

Cold Plunges

OPERATION

Cold plunges are public pools

A pool is defined as *any structure, chamber, or tank containing an artificial body of water for swimming, diving, relaxation, or recreational use including special purpose pools and wading pools*. [Minnesota Statutes, section 144.1222, subdivision 4d](#) further defines a public pool. Cold plunges are public pools when they are open to the public, whether for a fee or free of charge. Public pools must follow [Minnesota Rules, parts 4717.0150 to 4717.3975 \(pool code\)](#). State, county, and city health departments license and regulate public pools.

Options for operating cold plunges

Operate as a public pool

1. Submit plans to the Minnesota Department of Health (MDH) for review.
2. After receiving plan review approval, construct and install the public pool according to the approved plans.
3. Contact MDH to schedule a preoperational inspection.
4. After passing inspection, obtain the operational license and begin operating the public pool.

Operate as a plumbing fixture

1. Submit plumbing plans to the authority having jurisdiction for review.
2. After receiving plumbing plan review approval, construct and install the

plumbing fixture according to the approved plans.

3. Contact the authority having jurisdiction to schedule an inspection.
4. Fill and dump the water from the plumbing fixture between each user.

Resources

[Minnesota Department of Health Public Pool Plan Review](#)
(www.health.state.mn.us/communities/environment/recreation/pools/poolprinsp.html)

[Minnesota Statutes, section 144.1222, subdivision 4d](#)
(www.revisor.mn.gov/statutes/cite/144.1222)

[Minnesota Rules, parts 4717.0150 to 4717.3975 \(pool code\)](#)
(www.revisor.mn.gov/rules/4717/)

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To obtain this information in a different format, call: 651-201-4500.