

## **NEW YORK CITY DEPARTEMENT OF HEALTH 1981**

### **GUIDELINES FOR ISOLATION TANKS**

#### **I) DEFINITION**

An isolation tank is normally a small waterproof chamber, totally devoid of light, in which a solitary user floats on 10-11 inches of a highly concentrated salt solution

#### **II) Permit**

No person shall maintain an isolation tank for commercial purposes without a permit issued by the Commissioner.

#### **III) PLANS**

No isolation tank shall be installed nor shall any major alterations or additions be made to any tank facility unless detailed plans and specifications for the construction, alteration or addition are submitted to and approved by the Department.

#### **IV) RECIRCULATION & FILTRATION**

All isolation tanks shall have a recirculation system consisting of adequately sized pipes, a recirculation pump and a filter. Tank-water must be filtered between uses and continuously during the night when the premises is closed to the public. The capacity of the pump and piping shall be sufficient to provide one complete turnover of tank-water every five minutes. In no case shall there be less than four (4) complete turnovers between uses.

#### **V) DISINFECTION**

A mechanical disinfection system must be provided and operated continuously during the evening hours when the premises is closed to the public. When the disinfection of the water in an isolation tank is by the dosage of chlorine added shall be sufficient to maintain a concentration of at least a 0.6 mg/l free residual chlorine when the pH is maintained between 7.4 and 7.8, and a 1.5 mg/l free residual when the water in the tank has a pH value between 7.8 and 8.2.

Chlorine residual and pH tests, shall be run twice daily ( one at the start of the chlorination process and one at the end ). A record of the daily reading shall be kept on the premises and a monthly summary sent to this Department.

#### **VI) WATER SOURCE & QUALITY**

An isolation tank shall use water from the public water system, unless another source is approved by the Department. Isolation tanks must be maintained in a clean sanitary and safe condition. The tank-water shall be free of scum, oil and floating matter. The bottom and sides of the tank shall be free from sediment, dirt and slime.

#### **VII) TWO WAY COMMUNICATION**

A two way communication system will be installed in each tank. When a first time patron uses the tank, the sound will be "on" throughout the float so that any sound from the tank can be heard. Accordingly, if there is a problem during this initial float, the operator can immediately respond. For subsequent floats, the sound system will also be left in the "on" position (as safety precaution) unless the floater specifically requests otherwise.

#### **VIII) TOILET & SHOWER FACILITIES**

The room containing the isolation tank shall be of sufficient size to accommodate the tank, a walkway around the tank and room for dressing and undressing and a shower. The shower shall have an automatic mixing valve, an automatic soap dispenser, operate between 90° - 100° and deliver a minimum of 3 gpm of flow. All shower rooms shall have impervious floors of smooth non-slip construction which shall be sloped to adequate floor drains to facilitate washing down. A bathroom shall be located within the premises at the location near the isolation tank(s). When five or less tanks are present, one bathroom may be used. Where one bathroom is used, there shall be one toilet, one urinal, one wash sink (with hot and cold water ), an automatic soap dispenser, and provide either hand towels or a hot air dryer. When six or more isolation tanks are employed, a separate bathroom for each sex is required with the above mentioned fixtures.

#### **IX) INSTRUCTIONS FOR USE**

The person in charge of the establishment shall be well trained and capable of operating the purification equipment, the water recirculating system, and any other appurtenances required for the proper operation of the tanks.

a) Prior to the initial use detailed instructions must be given to the client as to the nature of floatation, physical preparation ( use of toilet and shower ) and possible adverse side effects ( claustrophobia, darkness, water entering eyes, ears, mouth or nose, etc.) A copy of specific instructions must be submitted with the application.

b) All patrons using this facility must complete a questionnaire which covers briefly any history of medical or psychiatric difficulties which might affect their use of the tanks. Copy of this questionnaire is to be submitted with the application forms

c) A person with sore or inflamed eyes, a cold, nasal or ear discharge, cut, boils or other evident skin or other bodily infection shall be excluded from the establishment. A person under the influence of drugs or alcohol is to be excluded from the establishment.

### **EURO STANDARDS 1997**

I) No 110 / 220 volt electricity on the Floating-tank..( no heatpads with 110/220 volts )

II.) The complete electricity of the Floating-tank / control system / filter system should be protected with an **FI** fuse.

III) Each floating room should have its own shower and toilet.

IV) Each Floating-tank in public use must have the possibility for being emptied completely, to clean and disinfect the inside.

### **Recommendations by JüTa, Switzerland**

1. use only the medical Epson salt
2. use only hydrogenperoxyd / ozon for disinfection
3. dont use chlorine / bromine, not even for cleaning the floating-tank room
4. use flowthrough heating systems
5. disconnect electricity / electromagnetic waves during floating sessions