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Cold Plunge Amendments
2026 GENERAL SESSION
STATE OF UTAH
Chief Sponsor: David Shallenberger
Senate Sponsor:

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3 LONG TITLE

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General Description:

5 This bill amends provisions related to public cold baths.

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Highlighted Provisions:

7 This bill:

8 ▶ exempts from rules made by the Department of Health and Human Services (department)
9 public cold baths in an apartment building;

10 ▶ amends exemptions from department rules for other public cold baths, including in
11 apartment buildings;

12 ▶ defines terms; and

13 ▶ makes technical and conforming changes.

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Money Appropriated in this Bill:

15 None

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Other Special Clauses:

17 None

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Utah Code Sections Affected:

19 AMENDS:

20 **26B-7-124**, as enacted by Laws of Utah 2024, Chapter 478

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

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

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

25 (1) As used in this section[{-}]:

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

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

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

30 [(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 [480] 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.