

Case Study



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- **Project Location:**
London Irish Training Ground - Hazlewood, Sunbury on Thames
- **Requirements:**
Maintaining constant water temperature for the recovery baths .
- **Date:**
March 2015



**London
Irish™**

Last year the professional and amateur Clubs of London Irish officially moved into their new “Training Centre of Excellence” home at Hazelwood in Sunbury on Thames.

As well as being the full time training facility, the centre is also home to the team and is dedicated to the health, fitness and recovery of the club’s players.

An integral part of the recovery process is immersion into a bath, which is set at a constant temperature.

A spokesperson for the recovery team said; “We use cold water immersion at London Irish as part of our recovery protocol. We set the temperature of our baths at 14 degrees Celsius, which is the temperature that stimulates the central recovery processes in the body. If the temperature is any warmer it has little to no effect, and if it is any colder it begins to negatively impact the training response, especially at 10 degrees Celsius and below”.

“We use it on the first day of the training week where the players fully submerge up to their neck level for 6 minutes. Many of the players feel this makes a significant improvement to their well being and helps take them to full recovery.”

As you can imagine, when warm bodies enter the bath the water temperature can increase significantly. It is imperative that there is a continual flow of water in and out the bath so that it can be chilled to keep the water temperature at the optimum level of 14 degrees Celsius.

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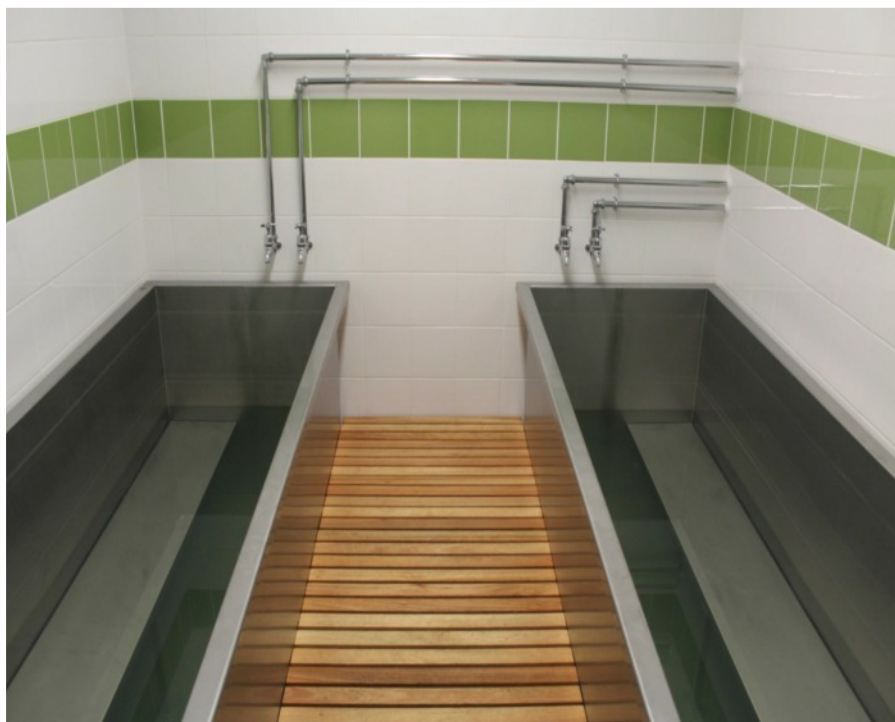
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We worked with our partner Calibre Climate Control to supply and install a RHOSS chiller unit that cools the water which is circulated through it to the desired temperature.

A further enhancement to the system is the remote control unit located by the side of the baths which enables the chiller to be controlled from inside the recovery area.

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RHOSS chiller unit:

Cools the water that is circulated through it to the desired temperature.

END



Equipment:

Pump Technology Ltd. Tel. 0118 9821 555, www.pumptechnology.co.uk
56 Youngs Industrial Estate, Aldermaston, Berkshire, RG7 4PW

Calibre Climate Control. Tel. 020 3191 9131
(Incorporating Taprex and DBC)
Calibre House, Blenheim Road, Harrow, HA2 7AA

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