

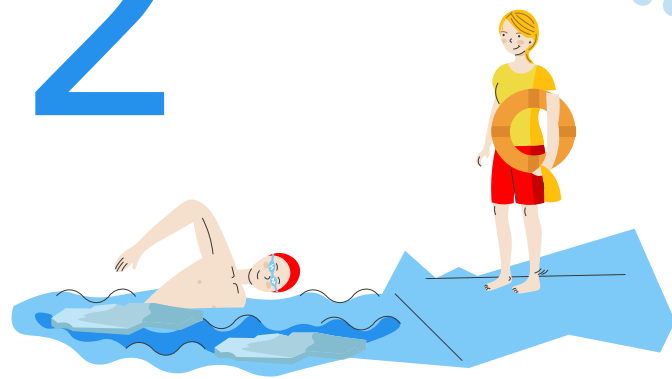
Rules for taking a cold bath

1



Cold bathing seems easy for experienced people and tempts beginners to do it, too. Be a role model and educate beginners about the right technique and the risks. If in doubt, it is better to avoid cold bath.

2



Take someone with you who can take care of you in an emergency.

3



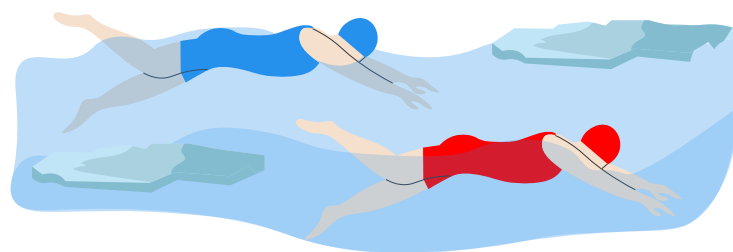
No alcohol before or after a cold bath.

5



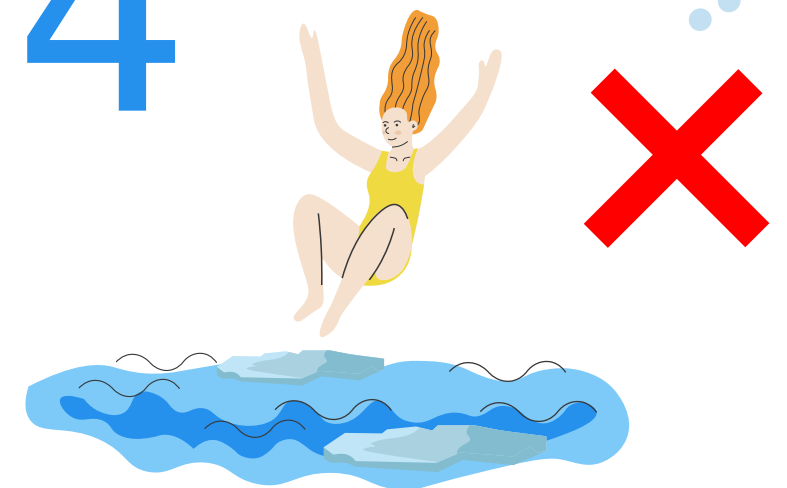
Take a floating device with you if you swim far away. Muscle cramps can easily and unexpectedly occur in cold water. Don't swim too long or too far out.

6



Know your limits and avoid reckless competitions with friends. You can always go back in the cold water, but staying in cold water too long can damage your nerves.

4



Go slowly into the cold water. Under no circumstances jump into the water if there are large temperature differences.

9



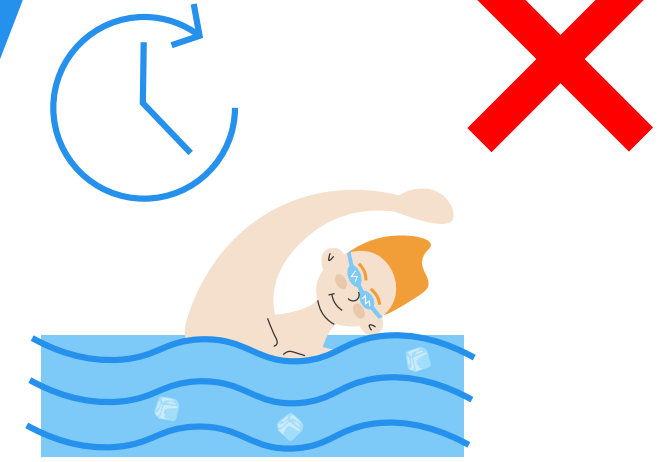
Don't take a warm shower afterwards. Warming up too quickly aggravates hypothermia (afterdrop effect) and can be life-threatening.

8



Only immerse up to the shoulders, the head should stay dry. If you need help out in the cold water, you are putting those in danger who want to save you.

7



Do not stay for more minutes than the water temperature is in degrees Celsius. There is an increased risk for people with circulatory diseases. In this case, talk to your doctor before your first cold bath.

10



Avoid hot tea. You can easily burn yourself because the tea doesn't feel so hot to you.

11



Give yourself enough time to warm up and wait with the next activity until you feel warm again, especially before driving. Avoid activities that make your heart beat faster.