COLD WATER SWIMMING

Health Note

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When you purchase your ticket for the 'cold water' season at Portishead Open Air Pool, you are confirming that you have taken into account the notes below, and that to the best of your knowledge you are physically fit and healthy enough to take part in cold water swimming/sauna.

Cold water swimming:

There are risks associated with cold water immersion, which could cause significant, but temporary, involuntary changes to your breathing and circulation. You should seek medical guidance before attempting to swim in cold water if you suffer from any underlying health conditions, including, but not limited to, any heart or respiratory condition, or if you have abnormal blood pressure (high, low or uncontrolled). When you talk to your doctor you should ask them what the impact of peripheral vasoconstriction (which happens when you get into cold water) and peripheral vasodilation (when you get out of the water) will be on you.

If you have concerns about undertaking cold water immersion, sign up to our 'Intro to Cold Water' session which will give you a greater understanding of the physiological effects upon you and allow you to have a more considered conversation with your health professional.

You should also seek medical advice before cold water immersion if you are pregnant or suffer from asthma.

Sauna:

Using a Finnish-style sauna, alongside cold water immersion or on its own, should only be undertaken by healthy adults. If you have a medical condition such as high or low blood pressure, heart or respiratory disease, diabetes or asthma you should consult medical advice before taking a sauna. It is not recommended for those who are pregnant, and you should not use the pool or sauna after drinking alcohol, taking drugs, or while hungover. Please see our terms & conditions for sauna bookings for details.

Swim & Sauna:

When you combine cold swimming and sauna, the transition between hot and cold environments puts extra strain on your cardiovascular system. You should follow advice displayed in the facility for gentle transitions between hot and cold, and never overstay the recommended time in the sauna.

Ticket holders for swimming and sauna at Portishead Open Air Pool accept that, if asked to leave the water or limit their time in a sauna by a member of staff, they will comply with such instructions for their own safety and that of others.