



*Floatation Tank Association*

## **US Float Tank Standard**

*Sanitation and Safety Committee:*

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Float Tank (a.k.a. Floatation Tank, Float Room/Pod, Isolation Tank, or Sensory Deprivation Tank): A tank that contains a saturated solution of magnesium sulfate having a specific gravity of 1.23 to 1.3, provides a light and sound free environment, and is maintained at a temperature of approximately 93.5°F (34.1°C).

First time users will receive a clear and thorough orientation prior to floating including:

- Instructions to shower before and after the float session
- An explanation of how to enter and exit the float tank
- Instructions on rinsing salt out of their eyes
- Instructions on preventing neck tension

Users will shower before use to enter the tank clean, and after use to remove the saline solution.

Optional earplugs and an optional neck floatation device will be provided for the user.

Users are asked to give verbal or written consent that they do not have skin diseases, infectious respiratory diseases, and epilepsy that is not under medical control. Any of these conditions will exclude them from floating until the conditions are handled.

The tank's filtration process completes at minimum 3 turnovers between each user.

Due to the enclosed nature of the tanks, the use of Chlorine or Bromine is not recommended and may lead to health concerns.

The tank's filtration process will utilize Hydrogen Peroxide (H<sub>2</sub>O<sub>2</sub>) and/or Ozone, with UV to be optionally used in conjunction with one of these two.

Water will be kept at a <200 CFU aerobic plate count with an absence of total coliform at all times.

If another method of disinfectant can be proven to effectively and safely keep the float tank at a <200 CFU aerobic plate count with an absence of total coliform, that method will be an acceptable form of disinfectant.

Each center will keep a daily log for each of their float tanks, recording:

1. Sanitizer residual that meets the requirements:
  - Hydrogen Peroxide (in ppm) - Min-Max: 20-100, Ideal Range: 30-40
  - Ozone (Max: 0.05ppm air concentration)
  - ORP - Oxygen Reduction Potential (optional) - Minimum of 650 mV
2. Water Level (minimum of 9")
3. Water Temperature (ideal range 93.5°-95.2° F [34.1° - 35.1° C])
4. Specific Gravity (1.23-1.3)
5. pH (7.2-7.6)
6. Total Alkalinity (80-120ppm)

Clean tank rooms and bathrooms will be maintained between uses.

All electrical equipment, pump equipment, and disinfection equipment is UL and/or NSF certified.

The inside of the tank above the solution line will be cleaned weekly with a sterilizer.