

Appendix 1: Sample standing operating procedure for cleaning cold-water immersion tubs.

CLEANING OF ICE BATHS FOR MEDICAL ICE BATH

Goal of Procedure:

To ensure that the cold-water immersion medical ice baths to be delivered by the field of play (FOP) medical staff are maintained to the highest standards of safety and hygiene.

Hygiene & Cleaning of the Baths:

After the conclusion of the last competition at the venue, heat deck medical staff must drain and disinfect the cold-water immersion tubs using the following procedure.

- All tubs, including tubs without obvious contamination, must be cleaned, disinfected and dried at the end of the competition each day.
 - Contaminated cold-water immersion tubs (i.e., vomiting, diarrhea, open wound) should be well-marked (i.e., taped off) and must not be reused on other patient until fully cleansed and disinfected following the procedures outlined in this standing operating procedure.
 - Cold-water immersion tubs, not obviously contaminated, do not need to be drained and cleaned after each use.
1. Individuals cleaning the tub should follow the standard precautions for infection prevention and use personal protective equipment (e.g., protective gloves, masks, eyewear).
 2. Drain the water in the tub to a designated drainage.
 - a. A sump pump should be prepared at the heat deck if there is difficulty in moving the tub to the designated drain.
 - b. When applicable, remove obvious wastes from the tub at this point and dispose of them following the policy and procedures described in the local waste management procedures.
 3. Thoroughly spray the inside of the tub with 0.1% sodium hypochlorite solution and wipe the floor and internal walls of the tubs thoroughly with soap and 1% sodium hypochlorite solution.
 4. Wash out the tub with clean water.
 5. Wipe the tub with a dry towel and let it air dry.
 6. Discard gloves and towels used during the cleaning in a plastic bag according to the policy and procedures described in the local waste management procedures.
 7. A signed record should be kept of the days, times and cleaning and hygiene procedures for each tank.
 8. A record of the tank used by each individual athlete should be kept.
 9. Following cleansing and refilling, the pH of the water should be checked; ideally it should be between 7.2 and 7.8.

Reference:

Mears S, Watson P. *IIRM Medical Care Manual*. Norfolk: International Institute for Race Medicine; 2015.