Setup/installation is not included - see 'SETUP' section on the following page.

Note: Allow 3-5 working days from date of dispatch (this is the day the Ice Bath leaves the warehouse). The transport company will call you before delivery. Please note: packaging is not taken away.

Gold - Delivery into Position

Your Ice Bath will be delivered into the desired final position by use of either a specialised manpower team or HIAB crane-truck (not both). We ask for some clear instructions and sometimes photos to ensure a smooth delivery. For Hiab/Crane deliveries you will need to ensure the access-way is able to withstand the weight of the truck and load. Setup/installation not included - see 'SETUP' section below.

Note: If extra manpower or crane reach required is over 7 meters (Nationwide), this will incur an additional cost, please ask for pricing. Please note: packaging is not taken away.

Packaging

Our Apollo Ice Baths come fully assembled in a strong, but heavy, wooden crate to provide maximum protection.

Once unpackaged, the Apollo weighs approximately 80kg. It can be lifted and moved by two physically active people. The insulated cover is located on-top of the bath, inside the crate.

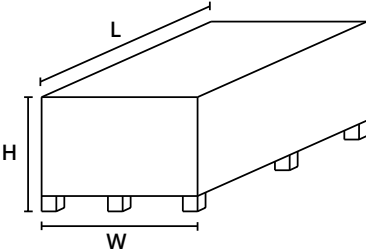
The stainless-bands that hold the wooden decorative staves in place are left loose by the manufacturer on purpose. This is because the wood will shrink and expand as it cools and heats during shipping. Upon arrival, the bands and staves may need re-tightening (see 'Expectations').

There's potential for a small amount of surface rust to have formed on the stainless-steel bands during transit. This can be removed with a mix of baking soda & water and a micro-fibre cloth.

If you have purchased the AlpineChill™ unit, this will come separate in its own wooden crate, weighing around 50kg. See 'AlpineChill™ Add-on' for more information.

Crate Dimensions

Item	Width (mm)	Length (mm)	Height (mm)	Gross Weight (kg)
Apollo	970	1350	930	125
Apollo XL	1130	1680	930	152



Setup

The Apollo Ice Baths require minimal installation and can be setup and filled with water in under an hour. If you have purchased the AlpineChill™ unit, you'll want to attach the unit before filling. Here's a simple checklist for what's involved with setup:

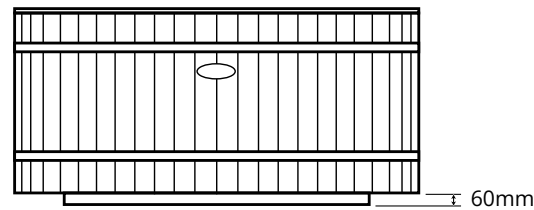
- ☐ Unpack the crate
- ☐ Remove any packaged accessories
- ☐ Tighten bands & re-adjust staves (if required)
- ☐ Attach the AlpineChill™ hoses (If chiller has been purchased)
- ☐ Fill the ice bath
- ☐ Connect power (If chiller has been purchased)

Choosing an Area

Foundation & Base

An Apollo Ice Baths can weigh up to 800kg when filled with water and therefor requires a sturdy foundation. This needs to be a flat, level surface that supports the entire weight and can handle water spillage. The Ideal surface is a concrete pad with a minimum depth of 100mm and is sized to the width and length of your Ice Bath. Pavers or wooden decking are also fine.

While not recommend for long term placement, an Ice Bath can be placed on shingle or a compacted foundation so long as it is leveled out and flat without protruding objects. The bath sits on a sturdy frame 60mm off the ground. This allows a 60mm gap between your chosen foundation surface and the wooden staves.



Location & Access

The best place to position an ice bath depends on your personal preferences and the space you have available. Some people prefer to set up their ice bath outside to minimise clean up and spillage, while others prefer to set it up inside for ease of access and more privacy. Whether you position it inside or outside, make sure it's in the vicinity of a tap/water supply and an adequate power supply.

If you are using an indoor location, make sure that the surface you place the ice bath on is sturdy and can support the weight of the bath when filled with water and ice. You should also consider placing towels or mats around the ice bath to prevent slips and falls.

If you are using an outdoor location, choose a flat and level surface that is sheltered from the wind and direct sunlight. If you have purchased the AlpineChill™ unit, you may also want to consider how you will protect it from the rain. While it is rated to IPX4 (Resistant to water splashing from any direction), we strongly advise it be taken indoors when not in use.

Overall, the best place to position an ice bath is in a location where you feel comfortable and can easily access the supplies you need to fill, drain and power the bath. Children should not be left near the ice bath unsupervised.

It is the owners responsibility to have the Ice Bath and the AlpineChill™ unit in a position where a service person could work on it in the unlikely event of an issue.

Drainage

Overflow of water from the Ice Baths is likely, especially when you hop in or when the ice melts. Drainage in/near your foundation may need to be considered to prevent water from pooling around your bath.

Your Ice Bath will also need to be manually drained on a regular occasion, so its location has the potential to be a frequent wet area. Both models have an 3/4" external drain valve installed, allowing you to easily drain the bath. Simply connect your garden hose and drain the water into the closest gully trap or give your garden a good feed as the water is chemical free.

Expectations

Wood

The decorative wooden staves are meticulously crafted from Red Cedar, a wood renowned for its exceptional durability even in the challenging climate of Australasia. Its remarkable resistance to both moisture and temperature extremes makes it the perfect choice for an outdoor ice bath. Red Cedar can withstand the harsh Australasian elements, including heat, humidity, and sudden temperature fluctuations, ensuring that your ice bath remains structurally sound and aesthetically pleasing over time.

Red Cedar is considered a softwood, and is susceptible to scratches and dents, so please take care when shifting the product. Some light scratching to the wood can be expected upon delivery but should be able to be touched up using a medium to fine grit sandpaper (400). Knots, colour variations, grain variations and mineral streaks are natural characteristics of wood and in no way should be considered defects.

The wooden parts of the Ice Bath will suffer the effects of the harsh Australasian sun, (discolouration, cracking and splitting) unless maintained properly – please refer to oiling section below.

Oiling

Wood being used in an outdoor application requires regular maintenance to protect it and keep it looking good. The Cedar is treated with an initial application of high quality oil before arriving to your door step, which means you can begin your cold therapy sessions the day of delivery! Any wood that is exposed to the Australasian sun needs regular surface treatment with a timber protection oil. We recomend applying another layer of clear coat timber protectant oil within the *first fortnight* after delivery to give your bath the best start in its new location. The timber will absorb a good portion of the oil initially so be generous.

Prevention is always better than treatment, so your Cedar will require re-oiling regularly to prevent the Cedar from discoloring and the wood from drying out. This helps reduce the chances of cracking or splitting, which are not covered by the warranty. Re-oiling frequency will depend on your local area and should be based on the desired look of the unit.

As part of the ownership of a natural wood product, please be prepared to:

- Re-oil the Cedar atleast every 6-12 months.
- Regularly clean the Cedar to prevent dirt build-up (This will help prevent mildew growth)
- Sand areas as required

Only the external facing wooden surfaces need to be oiled. We recommend a 'clear coat timber protection oil' such as 'CD-50'. Such products are available from hardware stores such as Mitre 10 or Bunnings. Simply oil using a paintbrush to brush on an even coat. Follow product application and preparation directions.

To oil all of the external wooden faces you will need a fair amount of timber protection oil. It is worth getting up to 10litres of oil to save yourself money, as your Ice Bath will need a re-coat in 6-12 months' time. Removing the stainless steel bands can make oiling easier. Carefully remove the lower band and oil the cedar (staying below the upper band). Then, you can re-install the lower band tightly, remove the upper band, and proceed to oil the top section. Finally, re-install the upper band after completion.

Expectations

Stainless Steel Liner

The core construction of the bath features a robust 316 stainless steel liner, complemented by decorative wooden staves securely fastened with stainless-steel bands. This choice of stainless steel for the liner enhances the bath's durability and corrosion resistance, making it ideal for various water-based applications, including ice baths.

316 stainless steel is selected for its exceptional strength and resilience. As an ice bath liner, it can withstand significant pressure exerted by the weight of water and users over time without any deformation. The ice bath remains structurally sound and impervious to leaks. Stainless steel liners have a long service life and can withstand the rigors of frequent use, making them a cost-effective choice in the long run.

While the stainless steel liner provides critical structural support, it's important always to ensure that the stainless-steel bands are tightly and correctly installed before filling the ice bath. Stainless steel, while highly durable, may develop superficial scratches during the manufacturing process.

Stainless steel is known for its hygienic properties, making it an excellent choice for ice bath liners. Its smooth, non-porous surface is easy to clean and disinfect, ensuring a sanitary environment for users.

Upon delivery, it's challenging to guarantee a completely blemish-free interior of the ice bath. However, any scratches, if present, should be minimal and superficial. As the ice bath is used over time, it may acquire light markings and scratches, creating a unique pattern that, when the bath is filled, becomes virtually imperceptible, much like the subtle patina on a stainless-steel counter-top.

Over a period of time & depending on the conditions where the unit is installed, there is potential for a small amount of surface rust to form on the stainless-steel of the tub. This can be removed with a mix of baking soda & water and a micro-fibre cloth.

Stainless Steel Bands

Two stainless steel bands wrap around the outside of your Ice Bath, holding the wooden decorative staves in place and providing support for the liner when filled. These bands will loosen over time, so re-adjustment will be needed every so often, which is simply done with two wrenches.

Upon delivery you may find that some of the wooden staves are misaligned. When leaving the manufacturer, the bands are left slightly loose on purpose as there is significant heating and cooling (leading to expansion of the wood) during the long journey to your backyard.

You may need to assist a few staves back in place when re-tightening the bands. There's potential for a small amount of surface rust to have formed on the stainless-steel during transit. This can be removed with a mix of baking soda & water and a micro-fibre cloth.

Threaded Inlet & Outlets

The Apollo and Apollo XL comes with a 1/2" threaded inlet and outlet on the rear of the ice bath. These come with caps installed to stop water from escaping. If you have not purchased the AlpineChill™, leave the caps as they are. If you have purchased the AlpineChill™ unit, then follow the instructions on page 10.

Dimensions

Refer to the below table for the measurements of your Ice Bath. Use these as a reference when planning your foundation.

External Dimensions

Item	Width (mm)	Length (mm)	Height* (mm)	Dry (kg)	Volume (L)	Filled (kg)
Apollo	910	1320	700	75	400	525
Apollo XL	950	1550	700	85	650	800

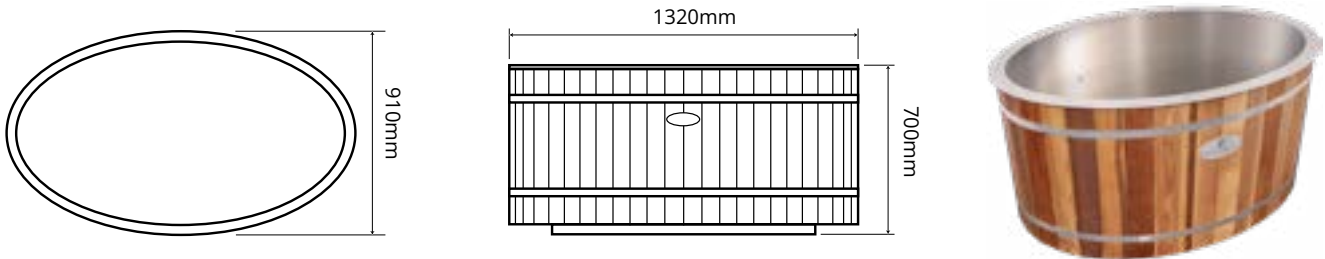
Internal Dimensions

Item	Width (mm)	Length (mm)	Height* (mm)	Dry (kg)	Volume (L)	Filled (kg)
Apollo	800	1200	600	75	400	525
Apollo XL	900	1500	600	85	650	800

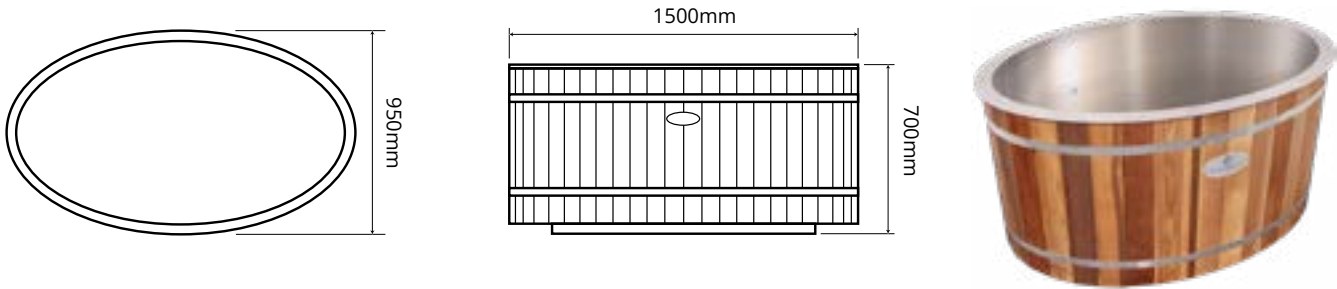
All weights are approx and exclude the weight of the user. Measurements are taken at max edge to edge distances.

* Add 80mm to the overall height to account for the Ice Bath Lid

Apollo External Dimensions



Apollo XL External Dimensions



Using Your Ice Bath

Before getting started, it's recommended to read through the instructions below to get the most out of your cold-therapy sessions. These guidelines are designed to help you get the most out of the Ice Bath while keeping you safe.

1. Fill the Ice Bath with cold water from your hose. Make sure to leave room for the water to rise if you intend to add ice.
2. Add your desired amount of ice to the bath if you wish to. (The amount of ice used is personal preference).
3. Test the water temperature before getting in. It should be very cold, but not painful. If it's too cold, add some warm water to the bath. The ideal temperature for beginner bathers is between 10°C to 15°C.
4. Get into the bath and sit down. Make sure your entire body is submerged in the water (Your shoulders should be under the water, submerging your head is optional).
5. Stay in the bath for 5-10 minutes. You can gradually increase the time as you become more comfortable with the cold temperature.
6. Focus on your breathing. Take slow, deep breaths to help your body relax and adjust to the cold.
7. Get out of the bath slowly. You may feel a little lightheaded, so take your time and use caution.
8. After the session, wrap yourself in a warm towel or blanket and rest for 10-15 minutes. Drink water to rehydrate and eat a light snack to replenish your energy levels. Wait at least 30 minutes before taking a warm shower or bath as the hot water can shock your body and negate some of the benefits of the cold exposure.

Remember to listen to your body and stop if you experience any physical pain. Saunas and ice baths can be a great way to promote relaxation, circulation, and recovery after exercise, but they are not suitable for everyone. If you have any medical conditions, consult with your doctor before trying a sauna or ice bath.

Using Your Ice Bath with a Sauna

1. Fill the Ice Bath with cold water from your hose. Make sure to leave room for the water to rise if you intend to add ice.
2. Add your desired amount of ice to the bath if you wish to. (The amount of ice used is personal preference).
3. Test the water temperature before getting in. It should be very cold but not painful. If it's too cold, add some warm water to the bath. The ideal temperature for beginner bathers is between 10°C to 15°C.
4. Get into the bath and sit down. Make sure your entire body is submerged in the water (Your shoulders should be under the water, submerging your head is optional).
5. Stay in the bath for 5-10 minutes. You can gradually increase the time as you become more comfortable with the cold temperature.
6. Focus on your breathing. Take slow, deep breaths to help your body relax and adjust to the cold.
7. Get out of the bath slowly. You may feel a little lightheaded, so take your time and use caution.
8. Enter the sauna. Allow your body to adjust to the heat and increase the temperature gradually. A typical traditional sauna temperature is around 70 to 100 degrees Celsius.
9. Stay in the sauna for 10-15 minutes. You can gradually increase the time as you become more comfortable with the heat.
10. Leave the sauna and return to the ice bath. The contrast between hot and cold temperatures can help promote circulation and reduce inflammation.
11. Repeat steps 4-10 for a total of 2-3 cycles.
12. Get out of the bath slowly. You may feel a little lightheaded, so take your time and use caution.
13. After the session, wrap yourself in a warm towel or blanket and rest for 10-15 minutes. Drink water to rehydrate and eat a light snack to replenish your energy levels. Wait at least 30 minutes before taking a warm shower or bath as the hot water can shock your body and negate some of the benefits of the cold exposure.

Remember to listen to your body and stop if you experience any discomfort or pain. Saunas and ice baths can be a great way to promote relaxation, circulation, and recovery after exercise, but they are not suitable for everyone. If you have any medical conditions, consult with your doctor before trying a sauna or ice bath.

AlpineChill™ Add-on

Overview

The AlpineChill™ cooling and heating unit is the perfect add-on to the Apollo range of ice baths. Instantly upgrading your ice bath experience, the AlpineChill™ can be controlled remotely from your smartphone anywhere in the country. Its filter and ozone filtration system assist in keeping your water in pristine condition. The AlpineChill™ unit is rated IPX4 (Resistant to water splashing from any direction). We strongly advise to keep it under cover when not in use, wiping down any accidental splashes.

The following information is relevant to customers who have purchased the AlpineChill™ unit separately. If you only purchased the Apollo or Apollo XL, it's not too late to upgrade your ice bath experience with our AlpineChill™ unit. Contact one of our friendly sales staff for more information.

Packaging

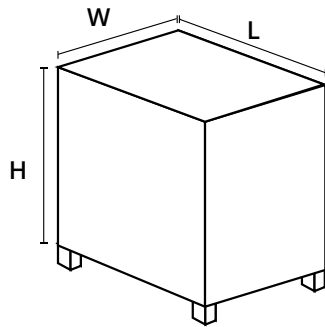
The unit comes in a strong wooden crate to provide maximum protection. Inside the crate you will find the AlpineChill™ unit and all the accessories that come included.

Once unpackaged, the AlpineChill™ unit weighs approximately 45kg. It can be lifted and moved by 2 physically active people. If you have purchased the AlpineChill™ unit, this will come separate in its own wooden crate, weighing around 60kg.

The AlpineChill™ unit contains refrigerant therefore needs to be stored and transported upright.

Crate Dimensions

Item	Width (mm)	Length (mm)	Height (mm)	Gross Weight (kg)
AlpineChill™	490	720	750	60kg



Setup

The AlpineChill™ unit is very simple to setup and only requires basic tools. The unit is on wheels, so once unboxed, it's easy to push it into location (if it's on a level flat surface) Here's a simple checklist for what's involved with setup:

- ☐ Unpack the crate
- ☐ Remove any packaged accessories
- ☐ Install the filter
- ☐ Attach the hoses to the corresponding inlet/outlet
- ☐ Connect to a 10A power socket (Outdoor socket if located outside)



AlpineChill™ Add-on

AlpineChill™ Specifications

Refer to the specification table below.

Specification	AlpineChill™
Dimensions (mm)	530x379x584mm (LxWxH)
Weight (kg)	45kg
Power Requirements (220-240V)	1150W / 10A
Power Plug	AC 10A
Water Temperature Range*	3°C - 40°C
Filtration system	Filter + Ozone
WiFi Compatibility	Android & IOS System
Hose connections	1/2" BSP Connector
Hose Length	2.5m

**Temperature range is dependent on environmental conditions and location*

Attaching the AlpineChill™ to your Apollo

Connecting the AlpineChill™ unit to the Apollo can be done in a few minutes with no tools required. Simply follow the instructions below to attach the two hoses. The connections on the Apollo are not coloured or labelled. Much like a heat-pump, the AlpineChill™ requires 50cm of clear space around each side of the cooling unit to ensure optimal airflow. As the unit cools the metal fittings will shrink, resulting in loosening of the connections. Continue to tighten the connection points to prevent leaking.



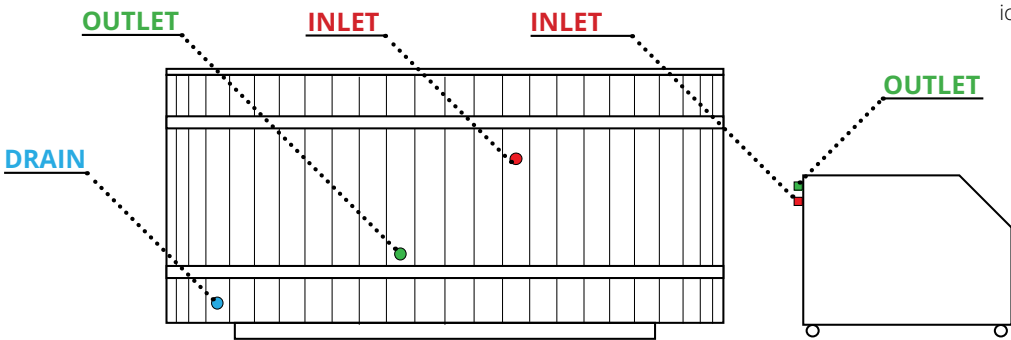
1. The hoses are identical and can be used on either INLET or OUTLET. Thread one end of a hose onto the INLET located on the rear of the chiller.



2. Then connect the other end of this hose to the INLET connection point on the Apollo.



3. Next, using the second hose, thread one end onto the OUTLET on the rear of the chiller. Then thread the other end of the hose onto the BOTTOM connection point on the Apollo. Excess hose should be coiled up and placed between the chiller and the ice bath to prevent becoming a trip hazard.



The connections on the Apollo are not coloured or labelled.

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To protect your AlpineChill™ cooling and heating unit further, we have a Red Cedar Chiller Cover available. These do not hinder the use of the AlpineChill™ unit and sit beautifully against our ice baths.

Below is a checklist with some important steps to guide you through your new Ice Bath purchase:

Ensure your order details are correct. Please check the delivery address, contact phone numbers & email address are correct as well as the model of the Ice Bath.

1

Balance payments need to be settled a minimum of one week prior to dispatch date to provide opportunity to book in preferred freight/delivery method.

1

Are you fully aware of what is included in your chosen delivery option?

Freight Provider Delivery (Curbside / Depot) - Delivery can take 3-5 business days from the dispatch date on your order. Deliveries to your property are only contracted to the curbside - The delivery team will take it down the driveway if the driver deems it accessible.
**Failing to disclose all relevant delivery information may result in addition charges.*

1

If your delivery is within two weeks:

1

Installation is not included so upon delivery you will need to be prepared to:

10

As explained in this guide, you are aware that:

1

Review our personal warranty here - alpinespas.co.nz/warranty

4



alpinespas™



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