08.30-10.30 | Instructor: Kru Puja

Safety & Screening

Understand screening. Provide structured care before, during and after Icebath using **SORE: Screen, Observe, Respond, Escalate.**

1. Understand the risks of cold exposure

- The initial response to Cold Shock.
- Risks during immersion and after leaving the water, including Afterdrop.
- Why physical fitness or previous experience cannot replace screening.

2. Screen - Assess readiness

- Ask about medical conditions, medication, current illness and individual limitations.
- Review rest, stress, anxiety and previous experience.
- Learn to assess body temperature and blood pressure alongside symptoms.
- Use a green-yellow-red framework to support decisions about participation, postponement, further assessment or emergency assistance.

3. Prepare the space, team and participants

- Check the tub, water, temperature, access points and recovery area.
- Prepare equipment and define team roles.
- Explain the process, risks, stop signals and voluntary participation.
- Plan temperature and duration for each individual.

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Safety & Screening

4. Observe - Monitor systematically

- Compare the participant's condition before, during and after immersion.
- Observe breathing, skin colour, speech, responsiveness and balance.
- Recognise when to stop; completing a set time is not the goal.
- Monitor recovery before participants leave the area.

5. Respond - Stop and provide initial assistance

- Support a stable exit, provide a rest area and maintain warmth.
- Learn the ABCDE assessment framework within the scope of training.
- Understand rapid breathing, panic, dizziness, tingling, cramps and abnormal coldness; distinguish signs that require further help.

6. Escalate - Coordinate emergency care and referral

- Recognise warning signs and when to call for assistance.
- Understand team roles, AED access and emergency response arrangements.
- Use SBAR for handover and document incidents.
- Review actions and responses to improve care.

7. Case studies - Practise decisions

- A fit-looking participant who has a fever or is unwell.
- Rapid breathing, tingling around the mouth or hand spasms during immersion.
- Shivering or changes in responsiveness after leaving the water.
- Water aspiration or unresponsiveness requiring immediate assistance.

SESSION GOAL
Know who is ready, what to observe, when to stop and when to escalate.

10.30-12.00 | Instructor: Coach Kota

Icebath Fundamentals & Business

Understand the principles, communicate value and build skills for leading Icebath activities.

1. Origins and principles of Icebath

- Wim Hof's story and how it drew attention to cold exposure.
- The differences between Ice Bath and Cold Water Immersion.
- Understand how the purpose of an activity shapes its design.

2. Benefits and the body's responses

- Metabolic Health: brown fat and its role in heat production.
- Sports Recovery: recovery, perceived soreness and choosing when to use cold in relation to training.
- Contrast Therapy: the principle of alternating heat and cold, and how it differs from cold immersion alone.
- Temperature and duration: factors that influence the experience and intensity.
- Immunity and inflammation: learn from Wim Hof Method research while separating the effects of the programme from Icebath alone.
- Alertness and mood: nervous system responses and related substances.
- Sleep and timing: share class experiences while distinguishing individual experiences from guaranteed outcomes.

3. Understand customers and communicate relevant benefits

- Explore goals such as sports recovery, relaxation, a new experience or a shared activity.
- Practise asking and listening before choosing which benefits to explain.
- Practise a clear response to: "What are the benefits of Icebath, and is it right for me?"
- Do not use colder temperatures or longer immersion as measures of success.

10.30-12.00 | Instructor: Coach Kota

Icebath Fundamentals & Business

4. Develop services and business opportunities

- Service formats: single visits, packages, memberships, private groups and corporate activities.
- Integrate Icebath with fitness, spa, hotel, resort and wellness services.
- Explore facility models that start with Icebath and add services according to space, budget and customers.
- Consider equipment, water, ice, staffing, cleaning and time per session.
- Differentiate through quality of care, clear service information and participant experience.

5. Sound & Tibetan Bowl

- Understand the equipment and the role of sound in creating an atmosphere.
- Use sound to bring attention back to breathing and the body.
- Learn bowl handling, striking, volume and rhythm suitable for the activity.
- Practise playing the Tibetan bowl and listening to differences in sound.
- Use sound alongside communication and observation.

6. The role of breathing and preparing for calm

- Understand how breathing supports preparation and coping with unfamiliar sensations.
- Learn and practise different forms of Breathwork.
- Learn Wim Hof Method Breathwork.
- Practise Visama Vritti to ease the breathing rhythm according to readiness.
- Learn to guide the Calm Down Stage before entering the tub.
- Separate land-based Breathwork from normal breathing during immersion.

SESSION GOAL

Turn your own experience into skills you can share. Help others move through the unfamiliar with understanding, care and growing confidence - one breath at a time.