

# Advantages of the Polar Life Pod®



- Effective immersion of the body, neck and back of the head
- Requires just 30-60 gallons of on-site ice water depending on the size of the athlete
- Readily available whenever and wherever needed
- Low impact ground level athlete entry and exit
- Compact and portable design
- Packaged ready for use in a convenient and transportable gym bag.
- Unlike large, cumbersome tubs, the Polar Life Pod® can be easily stored, rapidly set up and quickly implemented.



[www.polarlifepod.com](http://www.polarlifepod.com)

# Cool Comfort® Cooling for Athletes

Pre-cooling, post-cooling and cooling during exercise may reduce the risk of overheating. According to a recent study, using a cooling vest in addition to other cooling strategies can help improve performance.<sup>1</sup> Cool Comfort® is a hybrid evaporative cooling technology.

1. "Precooling and Percooling (Cooling during Exercise) Both Improve Performance in the Heat: A Meta-analytical Review." *British Journal of Sports Medicine* (2014)



Cool Comfort®  
Half Vest



Cool Comfort®  
Sports Kit



## POLAR Products Inc.

A leading US manufacturer of body cooling and hot/cold therapy products **since 1984.**

3380 Cavalier Trail • Stow, OH 44224  
phone: 1.800.763.8423 • fax: 330.253.4233

Visit [www.polarproducts.com](http://www.polarproducts.com) to see our complete product line!



Find us on Facebook!  
[www.facebook.com/polarpod](http://www.facebook.com/polarpod)

@polarlifepod

# Polar Life Pod®

The essential piece of equipment for your sidelines!



**Innovative new portable immersion system facilitates the rapid on-site cooling of athletes.**

[www.polarlifepod.com](http://www.polarlifepod.com)

# Cool first. Transport second.

**Excerpt from the National Athletic Trainers' Association Position Statement on Exertional Heat Illnesses:**

"Death from exertional heat stroke is 100% preventable when proper recognition and treatment protocols are implemented.

Cold water immersion is the most effective way to treat a patient with exertional heat stroke.

An athlete suffering from exertional heat stroke should always be cooled first (via cold water immersion) before being transported by EMS to an emergency facility."



**Michael Laycox, ATL, EMT-P, Inventor of the Polar Life Pod®:**

"During my 30 years of working in the fields of emergency and sports medicine, I have witnessed poor patient outcome as a result of the lack of preparedness for heat emergencies. I designed the Polar Life Pod® to ensure that there would always be equipment readily available to quickly and conveniently facilitate cold water immersion."

# PATENT PENDING PORTABLE COLLAPSIBLE IMMERSION SYSTEM FOR RAPID COOLING

## INTEGRAL HOOD

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

## CONVENIENT ATHLETE ACCESS

**Arm ports with sleeves** facilitate access to monitor the athlete.

## WATER-RESISTANT ACCESS PORT

Allows access for rectal thermometer.

## RAPID SET-UP AND IMMERSION

**Anterior 2-way zipper** facilitates the ease of the athlete's access into and out of the Polar Life Pod® and allows rapid filling with water from a container.

## EFFICIENT EVACUATION OF WATER

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



## FLOATING HEAD SUPPORT

Fits snugly inside the hood and helps reduce the danger of the athlete's head slipping underwater.



## FULL BODY COVERAGE

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

**FITS ATHLETES UP TO SEVEN FEET TALL AND 400 POUNDS.**

## CONTROLLED WATER FILL AND RELEASE

Equipped with **dual hose connections** at the head and foot to circulate water and allow for controlled water release.

Visit [www.polarlifepod.com](http://www.polarlifepod.com) or call 1.800.763.8423 for more information about the Polar Life Pod®.

**POLARLIFEPOD.COM**