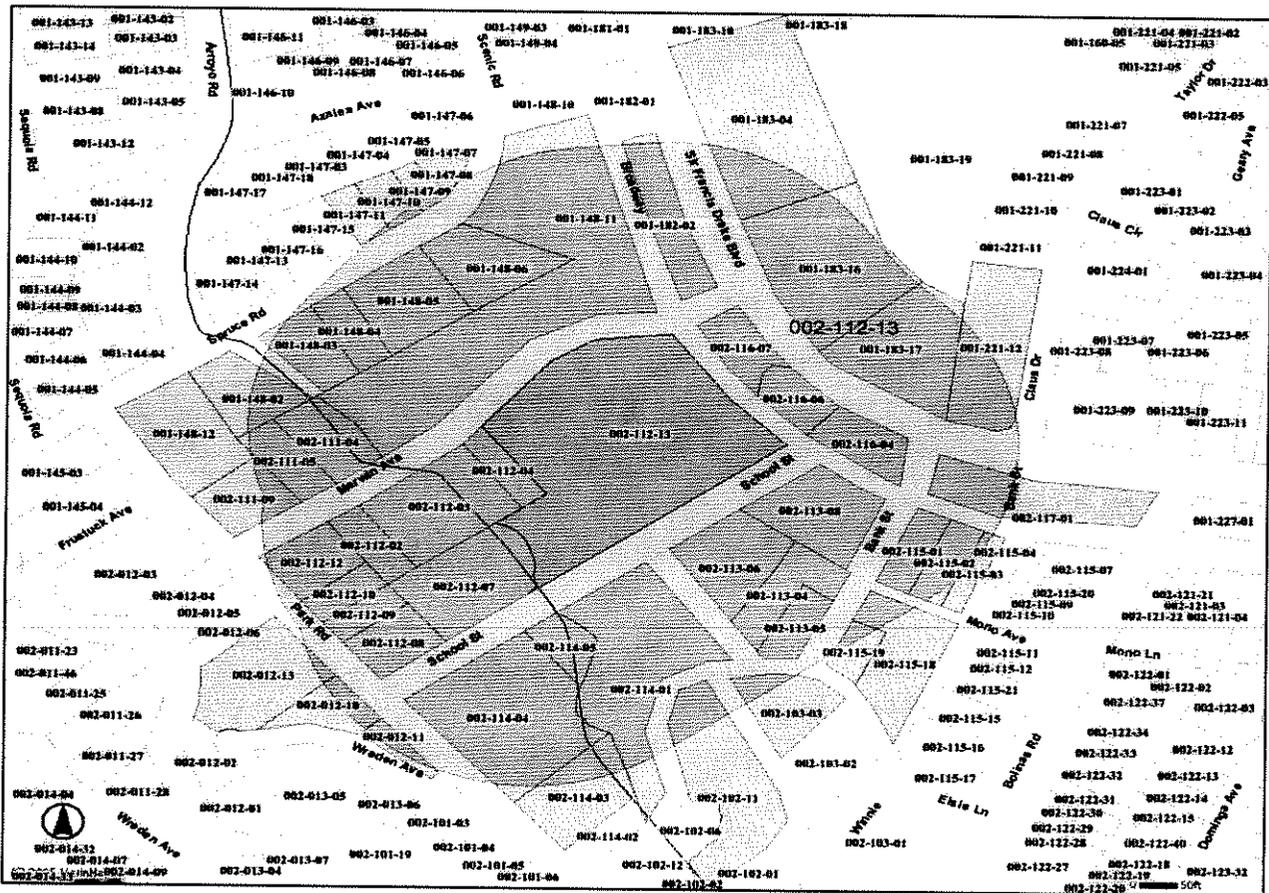


TOWN OF FAIRFAX STAFF REPORT

Department of Planning and Building Services

TO: Fairfax Planning Commission
DATE: May 17, 2012
FROM: Jim Moore, Director of Planning and Building Services
 Linda Neal, Senior Planner
LOCATION: 6 School Street Plaza, Suites 100 and 110
PROJECT: Spa providing isolation/sensory deprivation tank treatments
ACTION: Use Permit; Application # 12-09
APPLICANT: Kimberly Palczynski
OWNER: Fred Ezazi
CEQA STATUS: Categorically exempt section(s) 15301(a)



6 SCHOOL STREET PLAZA, SUITES 100 AND 110

BACKGROUND

The property used to be the site Fairfax's elementary school until late 1970's. The site is improved with three one story buildings, totaling approximately 12,400 square feet that were used by the school and a newer, approximately 6,000 square foot, two story building that was constructed in the early 1980's.

DISCUSSION

The spa is proposed in suites 100 and 110 of the 6 School Street Plaza structure. The two suites total 740 square feet and the applicant proposes having two isolation tanks screened from each other with curtains. The property owner has agreed to allow modifications to the shared restrooms accessed from outside the building so that the clients will have direct access to a bathroom with a shower that is ADA accessible. The applicant will be the sole employee and the hours of operation will be from 8:00 AM to 8:00 PM, Monday through Friday. Therefore, the maximum number of vehicles using the shared School Street Plaza parking lot at any one time will not exceed three and the use will not have a negative impact on the on-site parking nor will it require the approval of a Parking Variance or a Traffic Impact Permit.

Staff has attached some general information regarding the history of the tanks, types of uses and how they function (Exhibit B).

Use Permit

The purpose of the Limited Commercial CL Zone is to provide a location for uses which may be incompatible with the high density characteristics of the Central Commercial CC Zone or which may have difficulty finding a proper location in the Highway Commercial CH Zone. Types of permitted uses are oriented to services rather than the retail sale of commodities [Town Code § 17.092.010(A) and (B)].

Hospitals, clinics, physical and mental therapy establishments are permitted uses within the CL Zone. Listed conditional uses are private schools, clubs motels and hotels. Town Code § 17.092.050(E) gives the Planning Commission the authority to grant Use Permit to allow unlisted uses that are similar to either permitted or conditional uses.

Currently the establishment "Frogs" is located in the plaza and operating under a Use Permit providing hot tubbing and massage.

The proposed isolation/deprivation tank use is similar to the permitted uses and other uses approved by Use Permit at School Street Plaza.

Health Regulations

Isolation tanks are relatively new to California. There are some located in San Francisco and Oakland. Staff was unable to find any isolation tank locations within Marin. Staff checked with

the State Health Department and the Marin County Health Department and while they currently regulate public pools and other types of spas, they do not regulate isolation tanks (Exhibit C - review response from David Smail, Supervising Environmental Health Specialist, Marin County Health Department).

Further research revealed that commercial isolation tank spas are more prevalent in Canada and they are regulated there. Staff has attached the "Health Standards and Guidelines for Sensory Deprivation Tanks" from the Alberta Health Department (Exhibit D). The Commission may want to consider including some of their guidelines as conditions for approval of this Use Permit.

Other Agency/Department Requirements

Ross Valley Sanitary

If not already installed, the side sewer must be equipped with a backwater prevention device. After the project is approved, the owner or contractor must contact the District to arrange for a District inspector to approve the existing installation or approve the plans and installation of a new backwater device and any work done on the site sewer lateral.

Marin Municipal Water District

The use must comply with all indoor requirements of District Code Title 13, Water Conservation. Indoor plumbing fixtures must meet specific efficiency requirements. Should backflow protection be required it shall be installed as a condition of water service.

Ross Valley Fire Department

Suites 100 and 110 shall be provided with an permitted fire detection system from the Ross Valley Fire Department.

Building Official

The space and the shower and restroom must be ADA accessible.

RECOMMENDATION

1. Open the public hearing and take testimony.
2. Close the public hearing.
3. Move to approve Use Permit # 12-09 based on the following findings and subject to the following conditions:

Recommended Findings

Other similar spa type uses have been granted Use Permits to operate at School Street Plaza. Therefore, the approval of the use permit shall not constitute a grant of special privilege and shall not contravene the doctrines of equity and equal treatment.

The business will have an upgraded fire alarm system and shall have an ADA accessible bath and shower. The use will result in no more than 3 vehicles using the shared parking lot at any time. Therefore, the development and use of property as approved under the use permit shall not cause excessive or unreasonable detriment to adjoining properties or premises, or cause adverse physical or economic effects thereto, or create undue or excessive burdens in the use and enjoyment thereof, or any or all of which effects are substantially beyond that which might occur without approval or issuance of the use permit.

The use is similar to some of the listed permitted uses such as physical and mental therapy clinics. Therefore, approval of the use permit is not contrary to those objectives, goals or standards pertinent to the particular case and contained or set forth in any Master Plan, or other plan or policy, officially adopted by the City.

Approval of the use permit will result in equal or better development of the premises than would otherwise be the case and conditions have been placed upon the Use to protect the general health, safety or welfare of the community.

Recommended Conditions

Prior to opening:

1. The suites and the bathroom and shower shall be fully ADA compliant
2. A building permit must be obtained and the work must be completed and approved by the Building Official.

The following conditions must be complied with prior to the business opening unless the conditions are waived by the agency that required them:

3. The fire alarm system must be installed and approved by the Ross Valley Fire Department.
4. If not already installed, the side sewer must be equipped with a backwater prevention device. After the project is approved, the owner or contractor must contact the District to arrange for a District inspector to approve the existing installation or approve the plans and installation of a new backwater device and any work done on the site sewer lateral.
5. The use must comply with all indoor requirements of District Code Title 13, Water Conservation. Indoor plumbing fixtures must meet specific efficiency requirements.

Should backflow protection be required it shall be installed as a condition of water service.

6. If the State or the County adopt regulations and begin monitoring/permitting sensory deprivation tank establishments, the applicant shall comply with any and all of the regulations and obtain and required permits.

General Condition

7. The applicant and property owner shall defend, indemnify, and hold harmless the Town of Fairfax or its agents, officers, and employees from any claim, action, or proceeding against the Town of Fairfax or its agents, officers, or employees to attach, set aside, void, or annul an approval of the Planning Commission, Town Council, Planning Director, Design Review Board or any other department or agency of the Town concerning a development, variance, permit or land use approval which action is brought within the time period provided for in any applicable statute; provided, however, that the applicant's or owner's duty to so defend, indemnify, and hold harmless shall be subject to the Town's promptly notifying the applicant or owner of any said claim, action, or proceeding and the Town's full cooperation in the applicant's or owner's defense of said claims, actions, or proceedings.

ATTACHMENTS

- Exhibit A – Applicant's supplemental information
- Exhibit B - Additional general information on isolation tanks
- Exhibit C – Agency/Department conditions
- Exhibit D – Health Standards and Guidelines for Sensory Deprivation Tanks

PROJECT DESCRIPTION: Opening small center offering sensory deprivation (floating). I have two floatation tanks that will be separated using long curtains. I am the proprietor and the sole employe. My business hours are
 GENERAL INFORMATION (if applicable): from 8am - 8pm M-Sun.

Item	Existing	Proposed
Lot size		
Size of structure(s) or commercial space (square feet)	740 S.F.	740 S.F.
Height and No. of stories	2 story	2 story
Lot coverage	± 84000 SF.	± 84000 SF.
No. of dwellings units	16 in 2 story	16 in 2 story
Parking ¹ 56 No. of spaces	56	56
Size of spaces		

Amount of proposed excavation and fill	Excavation = 0	Fill = 0
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Estimated cost of construction \$ _____

Lot Coverage is defined as the land area covered by all buildings and improvements with a finished height above grade and all impervious surfaces except driveways.

¹Minimum parking dimensions are 9' wide by 19' long by 7' high. Do not count parking spaces that do not meet the minimum standards.

Restrictions: Are there any deed restrictions, easements, etc. that affect the property, and, if so, what are they? NO

[Signature]
 Signature of Property Owner

[Signature]
 Signature of Applicant

3/20/12
 Date

3/26/12
 Date

Planning Department staff is available by appointment between 8:30 a.m. and 12:00 noon and 1:00 p.m. and 5:00 p.m. Monday through Thursday at 142 Bolinas Road, Fairfax, CA. (415) 453-1584

FLOOR AREA RATIO (FAR) AND LOT COVERAGE STATISTICS

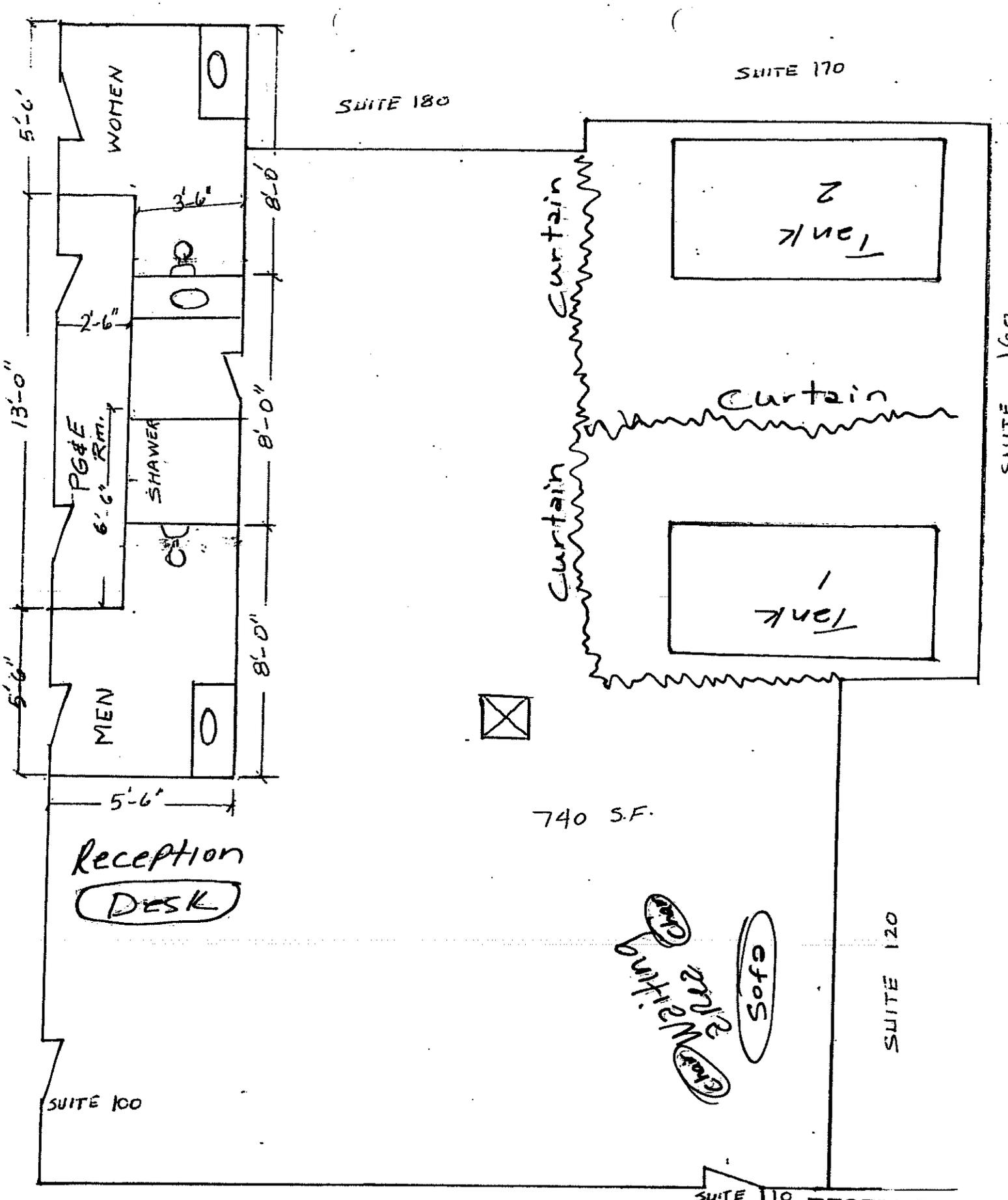
The following information will be used to verify application FAR and lot coverage amounts. **Applications will not be considered complete until the following table is complete.**

	Existing	Proposed
Footprint square footage for all structures	3000 x 2	3000 x 2
Living space square footage	N/A	N/A
First floor	3000	3000
Second floor	3000	3000
Third floor	—	—
Total		
Accessory structure square footages	0	0
Sheds	0	0
Pool houses	0	0
Studios/offices	0	0
Second units		
Miscellaneous (specify use)		
Total		
Square footage of impervious surfaces		
Walkways		
Patios		
Impervious decks		
Miscellaneous (specify use)		
Total		
Garage/carport square footages (specify type)		

* All square footage measurements must be the sum of all interior floor area measured from the exterior faces of the exterior walls for structures (Town Code § 17.008.020).

FLOOR AREA: Fairfax Town Code § 17.008.020, Definitions, defines "floor area" as the sum of all interior floor area measured from the exterior faces of the exterior walls. The "floor area" of any accessory structures on the same lot shall be included. The "floor area" of any garage in excess of 500sf in size for single-family residences and 800sf in size for duplexes shall also be included.

LOT COVERAGE: Fairfax Town Code § 17.008.020, Definitions, defines "lot coverage" as the percentage of the lot area that is occupied by the ground area of a building, any accessory building(s), as well as any impervious surface areas such as patios (other than driveways) adjacent to the building or accessory structure.

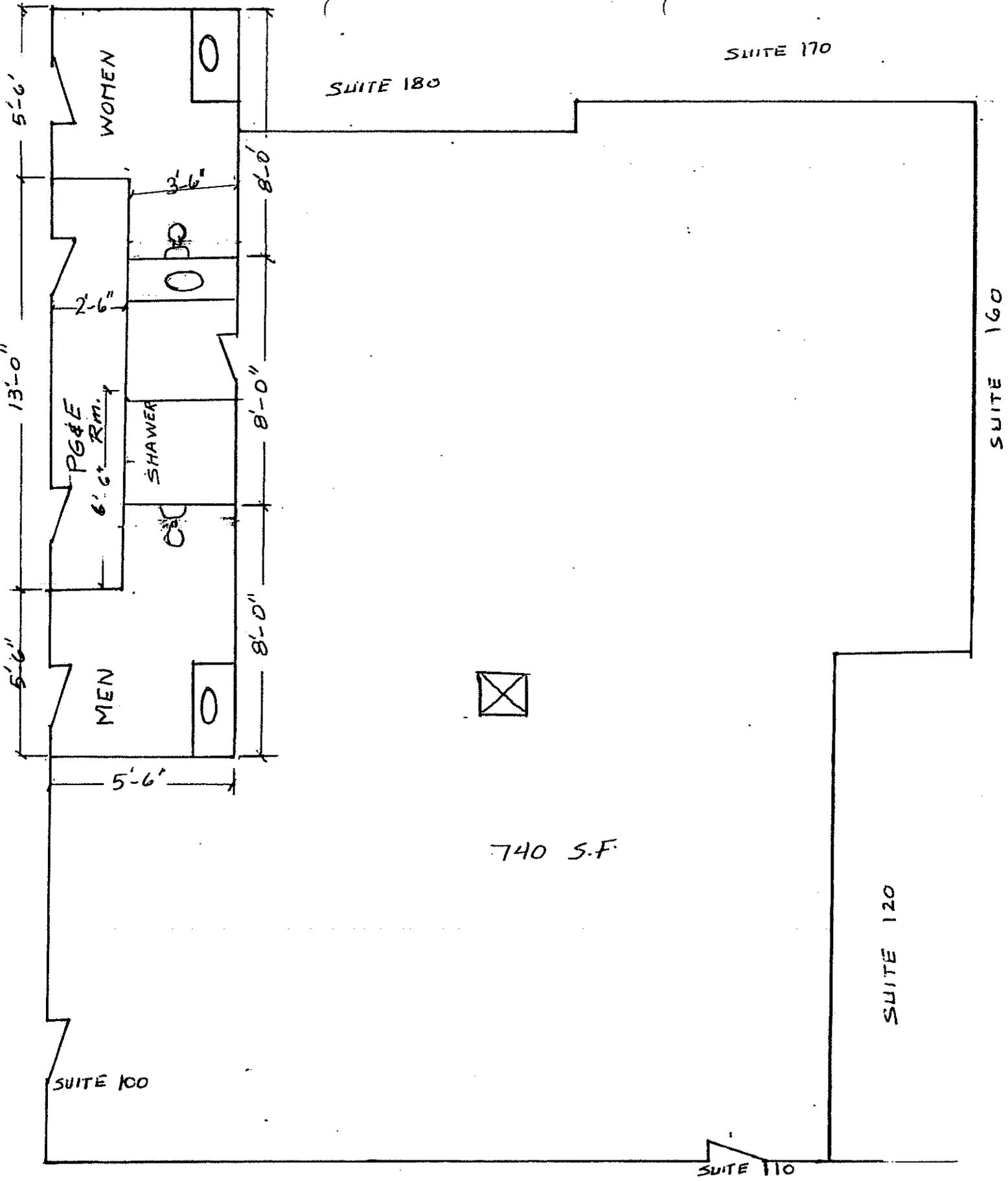


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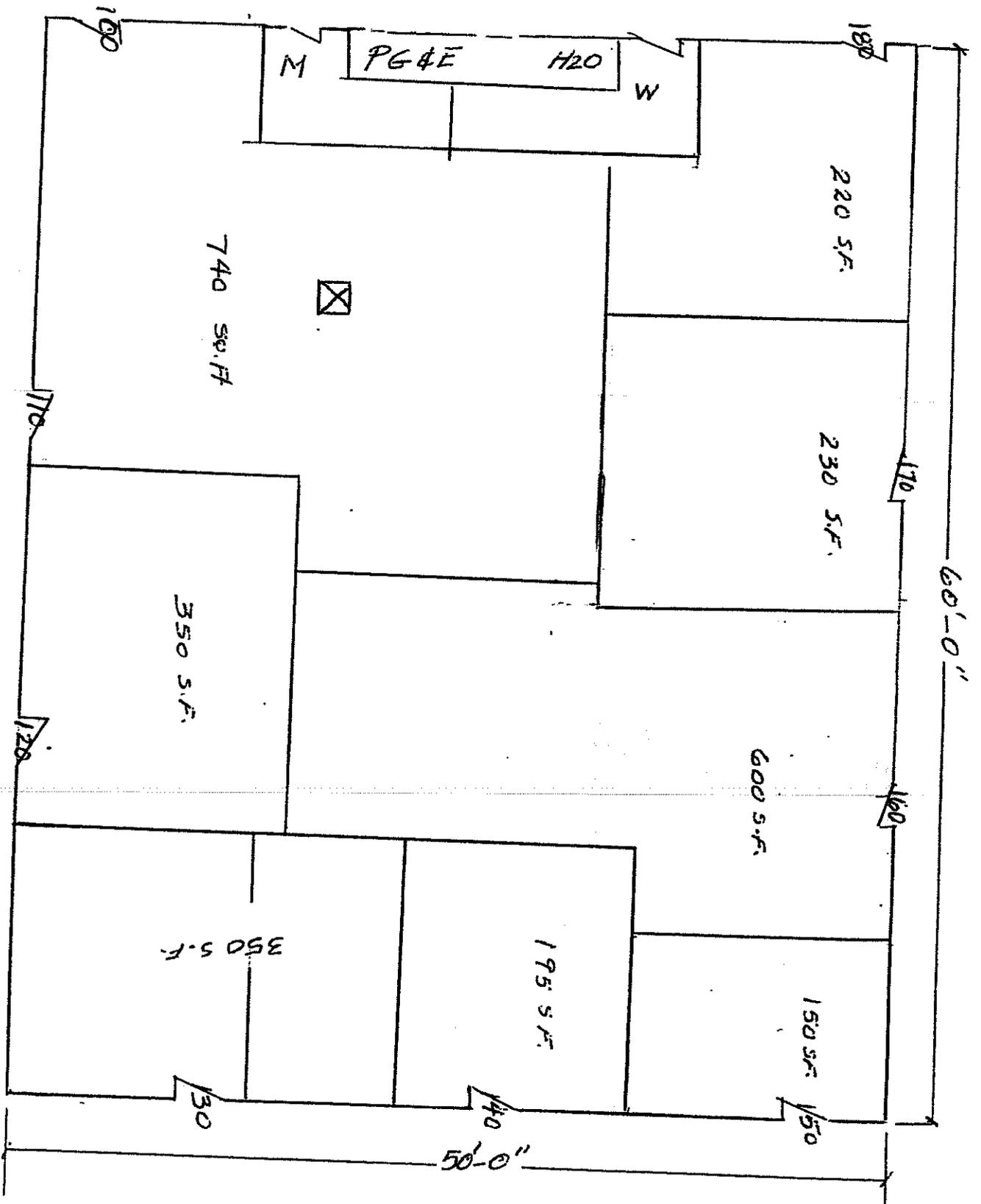
SUITES 100+110 SCHOOL ST. PLAZA F.F. MAR 26 2012

SCALE 1'-0" = 1/4"

TOWN OF FAIRFAX



SUITES 100+110 SCHOOL ST. PLAZA E.F.
 SCALE 1'-0" = 1/4"



BUILDING 6
 1st FLOOR
 School St Playa Fairfax
 Scale 1" = 1/8"

SITE APPROXIMATE FOR
EXISTING BUILDING
RECONSTRUCTION

PROPERTY LINE

8D
EXISTING BUILDING #1
4,125 SQ. FT. SPT.

8B

8A

10A

10B

10C

10D

10E

12A

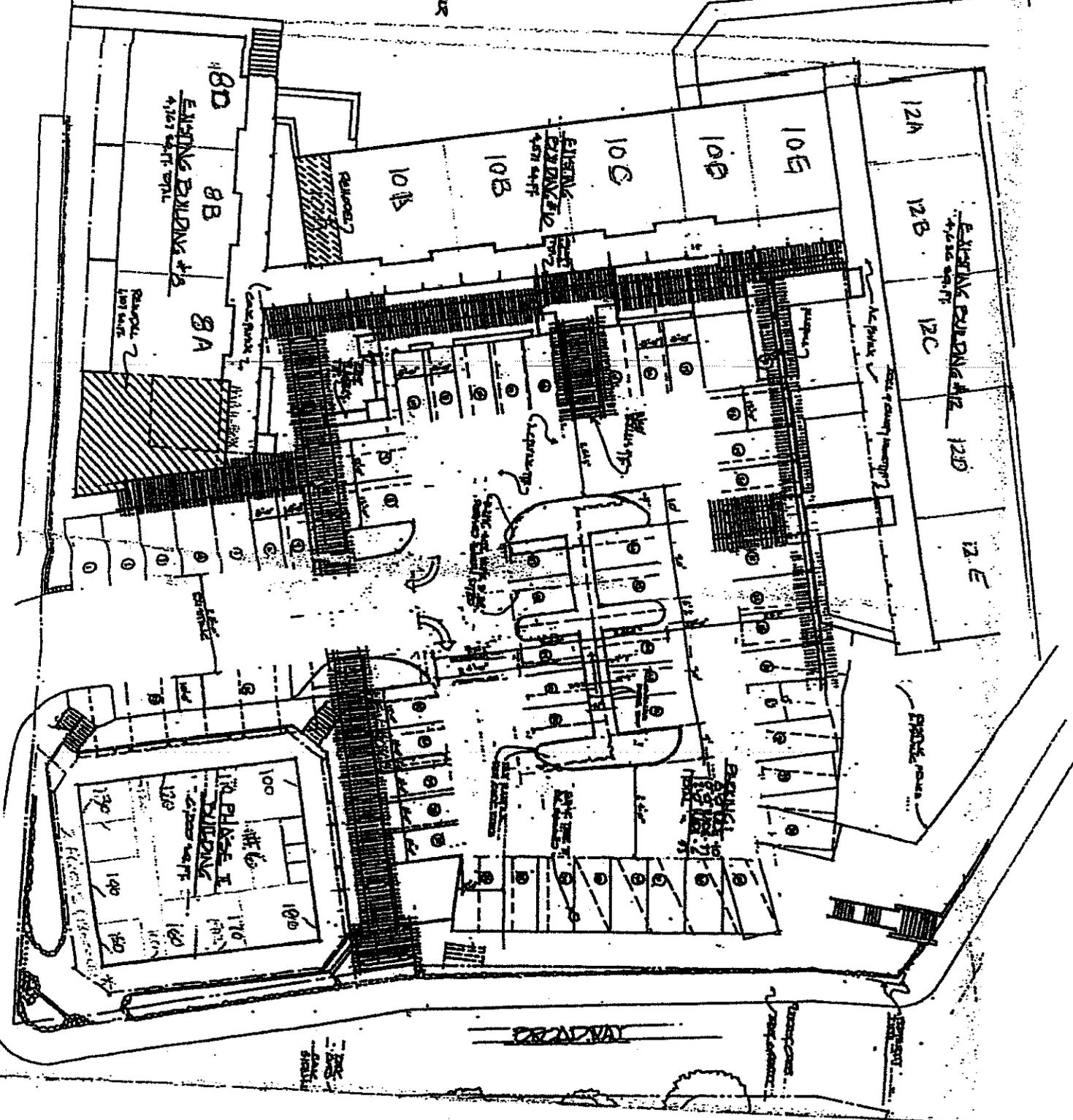
12B

12C

EXISTING BUILDING #2
4,125 SQ. FT.

12D

12E



FRONT PORCH

FRONT PORCH

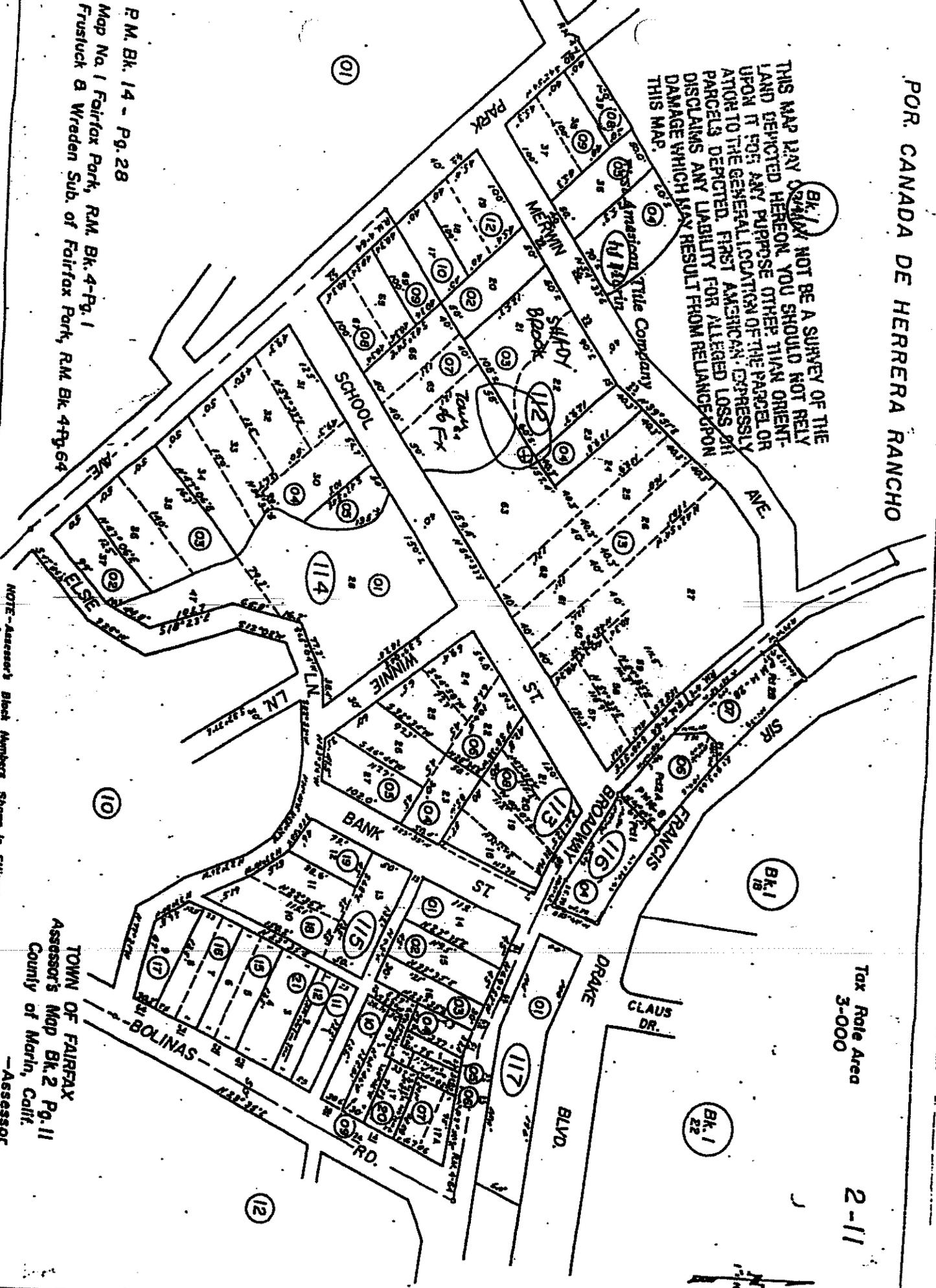
FRONT PORCH

FRONT PORCH

FRONT PORCH

POR. CANADA DE HERRERA RANCHO

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Tax Rate Area 3-000 2-11

P.M. Bk. 14 - Pg. 28

Map No. 1 Fairfax Park, R.M. Bk. 4-Pg. 1
Frustuck & Wreden Sub. of Fairfax Park, R.M. Bk. 4-Pg. 64

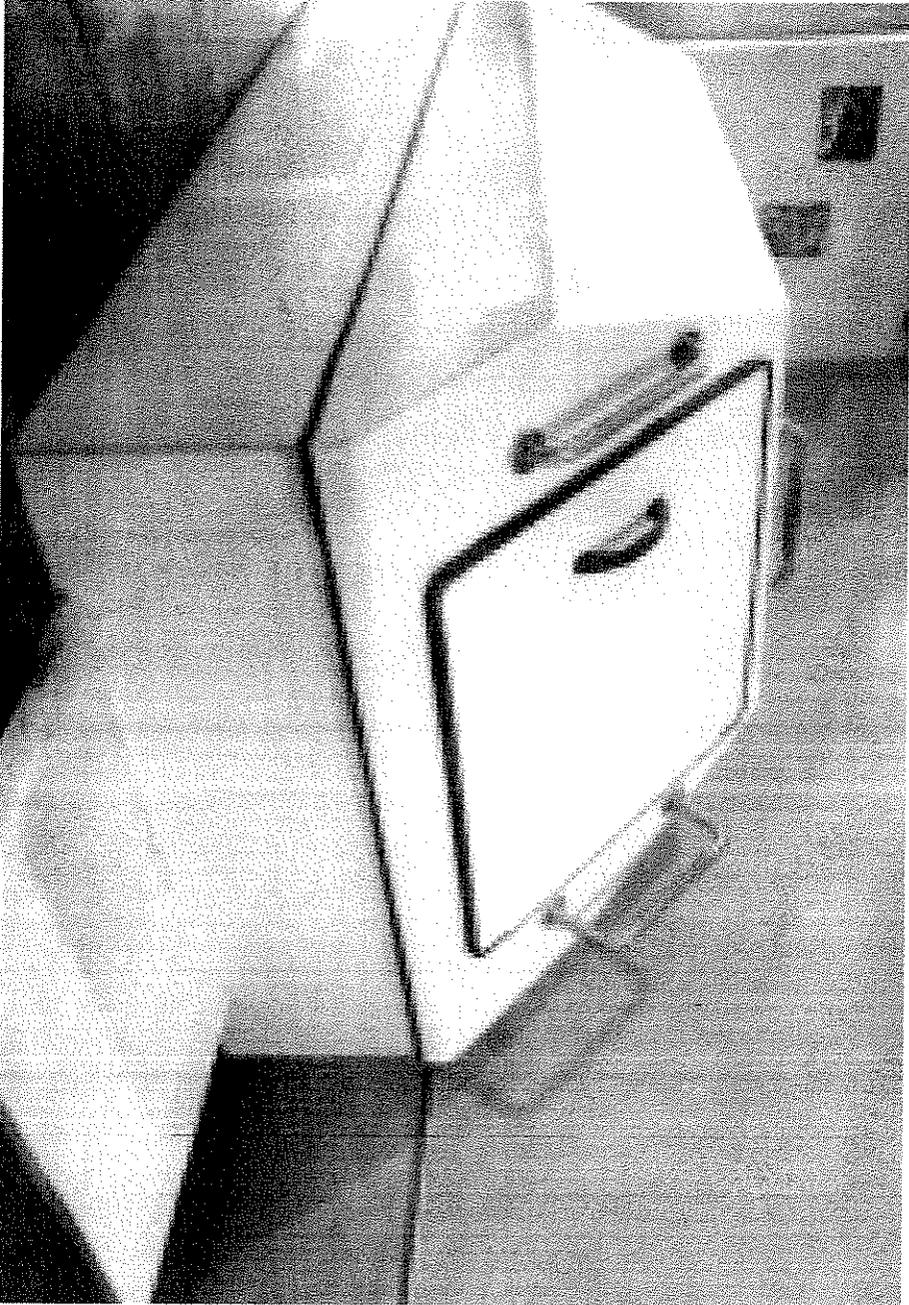
NOTE-Assessor's Block Numbers Shown in Ellipses
Assessor's Parcel Numbers Shown in Circles.

TOWN OF FAIRFAX
Assessor's Map Bk. 2 Pg. 11
County of Marin, Calif.
-Assessor

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TOWN OF FAIRFAX



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Isolation Tank

History

John C. Lilly, a medical practitioner and neuro-psychiatrist, developed the flotation tank in 1954. During his training in psychoanalysis at the National Institute of Mental Health (NIMH), Lilly commenced experiments with sensory deprivation. In neurophysiology, there had been an open question as to what keeps the brain going and the origin of its energy sources. One answer was that the energy sources are biological and internal and do not depend upon the outside environment. It was argued that if all stimuli are cut off to the brain then the brain would go to sleep. Lilly decided to test this hypothesis and, with this in mind, created an environment which totally isolated an individual from external stimulation. From here, he studied the origin of consciousness and its relation to the brain.

Peter Suedfeld and Roderick Borrie of the University of British Columbia began experimenting on the therapeutic benefits of flotation tank usage in the late 1970s. They named their technique "Restricted Environmental Stimulation Therapy" (REST).

Tank design and usage

In the original tanks, people were required to wear complicated head-masks in order to breathe underwater, however, the mask detracted from the isolation experience. The tight fit of the mask seal around the face and the retention strips wrapping around the back of the head were uncomfortable in long sessions. The constant hissing of the air valves and bubbling of exhaust air out of the mask prevented the possibility of silence. The faceplate of the mask was typically solid black for visual isolation, but then the tank user needed help entering and leaving the isolation tank since the mask blinded them.

In newer tanks, epsom salt is added to the water in the tank to raise the density of the water above the density of the human body, so that the subject floats with his or her face above the water. However, since the ears are submerged when the subject is in a relaxed position, hearing is greatly reduced, particularly when ear-plugs are also used. When the arms float to the side, skin sensation is greatly reduced because the air and water are the same temperature as the skin, and the feeling of a body boundary fades. The sense of smell is also greatly reduced, especially if the water has not been treated with chlorine.

The growing number of commercial float tanks has brought increased regulation of disinfection. For example different states in the US have applied different rules. In Europe the DIN 19643 bathing water standard requires automated chlorination from REDOX (ORP) measurement. Chlorine, bromine and peroxide disinfection have all been used successfully. There is doubt about Ozone safety because of the closed air space.

Generally users of isolation tanks enter the pool nude. Although a swimsuit may be worn, the elastic material of a tight-fitting suit can create uncomfortable compressed stress points on the skin during the session. Due to the high epsom salt content the water is minimally changed and all users are expected to shower, soap up, and rinse clean prior to entering the tank to extend the water life as long as possible. Bathing is again needed after a session to remove excess epsom salt from the skin.

Most isolation tanks use a circulating surface skimmer, cartridge filtration, and disinfection means, including ultraviolet sterilization and chemicals to keep the water free of microbes and sediment, though this is turned off during a session to keep the isolation space as quiet as possible. A ring heating system can be used around the outer walls of the tank to warm the water so that it rises up the outside edges of the pool, travels towards the center, and then sinks under the tank user. This very slow water convection flow helps to keep the user centered in the middle of the pool, without them floating to the side and bumping into the walls of the small tank during long float sessions. However, when the floater is still, the small waves caused by breathing also tend to centre them in the solution regardless of a convection effect

Isolation tank construction and plumbing is typically all-plastic. Exposed metal cannot be used because the strong salt solution and more importantly the disinfectants will rapidly corrode and damage any metal surfaces. Unsealed stone and concrete surfaces can also be damaged by dissolved epsom salt splashed or dripped outside the tank, due to the dried salt recrystallizing and opening up cracks and fissures.

It is useful to have a shower stall in the same room as the tank. Before a session, the tank user can transfer directly from the shower to the tank without drying off. Following the session, they can immediately rinse off which minimizes the dripping of corrosive salt through the building.

Having plumbing facilities immediately next to the tank is also helpful when the water must eventually be changed to prevent microbe growth. The plumbing, including the drain pipes, should be constructed of plastic to prevent deterioration from the salt. The salt concentration may need to be diluted when discarded, to prevent damage to small private wastewater plumbing systems.

Types of sessions

A therapeutic session in a flotation tank typically lasts an hour. For the first forty minutes, it is reportedly possible to experience itching in various parts of the body (a phenomenon also reported to be common during the early stages of meditation). The last twenty minutes often end with a transition from beta or alpha brainwaves to theta, which typically occurs briefly before sleep and again at waking. In a float tank, the theta state can last for several minutes without the subject losing consciousness. Many use the extended theta state as a tool for enhanced creativity and problem-solving or for superlearning. The more often the tank is used the longer the theta period becomes. [citation needed]

Spas sometimes provide commercial float tanks for use in relaxation. Flotation therapy has been academically studied in the USA and in Sweden with published results showing reduction of both pain and stress. The relaxed state also involves lowered blood pressure and maximal blood flow.

Floating can be passive or active, depending on the purpose. For relaxation, one simply floats and 'clears the mind.' Active floating has many different techniques. One may perform meditation, mantras, self-hypnosis, utilize educational programs, etc. The idea of active floating is that, when the body is relaxed, the mind becomes highly suggestible and any action taken during these states will enter the information into the sub-conscious. Flotation therapy may be used to complement other body work and healing methods.

Commercial centres have begun to use couple floating in larger float tanks or rooms. This helps some people overcome reluctance to try a new experience. Whilst less satisfactory than solo floating, all of the benefits are the same.

More extreme uses of the tank involve the subject taking varying doses of psychedelics; such as LSD, psilocybin mushrooms, ketamine, or cannabis and spending prolonged periods in the tank (up to tens of hours) at a time, an approach pioneered by Lilly himself though he claims to have tried LSD in the tank only prior to 1964, while the psychedelic was still legal.

Flotation therapy

Alternate spellings: "flotation therapy", "float therapy", "floating therapy", is therapy that is undertaken by floating in a warm salt water in a float tank.

Flotation therapy developed from the research work of John Lilly although he was not primarily interested in therapy, rather in the effect of sensory deprivation on the human brain and mind.

People using early float tanks discovered that they enjoyed the experience and that the relaxed state was also a healing state for many conditions including stress, anxiety, pain, swelling, insomnia and jet lag. It was found that floating rapidly, e.g in 20 minutes, induced a meditative state equivalent to that of a skilled meditator with many years experience in meditation technique.

As a result float tanks were produced for commercial uses and commercial float centres offering flotation therapy opened in several countries during the period 1980 to the present day when there are hundreds of flotation centres in dozens of countries. In almost all cases these float centres offer wellness treatments and in particular the release of stress.

Research into flotation therapy (as opposed to just the effect of isolation) began in the USA at Ohio State University where floating was shown to improve creativity in Jazz musicians, accuracy in rifle shooting, focus before academic examinations and stress relief, among others.

Research in Sweden has demonstrated the therapeutic effect on stress and pain.

The technique takes advantage of an atavistic ability that seems to be common to all humans to relax when floating at a comfortable temperature. The temperature is that which allows natural heat generation to escape without the need for muscle action to raise body temperature in homeostasis. The floating posture, usually the supine position (although the prone position with chin supported on elbows is recommended for pregnant women), allows all the postural muscles to relax. The water pressure on the immersed skin is lower than the blood pressure and thus blood flow continues in skin capillaries. This is in contrast to normal bed rest where local contact pressure inhibits blood flow

requiring regular adjustment of posture. When people cannot adjust their posture in bed, e.g in some illnesses, bed sores can result. When floating there is no tendency to adjust posture and a person can float immobile for many hours.

The natural tendency of the body in the floating posture at the correct temperature is to dilate the blood vessels, reducing the blood pressure and maximising blood flow. The brain activity normally associated with postural muscles is reduced to a minimum. In this state, which we can call the floating state, natural endorphins are released reducing pain. Lactic acid removal is accelerated. Flow in the lymphatic system is increased.

Effects

The effect on stress

Perceived stress can be correlated with increased levels of cortisol and in floatation therapy there is a natural tendency for cortisol to be reduced. For this reason Floatation therapy is one of the few non invasive techniques available to manage stress when it is a factor in reducing a person's ability to cope with normal life. Floatation therapy is a fast technique in this respect. The Swedish research was based on 40 minute float sessions. This compares well with other management techniques such as long vacations.

There are many similarities with the age old long hot bath, the differences being that in floatation therapy the temperature is maintained at the correct level and the bath is large enough to float without touching the sides of the bath.

The effect of the salt

Most float tanks use epsom salt, Magnesium sulphate (sulfate), in high concentration so that the relative density of the solution is about 1.25. This assists floating particularly making the head buoyant so that the nose and mouth are well out of the water for breathing.

It has recently been discovered that there is a secondary effect which is important to floatation therapy. Magnesium is absorbed through the skin thanks to a natural skin transport mechanism. This tends to correct a common deficiency. Magnesium is absorbed from the diet but in many areas of the world over cropping without adequate replacement of magnesium makes the normal diet low in Magnesium.

The body naturally optimises the levels of magnesium, so there is no over load effect from floating in the salts for extended periods.

It is noted that there is no "floatation therapist";, although there is a need to instruct the floater and need to maintain the equipment in a safe condition. However floatation therapy is compatible with other therapies as a preparation or conjunct activity. Examples include massage, osteopathy, homeopathy, talk therapy, hypnosis.

Examples of Floatation therapy

fertility: Many women, after medical examination for physical causes, are advised to take significant lifestyle changes such as moving house or stopping work because stress is recognised as a factor in infertility. Floatation therapy is an ideal stress reduction technique in many cases.

insomnia: Loss of sleep or disturbed sleep patterns can exacerbate stress and floatation therapy is an ideal technique to reduce stress in anticipation of bed rest. Many floaters fall asleep in the float tank. This is completely safe because there is no tendency to roll over when floating. Long periods of sleep are not usually possible in a commercial float centre but the therapy has long lasting effects so the sufferer can go to bed after a float session and sleep naturally without drugs.

Definition

Latest research

New research undertaken at the Human Performance Laboratory at Karlstad University by Swedish PhD, Sven-ke Bood concludes that regular floatation tank sessions can provide significant relief for chronic stress related ailments. Studies involving 140 people with long-term conditions such as anxiety, stress, depression and fibromyalgia found that more than three quarters experienced noticeable improvements.

Dr. Bood commented: “Through relaxing in floating tanks, people with long-term fibromyalgia, for instance, or depression and anxiety felt substantially better after only 12 treatments”. Research targeted the effectiveness of floatation treatment with regard to stress related pain and anxiety over the period of seven weeks. 22 percent of the participants became entirely free of pain and 56 percent experienced clear improvement.

Broken down to various symptoms, the results were as follows: 23 percent slept better, 31 percent experienced reduced stress, 27 percent felt less agony and 24 percent became less depressed or got rid of their depression altogether. The research also confirms the findings of an earlier thesis that floatation, after only twelve sessions, substantially improves sleep patterns leaving users more optimistic and with reduced nervousness, tension and pain. Relaxing in a weightless state in the silent warmth of a floatation tank activates the body’s own system for recuperation and healing, said Sven-ke Bood. What researchers find particularly gratifying is that the positive effects were still in evidence 4 months after the floating treatment ended.

Notable users

The physicist Richard Feynman’s experiences in a sensory deprivation tank were documented in the popular book *Surely You’re Joking, Mr. Feynman!*. Feynman was invited to try the isolation tank at John Lilly’s home after Lilly attended one of Feynman’s popular lectures on quantum mechanics. Comedian Joe Rogan also owns an isolation tank and can be heard talking about his experiences with it in a YouTube video. Joe exclaimed his experiences with isolation tanks were beneficially catalyzed when he ingested Psilocybin mushrooms before entering the tank. Another comedian, George Carlin used an isolation tank to “meditate or just drift off”.

Actor Nicolas Cage spent some time in an Isolation Tank to capture the claustrophobia of his character in the 2006 film *World Trade Center*. He played PAPD Sgt. John McLoughlin, who was trapped in the rubble of the WTC Towers during the attacks.

In popular culture

This “In popular culture” section may contain minor or trivial references. Please reorganize this content to explain the subject’s impact on popular culture rather than simply listing appearances, and remove trivia references. (July 2009)

This section does not cite any references or sources.

Please help improve this article by adding citations to reliable sources. Unsourced material may be challenged and removed. (October 2009)

Isolation tanks have appeared in a number of novels, movies and television programs.

references linked to drugs:

In Paddy Chayefsky's novel and screenplay for the film *Altered States*, a scientist is able to reach different states of consciousness by using psychoactive drugs in combination with an isolation tank.

In the film *Simon*, the main character is brainwashed by scientists who leave him in an isolation tank for a long period.

In the Pilot episode of *Fringe*, Olivia Dunham placement in an isolation tank is coupled with a cocktail of hallucinogenic drugs, including LSD and Ketamine, in order to see into the mind of another dying, comatose character.

references linked to humour:

In an episode of *The Simpsons*, "Make Room for Lisa", Homer and Lisa use isolation tanks as they attempt to bond.

In Douglas Adams' book *Dirk Gently's Holistic Detective Agency*, one character jokes that his boss had a telephone built into his isolation tank.

In the *House M.D* episode, *House's Head*, House uses an isolation tank to try to remember what happened after the bus accident.

In the second season of *Frasier*, Frasier charges into Niles's and Maris's home to confront Maris about her affair. Martha, the maid, tells Frasier that "Missy Crane" is in her Sensory Deprivation Tank. After a long harangue, Frasier whips the door of the tank open to discover it is Niles sitting inside.

In the fourth episode, series 1, of the British sitcom *Absolutely Fabulous*, it is revealed at the end of the episode that the events that have taken place were all dreamed by Edina while she slept in an isolation tank (The episode is titled "Iso Tank").

In Bret Easton Ellis' *Rules of Attraction*, "Sensory Deprivation Tank" is written on the door of The Pub.

references linked to crime, violence or murder:

Isolation tanks also appear in *The Door to December* by Dean Koontz and Tom Clancy's novel, *The Cardinal of the Kremlin*.

In the video game *Metal Gear Solid: Portable Ops*, as part of the "Perfect Soldier Project", Null is kept inside of an isolation tank when not in combat in order to heighten his battle abilities and hamper his memories.

In Maximum Ride: School's Out Forever, the title character is put into an isolation tank for study.

In the 1999 play Art of Murder by Joe DiPietro, the character Jack Brooks, a renowned artist, uses an onstage isolation tank several times during the play, and it becomes an important component of the central murder plot.

In the Hawaii Five-0 movie, (1968) the lead character, McGarrett, is placed in a tank by Wo Fat in an attempt to break his mind.

In the Reborn! series, Mukuro Rokudo is imprisoned in an isolation tank following his defeat and capture.

In the Dan Brown book The Lost Symbol the hero is trapped in an isolation tank and submerged in an oxygenated liquid, claimed to be a CIA technique.

positive relaxation references:

In the french television series "Vnus et Apollon" a float tank is central to the spa story in which celebrities float while the story evolves around the spa staff.

other references:

In the film Daredevil, the main character, Matt Murdock, although blind, has extraordinarily heightened senses (particularly hearing) which makes it very difficult for him to sleep without an isolation tank to shut out the outside world.

In Stanisaw Lem's short story "The Conditional Reflex" (a part of the Tales of Pirx the Pilot), Pirx, being a cadet at that time, undergoes sensory deprivation testing in an isolation tank.

In the John Cameron Mitchell film Shortbus, two characters share an isolation tank in several scenes.

In James Cameron's film Avatar, Jake Sully's avatar body is stored in a isolation tank.

See also

Altered state of consciousness

Sensory deprivation

Psychedelic experience

Prisoner's cinema

Dark retreat

References

^ Lilly, John C. & E.J. Gold (2000). Tanks for the Memories: Flotation Tank Talks. Gateways Books & Tapes. ISBN 0895560712

^ typical float tanks

^ Black, David (December 10, 1979). "Lie down in darkness". *New York Magazine* 12 (48): 60. ISSN 0028-7369.

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Books

Sven-ke Bood (2007). *Bending and Mending the Neurosignature: Frameworks of influence by floatation-REST*. Karlstad University. ISBN 9789170631283

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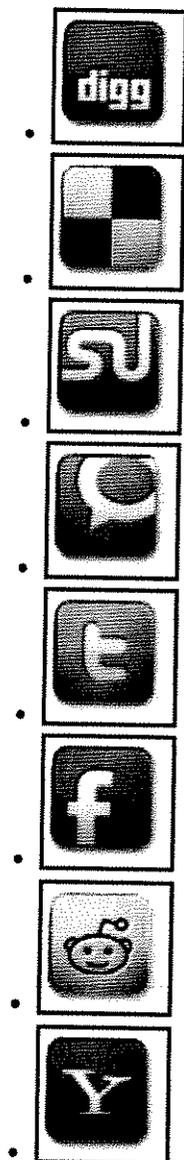
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External links

Floatation Tank Association: (UK)

Categories: Experimental psychology | Devices to alter consciousness | Cognitive science
 Hidden categories: Articles with unsourced statements from February 2008 | All articles with unsourced statements | Articles with unsourced statements from December 2008 | Articles with trivia sections from July 2009 | Articles needing additional references from October 2009 | All articles needing additional references



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ROSS VALLEY SANITARY DISTRICT
2960 Kerner Blvd
San Rafael, CA 94901
(415) 259-2949 ~ rvsd.org

April 12, 2012

Ms. Linda Neal
Town of Fairfax
142 Bolinas Road
Fairfax, CA 94930

RECEIVED
APR 17 2012
TOWN OF FAIRFAX

**SUBJECT: 6 SCHOOL STREET PLAZA, SUITES 100 AND 110, FAIRFAX; ASSESSOR'S
PARCEL: 002-112-13**

Dear Ms. Neal:

We are in receipt of your transmittal letter dated March 28, 2012 concerning the above- referenced project. The District has no objection in general, but has the following comments and requirements if the project is approved:

1. If already not installed, the District requires that the side sewer be equipped with an appropriate backwater prevention device (e.g., Contra Costa valve as warranted by the individual site conditions).
2. After the project is approved, the owner or contractor should contact the District to arrange for a District inspector to approve the existing installation (or approve the plans for the proposed installation) of the backwater prevention device and any work done on the side sewer lateral in order to make a record for the District's files.
3. Applicant must follow the regulations of the District, as memorialized in the District Sanitary Code (enclosed).

If you need further information regarding this matter, please contact the office.
Sincerely,

Randell Y. Ishii, M.S., P.E.
District Engineer

Enclosures



ROSS VALLEY SANITARY DISTRICT

2960 Kerner Blvd

San Rafael, CA 94901

(415) 259-2949 ~ rvsd.org

**Article IV, Section 414, BACKWATER PREVENTION DEVICES,
of the District's Sanitary Code provides:**

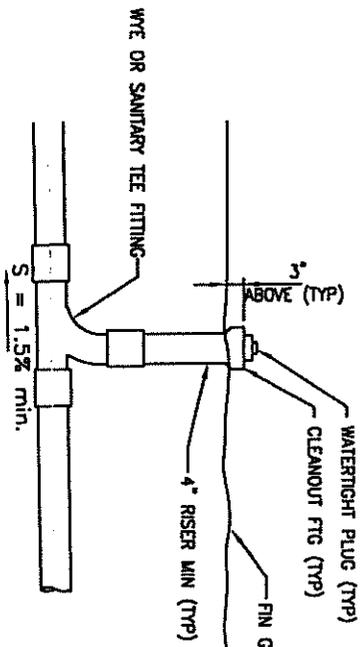
All Side Sewers for new construction shall be equipped with a District-approved backwater prevention device, a check valve or both as deemed appropriate by the District. Any existing Side Sewer that experiences a backup or flood out which occurs by reason of a blockage in the Public Sewer shall be similarly equipped with an approved backwater prevention device, check valve, or both as deemed appropriate by the District.

Furthermore, should the District make a determination, based upon, without limitation, observable property conditions, that installation of a backwater prevention device, check valve, or other device is warranted, such device shall be installed, pursuant to the provisions set forth below. In the event that the property owner, after written notice from the District, fails to install the appropriate device(s) within ninety (90) days of such notice, the District shall have the right to install the appropriate backwater prevention device(s) and bill the property owner for the cost thereof. If full payment is not made within sixty (60) days of the date of billing, the property owner shall be in violation of this ordinance, and the District shall have the right to place a lien upon the property or to disconnect the sewer facilities pursuant to Section 805.

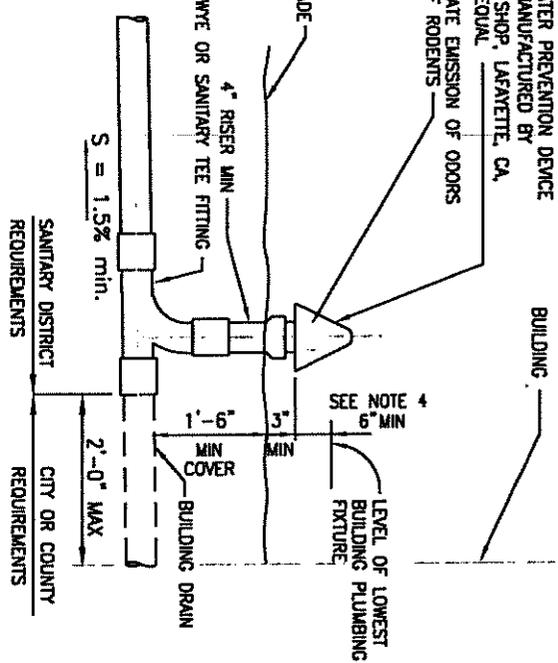
If the property owner fails to install such devices after notice from the District and the District does not exercise its right to install the appropriate backwater prevention device(s), the District shall not be responsible for any injury or damage which results from a future backup or flood out.

CLEANOUTS LOCATED UNDER PAVED DRIVEWAYS, WALKWAYS, ETC. SHALL BE RAISED TO GRADE AND INSTALLED IN PRECAST CONCRETE METER BOXES FLUSH FITTED TO PAVING W/ GALVANIZED STEEL CHECKERED PLATE TRAFFIC LIDS MARKED "SEWER", CHRISTY B9 W/ 61015 UD, OR EQUAL, AS DIRECTED BY THE DISTRICT.

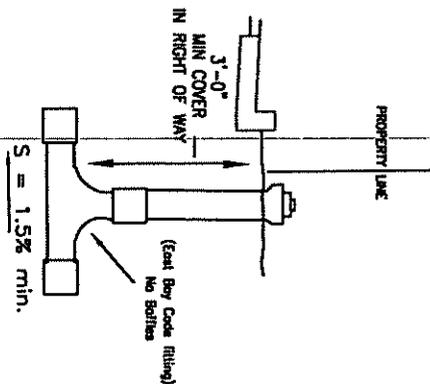
TYPE A BACKWATER PREVENTION DEVICE SHALL BE AS MANUFACTURED BY REAM MACHINE SHOP, LAFAYETTE, CA. OR APPROVED EQUAL. BALL TO ELIMINATE EMISSION OF ODORS AND ACCESS OF RODENTS.



STANDARD CLEANOUT



TYPE A BACKWATER PREVENTION DEVICE



TWO-WAY CLEANOUT

NOTES:

1. A STANDARD 4" AND TWO-WAY CLEANOUTS IS THE MINIMUM DISTRICT REQUIREMENT.
2. A BACKWATER PREVENTION DEVICE IS REQUIRED AND SHALL BE INSTALLED ON ALL SIDE SEWERS.
3. A TYPE "A" BACKWATER PREVENTION DEVICE SHALL BE INSTALLED IN A LOCATION WHERE SEWAGE CAN OVERFLOW ON THE SURROUNDING AREA WITHOUT DAMAGE TO PROPERTY.
4. IF THE DIFFERENCE IN ELEVATION OF THE LOWEST FIXTURE AND THE TYPE "A" BACKWATER PREVENTION DEVICE IS LESS THAN SIX (6) INCHES, A BACKWATER CHECK VALVE SHALL BE INSTALLED AS SHOWN IN STANDARD DETAIL SD 7.



MARIN MUNICIPAL WATER DISTRICT

220 Nellen Avenue Corte Madera CA 94925-1169

www.marinwater.org

April 13, 2012
Service No. 18664

Linda Neal
Town of Fairfax Planning Dept
142 Bolinas Rd
Fairfax CA 94930

RECEIVED
APR 18 2012
TOWN OF FAIRFAX

RE: WATER AVAILABILITY – Use Permit
Assessor's Parcel No.: 002-112-13
Location: 100 & 110 School St. Plaza, Fairfax

Dear Ms. Neal:

The above referenced parcel is currently being served. The purpose and intent of this service are to provide water to a multi-unit commercial complex. The proposed operation of a two tank sensory deprivation facility will not impair the District's ability to continue service to this property, provided the annual water use does not exceed the property's current entitlement of 6.43 acre-feet per year.

Compliance with all indoor and outdoor requirements of District Code Title 13 – Water Conservation is a condition of water service. Indoor plumbing fixtures must meet specific efficiency requirements. Landscape plans shall be submitted, and reviewed to confirm compliance. The Code requires a landscape plan, an irrigation plan, and a grading plan. Any questions regarding District Code Title 13 – Water Conservation should be directed to the Water Conservation Department at (415) 945-1497. You can also find information about the District's water conservation requirements online at www.marinwater.org.

Should backflow protection be required, said protection shall be installed as a condition of water service. Questions regarding backflow requirements should be directed to the Backflow Prevention Program Coordinator at (415) 945-1559.

If you have any questions regarding this matter, please contact me at (415) 945-1531.

Very truly yours,

A handwritten signature in black ink, appearing to read "J. Eischens".

Joseph Eischens
Engineering Technician

JE:mp

cc: Town of Fairfax Building Dept



Ross Valley Fire Department
777 San Anselmo Ave
San Anselmo, Ca 94960
Ph. 415-258-4686

FIRE DEPARTMENT PLAN REVIEW

PROJECT: Sensory Deprivation Facility
ADDRESS: 6 School St, #100-110
Fairfax Ca 94930

Page: 1 of 2
Date: 04/19/2012
Reviewed by: Rob Bastianon
(415) 258-4673

TYPE OF REVIEW: Commercial E-mail: Rbastianon@rossvalleyfire.org
Bldg. Dept. # 03/26/12 Fire Dept. # 12-0077 Review No. 1
Fire Department Standards can be found at: www.rossvalleyfire.org

Applicant*: FFX Planning
Address:

***Applicant is responsible for distributing these Plan Review comments to the Design Team.**

Occupancy Class: B	Fire Flow Req: 2500 GPM	Sprinklers Required: NO
Type of Construction: V-B	On-site Hyd. Req: NO	Fire Alarm Required: YES
Bldg Area: +sqft:	Turn-Around Req: NO	Permits Required:
Stories: 1	Fire Flow Test Required: NO	Fire Alarm
Height: ft.	Wildland Urban Interface: NO	

The project listed above has been reviewed and determined to be:

- () **APPROVED** (no modifications required)
- () **APPROVED AS NOTED** (minor modifications required - review attached comments)
- () **NEEDS REVISION** (revise per attached comments and resubmit)
- () **INCOMPLETE** (provide additional information per attached comments and resubmit)

NOTE: Please review the comments and make corrections and/or add notes as required. Changes and/or additions shall be clouded and referenced by date on a legend. Approval of this plan does not approve any omission or deviation from the applicable regulations. Final approval is subject to field inspection. Approved plans shall be on site and available for review at all times.

ROSS VALLEY FIRE DEPT.
REVIEWED
DATE: 4/19/12

Inspections required:

- () **Access/Water Supply** prior to delivery of combustibles
- () **Defensible Space/Vegetation Management Plan**
- (X) **Fire Alarm Final**
- (X) **Final**



Ross Valley Fire
Department

777 San Anselmo Ave
San Anselmo, Ca 94960
Ph. 415-258-4686

FIRE DEPARTMENT PLAN REVIEW

PROJECT: Sensory Deprivation Facility
ADDRESS: 6 School St, #100-110
Fairfax Ca 94930

Page: 2 of 2
Date: 04/19/2012
Reviewed by: Rob Bastianon
(415) 258-4673

TYPE OF REVIEW: Commercial
Bldg. Dept. # 03/26/12

E-mail: Rbastianon@rossvalleyfire.org
Fire Dept. # 12-0077

Review No. 1

Fire Department Standards can be found at: www.rossvalleyfire.org

ITEM #	SHEET	COMMENTS	Corr. Made
1		<p>CFC (amended) Section 907.3, Every existing building remodeled for non residential occupancies greater than 2000 square feet shall have installed therein an approved fire detection system.</p> <p>Please note than any alteration or addition to the existing system requires a separate permit from the Ross Valley Fire Department. Permit may be noted as deferred submittal.</p>	
		<p>Submitter's Response: Correction has been completed. See Sheet _____ of <input type="checkbox"/>Plans <input type="checkbox"/>Calculations.</p>	

*If re-submittal is required, all conditions listed above shall be included in revised drawings.
Fire and life safety systems may require a separate permit. Fire permits may be noted as deferred.*

ANN: STREET

**TOWN OF FAIRFAX
DEPARTMENT OF PLANNING AND BUILDING SERVICES**

142 Bolinas Road, Fairfax, California 94930
Phone (415) 453-1584 FAX (415) 453-1618

LETTER OF TRANSMITTAL

From: Fairfax Planning and Building Services Department

Date: March 28, 2012

To: Town Engineer Fairfax Police Dept. Marin County Open Space Dist.
 Town Attorney Sanitary Dist. 1 Other – Building Official
 MMWD Public Works Dept.
 Ross Valley Fire Marin County Health Dept.

Address and Parcel No: 100 and 110 School Street Plaza 002-112-13

Project Description: operation of a two tank, sensory deprivation facility.

These plans are being transmitted for review either: a) prior to public hearings on discretionary permits before the Fairfax Design Review Board and Planning Commission; or, for review prior to issuance of a building permit. Please provide your comments on the completeness and adequacy of the submittal for your agencies reviewing purposes within 10 days.

1	3/26/12	Floor plan and site plan

REMARKS NO CONCERNS. (SB)

Please respond by April 16, 2012. Thanks

If you have any questions please contact: Linda Neal, Senior Planner

*Health Standards and
Guidelines for Sensory
Deprivation Tanks*



I. Introduction

Sensory Deprivation tanks (floatation tanks) are small, self contained tanks containing approximately 12 inches of water with a high epsom salt concentration. The customer floats in a salt water solution in darkness and solitude.

These tanks are not regulated under the Swimming Pool Regulation, however, there are health risks associated with their use. Some bacteria, particularly *Pseudomonas aeruginosa*, are able to thrive at water temperatures over 30°C and exposure may result in an infection such as a skin rash or an eye infection. Most infections are minor and self-limiting but can be quite severe in some cases. (4)

The following aspects of sensory deprivation tank operation and design complicate the operators ability to adequately clean and disinfect the tank contents.

- Standard pool disinfectants are less effective under these high salt conditions.
- The tank is not drained regularly since the epsom salt mixture is expensive and there is often no bottom drain to facilitate dumping.
- Chemical test kit results may be inaccurate.
- If ventilation in the tank is poor, it may lead to a buildup of trihalomethanes, carbon dioxide and humidity.
- There is no filtration or mixing during usage because the recirculation system is shut down to provide a quieter environment (enhance sensory deprivation) and to prevent stimulation of the automatic bladder release effect and contamination of the water with urine or other body secretions.
- Although the high salt content (usually $MgSO_4$) and the corresponding low water activity do not favour bacterial growth, some pathogens may survive and even flourish.
- There is no automatic disinfection.

** This document is intended to be used in conjunction with the main document "Health Standards and Guidelines for Personal Services".*

II. Operational Requirements

1. Tank and Recirculation System

- The recirculation system shall be provided with a filter capable of removing insoluble contaminants. A diatomaceous earth filter is recommended, but cartridge filters are acceptable. (1)
- The recirculation system shall be designed to ensure a turnover period of not more than 20 minutes.
- The location and number of inlets and outlets shall ensure that there is adequate recirculation throughout the tank.
- A three inch exhaust vent shall be provided in the ceiling of the tank and a three inch makeup air vent on the opposite side (about one foot above the water line when unoccupied) of the tank to ensure air flow throughout the tank.
- Plastic lines, pumps, etc., should be used in the system to minimize corrosion by the high salt concentration of the water. ⁽¹⁾
- A bottom drain, connected to the sanitary sewer through a backflow prevention device, shall be provided in the tank.

2. Water Chemistry

- A free available chlorine (FAC) residual of 2.0 ppm or greater shall be maintained.

An unstabilized chlorine product should be used for disinfection. Lithium hypochlorite is probably the easiest to use because it dissolves rapidly, requiring less maintenance, and has a lower pH than sodium or calcium hypochlorite.

Other pool disinfectants may not be effective in this environment. Iodine is ineffective against Pseudomonas and stabilized chlorine products become less effective against Pseudomonas with the accumulation of isocyanuric acid. Bromine is not recommended.

- pH shall be maintained between 7.2-8.0 both to maximize the efficacy of the disinfectant and for skin comfort.
- Temperature shall be maintained at 94 degrees F (35C) or less.

3. Operation

- The tank and its associated facilities shall be maintained in a sanitary condition at all times.
- Tests for free available chlorine and pH shall be conducted during the normal operating hours as often as necessary to enable the operator to maintain the FAC at not less than 2.0 ppm or greater and the pH between 7.2 - 7.8. (2)

Due to the high salt concentration, it may be difficult to measure the FAC residual because the colour changes and intensity of colour in the tests are atypical making the colour comparison difficult. Since there are no alternative testing methods, FAC and pH can only be estimated from:

- a) test kit results
 - b) estimated demand and consumption
 - c) experience
 - d) bacteriological results
- If the tank has not been used for a period of time, testing should be conducted prior to use by the next client.

- Bacteriological samples shall be submitted every two weeks to the Provincial Laboratory of Public Health. (Appendix A)

If an unsatisfactory sample is received, the tank shall be closed temporarily, remedial action taken, and another bacteriological sample submitted. The tank shall not be reopened until approval is received from an Executive Officer of the Regional Health Authority.

- The tank and recirculation system shall be drained, thoroughly cleaned and disinfected :
 - a) at least every six months,
 - b) when bacteriological results are unsatisfactory,
 - c) when water clarity is poor,
 - d) when the operator is unable to maintain adequate levels of disinfectant residual, or
 - e) when the operator deems necessary.

4. Recordkeeping

- A log book shall be maintained which includes the dates, times and results of all tests taken, including free chlorine residuals and pH, the quantities of chemicals added and other related maintenance information.

5. Maintenance Guide

A. Steps Between Clients

1. The interior of the tank should be inspected and cleaned and disinfected as necessary. (see Operations - item 3)
2. Appropriate chemicals should be added to maintain disinfectant levels and proper pH levels.
3. The recirculation system should be running whenever the tank is not occupied, overnight, and for 60 minutes between clients.

B. Weekly Steps

The following procedure should be conducted every week:

1. Cleaning

- a. The interior basin and enclosure of the tank shall be thoroughly cleaned and disinfected while containing the epsom salt solution. (the tank will still contain the salt water)
- b. The recirculation system should be operated for at least 45 minutes to remove the material loosened during cleaning.

2. Clarifying

- a. Pool clarifier should be added to the tank to allow flocculation to remove particulate.
- b. The recirculation system should be operated for at least 45 minutes to remove the floc.
- c. The filter shall be cleaned, backwashed or replaced.

3. Disinfection

- a. Appropriate chemicals should be added to ensure disinfection.
- b. The recirculation system should be operated for an additional 45 minutes following the addition of chemicals to allow adequate contact time with the water for disinfection.

6. General Sanitation

- A nearby shower, with liquid soap and shampoo shall be provided.
- A nearby toilet and handsink shall be provided.
- Tanks shall be placed in a room with smooth floors, walls and ceilings which are impervious to moisture.

- Mechanical exhaust ventilation, which ensures a fresh air supply in the room, should be provided.

7. Personal Hygiene

- Signs shall be provided in both the reception area and sensory deprivation tank room indicating: (1)
 - a) Persons should not use this sensory deprivation tank if they have diarrhea, an infectious skin disease or a medical or physical condition which is affected by the sensory deprivation experience.
 - b) Persons under the influence of drugs or alcohol should not use the deprivation tank.
 - c) Persons shall not pollute the water by spitting, blowing the nose, urinating, defecating or otherwise.
 - d) Only one person at a time shall use the sensory deprivation tank.
 - e) All persons should relieve their bowels and bladder just prior to showering and entering the tank.
 - f) All persons shall take a cleansing shower and shampoo their hair prior to entering the tank.

III. References

- (1) Lilly, John C. The Deep Self. Warner books, 1977
- (2) Public Health Act Swimming Pool Regulation . Alberta Regulation 247/85
- (3) Sensory Deprivation Tanks. Capital Health Authority. November 1994.
- (4) Bassett, W.H. Clay's Handbook of Environmental Health 1992.

Appendix A *Sensory Deprivation Tanks*

Description

On July 21, 1983, the Provincial Board of Health made the following recommendations:

The sensory deprivation tanks shall be closed when bacteriological samples:

- exceed a standard plate count of 300 per 1 ml at 35°C; or
- exceed a total coliform count of 10 per 100 ml; or
- exceed a faecal coliform count of 1 per 100 ml; or
- exhibit Staphylococcus; or
- exhibit Pseudomonas

Once closed, the sensory deprivation tanks shall also be drained and disinfected. The tank shall remain closed until a further bacteriological water sample has been submitted for analysis and meets the acceptable bacteriological change.

(see Environmental Health Reference Manual for further information)