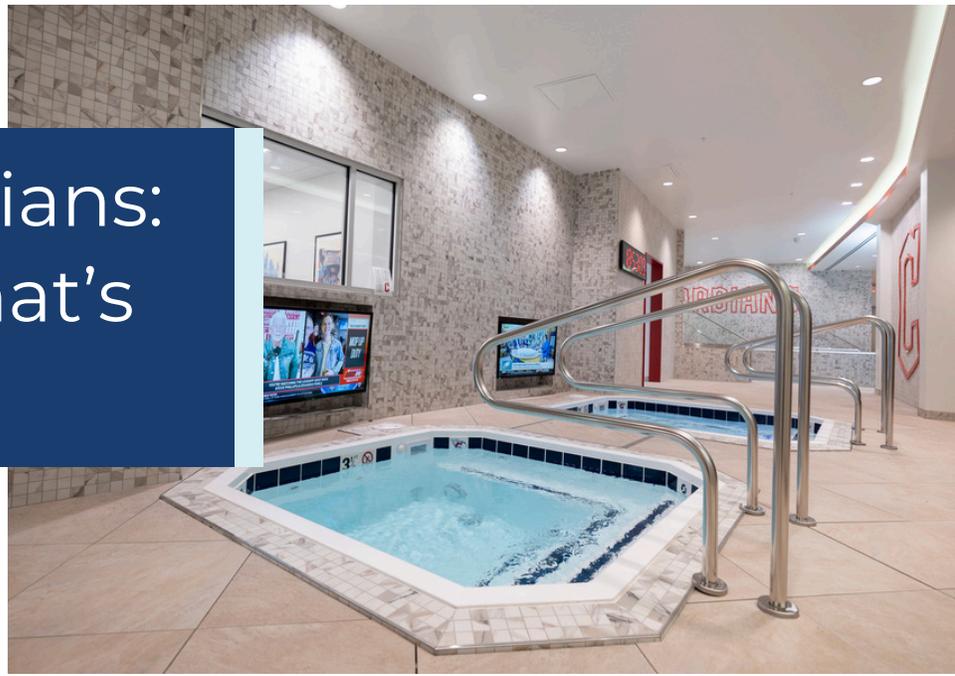


Cleveland Guardians: Hydrotherapy That's Always Ready

SwimEx® 1000 T therapy pool with dedicated hot and cold plunges. Minutes to water. Usage on game days: 80–85% of the roster.



"It's nice to know that the support that you're receiving from SwimEx is also world-class."
— **Lonnie Soloff, SVP, Medical Services, Cleveland Guardians**

OVERVIEW

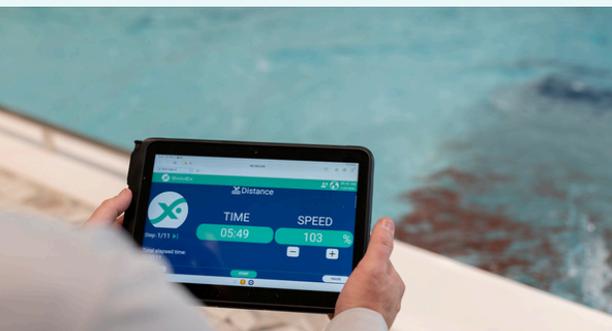
Major League Baseball (MLB) seasons are long, and the hydrotherapy room is busy throughout the MLB season and postseason. During a \$200 million clubhouse renovation, the Guardians doubled the footprint of their hydrotherapy space, requiring a setup that would keep preparation, recovery, and rehabilitation on schedule every day. With a 162-game season, any bottleneck or downtime risks disrupting player availability and rehab timelines.

The previous room, centered on a SwimEx 600, was used mainly for recovery in a smaller footprint. In the new space, the team upgraded to a SwimEx 1000 T and added dedicated hot and cold plunges and a layout built around shower-to-hydrotherapy access. The result is a dependable, easy-to-run space that staff and players rely on throughout the year.

On game days, players are in the water within minutes. About 80–85% of the roster uses the room. Clear sightlines enable staff to comfortably supervise two to three athletes each and maintain smooth rotations.

At-a-glance

- Usage on game days: 80–85% of the roster
- Shower-to-hydrotherapy time: minutes
- Capacity at once: Room 8–14; Hot ~6; Cold ~4–5
- Staff supervision: ~1 staff member per 2–3 athletes



PROGRESS YOU CAN SUSTAIN

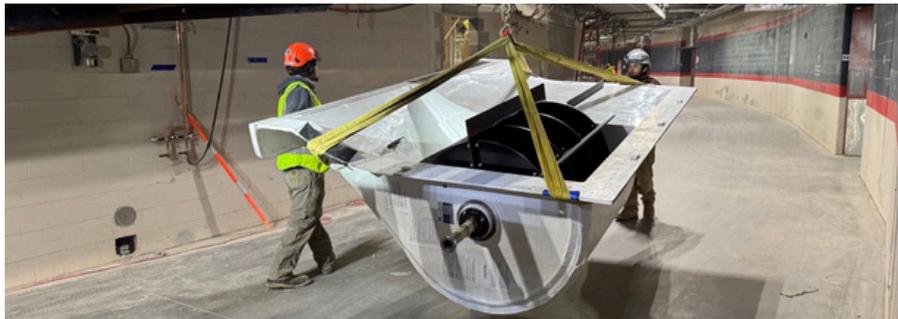
With the 1000 T and dedicated hot and cold plunges in one room, the Guardians run daily work that ranges from decompression and restoration to active strengthening.

Staff use the room for decompression, restoration, concentric and eccentric work, underwater running, and agility without leaving the space. In season, the room supports deload work and post-game recovery.

A ROOM THAT FITS THE CLUBHOUSE

The renovated layout is planned around how players and staff actually move through the clubhouse.

Shower-to-hydrotherapy access shortens time to treatment and keeps rotations moving smoothly. Windows and glass doors provide clear sightlines, allowing staff to comfortably supervise multiple athletes at the same time.



"SwimEx continues to be exceptionally reliable, more so than other groups we have worked with over the years."

Jeff Desjardins, Head Athletic Trainer, Cleveland Guardians

FOR ARCHITECTS, GCS, AND PLANNERS

- Planned around the actual access path. Rigging and lifts were coordinated with the general contractor.
- Worked around a low-hanging electrical rack and elevation changes to reach the space.
- The authorized SwimEx installer rotated pool sections during placement to fit the designated locations.
- Layout preserved clear service access in the equipment room.
- A central pit block made piping runs more challenging.

Early coordination among the architect, general contractor, authorized SwimEx installer, and SwimEx, supported by clear submittals, helped keep the timeline on track.



ROLES AND RESPONSIBILITIES

- General contractor: pit and surround; electrical and plumbing to the equipment; rigging and lifts
- Authorized SwimEx installer: set the pools; pool-to-equipment connections to spec; commissioning
- SwimEx: provided a Certified Athletic Trainer (ATC) to lead a clinical in-service on using the water current with athletes, plus ongoing support



"We have explored other options... when we embarked upon this new renovation, it was really a no-brainer... we knew what we wanted... Suzanne and her group are fantastic."

Lonnie Soloff, SVP, Medical Services, Cleveland Guardians

COMMISSIONING AND HANDOFF

The authorized SwimEx installer turned the room over once all pools were operating properly and trained staff on operation, water chemistry, and routine maintenance. SwimEx then provided an ATC to run a clinical in-service for staff on treatment in the water current.

BEFORE

- SwimEx 600 therapy pool and a smaller hydro footprint
- Hydrotherapy used mainly for recovery

AFTER

- SwimEx 1000 T plus dedicated hot and cold plunges in a larger, purpose-built room
- Direct shower-to-hydrotherapy access improves speed and flow
- Protocols expanding from recovery to active strengthening with strength and conditioning engagement
- A single room with the 1000 T and dedicated hot and cold for contrast, clear sightlines for supervision, and simple rotations that let staff run multiple athletes at once

"Every phone call is usually answered, and if you leave a message, they get back the same day."

Lonnie Soloff, SVP, Medical Services, Cleveland Guardians

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