



ICE BATHS

The team at Tassie Pools & Spas are more than happy to discuss with you and tailor the options that are available in regard to Ice Baths to suit your needs:

OPTIONS AVAILABLE

1. Stand alone. Treated Pine legs & seat support. Drain with flexi hose.
2. Option 1 plus landing and stairs.
3. Plumbed shell, pump, filtration, chiller and water treatment.
4. Built in as Aurora Stadium with all of above plus Lockable Hard Cover.



86 Gleadow Street,
INVERMAY
TASMANIA 7248

Phone: 03-6334-1981
Fax: 03-6331-7789
Email: sales@tassiepools.com.au
Web: www.tassiepools.com.au
ABN 27 991 779 493



THE BENEFITS OF ICE BATHS



Taking an after exercise plunge in an Ice Bath is a common practice among many elite athletes as a way to recover faster, and reduce muscle pain and soreness after intense training sessions or competitions. From elite runners to all professional AFL and Rugby players, the ice bath is a standard practice routine.

The theory behind ice baths relates to the fact that intense exercise actually causes micro trauma, or tiny tears in muscle fibers. This muscle damage not only stimulates muscle cell activity and helps repair the damage and strengthen the muscles, but it is also linked with delayed onset muscle pain and soreness, which occurs between 24-72 hours after exercise.

The Ice Bath is thought to:

Constrict blood vessels and flush waste products, like lactic acid, out of the affected tissues.

Decrease metabolic activity and slow down physiological processes.

Reduce swelling and tissue breakdown.

Tassie Pools and Spas in Launceston have manufactured an Ice Bath to suit the needs of all Sports Professionals. The Shape of the Ice Bath aids in the effectiveness of unit whilst being efficient to run and maintain. The size also enable two people at a time reducing turn-around time. The manufacture of the Ice Baths has been designed to maximize efficient day to day usage.

1. Durable easy to clean gel coat finish to your colour choice.
2. Vinyl Ester Resin, seat for deeper immersion and convenient step for exiting.
3. Treated pine seat and base support fibreglassed to the bath.
4. Urethane foam coating for insulation and avoiding condensation.



TASSIE POOLS & SPAS

Tassie Pools & Spas is a locally owned family business who have been manufacturing and installing pools and spas for almost 25 years. We only use the highest grades of resin and gelcoats in the Fibreglass Industry. No filled resins or extenders are used in our process.

Our first pools were manufactured in Launceston in 1988 and are still operating today which is proof of our work and durability standards. All fittings we use meet the Aust. Standards and BCA requirements. As an accredited pool builder and building designer and members of the Institution of Engineers Aust. and Swimming Pool & Spa Association we know how to design hydraulics and water treatment systems that work. We are distributors and service agents for all the products we sell so any manufacturer's warranty is handled by us.

We were innovative in the design and installation of the Safety Nets behind the Goal Posts at Aurora Stadium. We believe our history speaks for itself and we are recognized by our clients, builders, council, architect and engineers as honest and reliable. We are happy to provide a list of recent major projects and clients as referees.

The Ice Baths we have manufactured and installed at Aurora Stadium meet the requirements of the AFL and are highly regarded among the AFL teams that have used them.