

**Cold Plunge Amendments**

2026 GENERAL SESSION

STATE OF UTAH

**Chief Sponsor: David Shallenberger**

Senate Sponsor:

**LONG TITLE****General Description:**

This bill amends provisions related to public cold baths.

**Highlighted Provisions:**

This bill:

- exempts from rules made by the Department of Health and Human Services (department) public cold baths in an apartment building;
- amends exemptions from department rules for other public cold baths, including in apartment buildings;
- defines terms; and
- makes technical and conforming changes.

**Money Appropriated in this Bill:**

None

**Other Special Clauses:**

None

**Utah Code Sections Affected:**

AMENDS:

**26B-7-124**, as enacted by Laws of Utah 2024, Chapter 478

*Be it enacted by the Legislature of the state of Utah:*

Section 1. Section **26B-7-124** is amended to read:

**26B-7-124 . Rules for public cold baths.**

(1) As used in this section[;] :

(a) "Common areas" means the non-dwelling communal areas accessible to all residents of an apartment building.

(b) [~~"public~~] "Public cold bath" means a tub or tank that:

[(a)] (i) is used by, regardless of whether there is a charge or payment for use:

[(i)] (A)(I) the general public[, regardless of whether there is a charge or

- 31                    ~~payment for use; and~~ ; or  
32                    (II) residents of an apartment building in the common areas; and  
33                    [(ii)] (B) ~~[one bather]~~ up to five bathers at a time;  
34                    [(b)] (ii) contains chilled water that is:  
35                    [(i)] (A) maintained at a temperature lower than 60 degrees Fahrenheit;  
36                    [(ii)] (B) no more than ~~[180]~~ 650 gallons in volume; and  
37                    [(iii)] (C) at a depth that allows the bather to maintain the bather's head above the  
38                    water while in a seated position; and  
39                    [(e)] (iii) continuously filters and sanitizes the chilled water.  
40                    (2) The department may not adopt a rule that restricts, limits, or imposes requirements on  
41                    the operation of a public cold bath.

42                    Section 2. **Effective Date.**

43                    This bill takes effect on May 6, 2026.