



THANK YOU FOR YOUR PURCHASE OF THE

POLAR LIFE POD®

**PATENTED, PORTABLE COLD WATER
IMMERSION SYSTEM**



THE PATENTED POLAR LIFE POD® (PLP) is a portable, collapsible immersion system to facilitate the rapid cooling of individuals. Polar Products, Inc. has been a leader in the design and manufacture of cooling systems for over 35 years. This exciting product represents a major step forward in immersion technology!

Please Note: Read all instructions and warnings before using this product. Upon initial receipt of the Polar Life Pod®, remove from the packaging and fill with water for a complete inspection and to become familiar with the product. In the event of a leak or other defect, please call Polar's Customer Service Department at 800.763.8423 within the first 60 days of purchase.

Inspect and test this product with water after any extended storage and at minimum at least once per year.



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POLAR LIFE POD® COMPONENTS

INTEGRAL HOOD

Dual drawstring hood allows the water to partially cover the head and neck while minimizing water leakage.

ARM PORTS WITH SLEEVES

Allows the individual being submersed to extend arms outside of the PLP.

WATER-RESISTANT ACCESS PORT

RAPID SET-UP AND IMMERSION

Anterior two-way zipper facilitates the ease of the individual's access into and out of the Polar Life Pod® and allows rapid filling with water from a container.

FLOATING HEAD SUPPORT

Fits snugly inside the hood and helps keep the individual's airways clear.

FULL BODY IMMERSION

Adjustable straps minimize water usage by forming the Polar Life Pod® to the individual's body shape, allowing for even and effective water distribution.

EFFICIENT EVACUATION OF WATER

Water can be quickly discharged at the foot of the bag.

FITS INDIVIDUALS UP TO SEVEN FEET TALL AND 400 POUNDS

Fold the foot of the Polar Life Pod® under to adjust to the height of smaller individuals.

EAR PLUGS



WATER THERMOMETER



COLLAPSIBLE, PORTABLE AND CONVENIENT DESIGN

Packaged and ready for use in a transportable gym bag weighing less than 10 pounds with the PLP.

POLAR LIFE POD® INSTRUCTIONS

FOLLOW YOUR LOCAL PROTOCOL FOR EVALUATING THE FITNESS OF THE INDIVIDUAL BEFORE IMMERSION IN COLD WATER.

1. Be prepared! In addition to the PLP, have approximately four (4) to six (6) ten (10) gallon insulated containers (or the equivalent) filled with ice and water ready to use.
2. The portable PLP may be transported wherever needed for immersion. Remove it from the bag and unroll it on the ground or any flat surface. The PLP should be unzipped and open with the zipper at the feet.
3. The individual being immersed can then enter the PLP with their head inside the hood.
4. The PLP flotation pillow should be inside the hood with the raised neck support underneath the neck and the curved side towards the top of the hood. Earplugs are provided for the ear canals.
5. Zip the PLP up halfway, securing the straps as you go. For smaller individuals, fold the foot of the PLP under to adjust to their height allowing for more effective water distribution.
6. Begin pouring ice water into the PLP just to the side of the individual. Avoid pouring ice water near the head or directly on the chest to prevent airway complications. Pour enough ice water to immerse the individual until there is chest, neck and partial head coverage (approximately 40 to 60 gallons depending on the individual's size)
Note: A small amount of leakage around openings and the zipper is to be expected.
7. While pouring water into the PLP supervise the individual continuously. Always monitor the individual's head and the pillow to assure clear airways.
8. Secure the two remaining straps and zip the PLP up the rest of the way.
Note: In the rare case that the PLP's zipper cannot be closed due to the individual's girth or other factors, simply place the sides of the PLP close to the individual and secure them in place with the straps, the sides will need to be held up by volunteers and proceed with standard filling instructions.
9. During use, the water should be continuously agitated to enhance the water-to-skin temperature gradient, which optimizes cooling. Have volunteers or assistants agitate the water by gently rocking the bag.
10. During use, place the sensor end of the included water temperature monitor into the PLP in the bag. Use this to monitor the water temperature.
11. If the water temperature in the PLP rises above the desired range; first drain some water from the foot of the PLP. Then partially unzip the PLP using the top zipper while assistants hold the sides up. Ice water may then be added to the PLP a safe distance from the individual's head. Do this until the water in the PLP is within the desired range.
12. The PLP includes arm ports to allow for the individual's arms to be outside the bag while maintaining immersion. To allow arms through the port, un-velcro the access points and extend the arm outward through the sleeve until it is up past the elbow.
13. The PLP includes a mid-Pod access port.

UNPACKING & SETTING UP THE PLP

Lay out all components of the PLP system to ensure everything is included. Unfold or unroll the Polar Life Pod completely and become familiar with the components as shown above. Insert the flotation pillow in the hood to be ready for use. Then place the PLP in the gym bag by rolling up the PLP, starting at the foot. When rolled up, place in the gym bag along with the ear plugs and the water thermometer. The system is now ready to be used.

POLAR PRODUCTS, INC. WILL NOT BE LIABLE FOR INJURIES THAT RESULT FROM MISUSE OR MISAPPLICATION OF THIS SYSTEM.

CAUTION: DO NOT OVER COOL! FOLLOW LOCAL PROTOCOL IN COOLING DURATION AND MEASURING BODY TEMPERATURE.

CARE & MAINTENANCE

INSPECTION AND CLEANING THE POLAR LIFE POD®: The PLP should be thoroughly cleaned, water tested and inspected at least once per year and after every use. Should the PLP become soiled, hand wash with a mild detergent, preferably antibacterial, and air-dry. The PLP may be spot cleaned with warm soapy water. Always air-dry.

PROPER HANDLING: The PLP® should never be roughly handled, severely crushed or treated harshly.

PROPER STORAGE: Be sure the PLP is totally dry before storage and always store in a cool, clean and dry environment. **Note: Be sure to store the pillow un-bagged to allow residual water to dry out.**

CAUTIONS & WARNINGS

- Read all instructions and warnings before using this product.
- This product has not been sterilized, always take proper precautions when using in situations where infection could occur due to open wounds or other circumstances.
- Always make sure there is adequate water and ice available for use with the PLP.
- Always have a person monitoring and holding the individual's head and pillow to assure a clear airway.

CAUTION: RISK OF ELECTROCUTION!

Remove any electrical equipment from the area before using PLP.

CAUTION: RISK OF DROWNING!

Any individual who is immersed could be a potential drowning victim. A few precautions must be followed to assure this does not occur:

1. Supervise the immersed individual continuously.
2. Recruit multiple people to help.
3. Always have a person monitor the individual's head to ensure that the head stays on the pillow and does not go underwater.

WARRANTY & SERVICE

Polar Products, Inc. warrants that the Polar Life Pod® is fit for use under the normal use for which it is intended and free of any defects in materials and / or workmanship for 12 months from the date of initial purchase. Polar's obligation under this warranty is limited to the replacement of any defective part(s) of this product. If you encounter a problem with your PLP, please call Polar's Customer Service Department at 800.763.8423.

Please note: The arm ports and mid-Pod access port under certain conditions may slightly tear during use; this in no way effects performance and is not a warranty issue.