



Thank you for your purchase of the

# **POLAR LIFE POD®**

**Portable, Collapsible Immersion System**

**The patent-pending 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 25 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 1-800-763-8423 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.



**POLAR PRODUCTS**  
800-763-8423  
[polarlifepod.com](http://polarlifepod.com)

## COMPONENTS OF THE POLAR LIFE POD® SYSTEM

### INTEGRAL HOOD

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

### ARM PORTS WITH SLEEVES

Facilitate convenient access to monitor the individual's vitals.

### WATER-RESISTANT ACCESS PORT

Allows access for rectal thermometer.

### RAPID SET-UP AND IMMERSION

**Anterior 2-way zipper** facilitates the ease of access into and out of the Polar Life Pod®

### EFFICIENT EVACUATION OF WATER

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



### FLOATING HEAD SUPPORT

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



### 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.

### 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.

### EARPLUGS

For the individual being immersed.



### WATER THERMOMETER

to assure the recommended water temperature is maintained.

### COLLAPSIBLE, PORTABLE AND CONVENIENT DESIGN

Packaged ready for use in a transportable gym bag weighing less than 10 lbs. with the Pod.



## UNPACKING AND SETTING UP THE POLAR LIFE POD® (PLP) SYSTEM

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.**

## POLAR LIFE POD® COOLING SYSTEM INSTRUCTIONS

**Please Note: Follow your local protocol for evaluating the fitness of the individual before immersion in cold water.**

- (a) **Be prepared!** In addition to the Polar Life Pod®, have approximately six (6) to eight (8) ten (10) gallon insulated containers (or the equivalent) filled with ice and water ready to use.
- (b) The portable Polar Life Pod® may be transported to the individual for immersion. Remove it from the bag and unroll it on the ground or any flat surface. The Pod should be unzipped and open with the zipper at the feet.
- (c) The individual being immersed can then enter the pod with their head inside the hood.
- (d) The Polar Life Pod® 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.
- (e) Zip the Polar Life Pod® up halfway, securing the straps as you go. For smaller individuals, fold the foot of the Polar Life Pod® under to adjust to their height allowing for more effective water distribution.
- (f) Begin pouring ice water into the Polar Life Pod® 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 30 to 60 gallons depending on the individual's size)  
**Note: A small amount of leakage around openings and the zipper is to be expected.**
- (g) While pouring water into the Polar Life Pod® supervise the individual continuously. Always monitor the individual's head and the pillow to assure clear airways.
- (h) Secure the two remaining straps and zip the Polar Life Pod® up the rest of the way.  
**Note: In the rare case that the Pod's zipper cannot be closed due to the individual's girth or other factors, simply place the sides of the Polar Life Pod® 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.**
- (i) 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 during cooling by gently rocking the bag.
- (j) During use, place the sensor end of the included water temperature monitor into the Polar Life Pod® around the neck area. Use this to monitor the water temperature.
- (k) If the water temperature in the Polar Life Pod® rises above the recommended range; first drain some water from the foot of the Polar Life Pod®. Then partially unzip the Polar Life Pod® using the top zipper while assistants hold the sides up. Ice water may then be added to the Polar Life Pod® a safe distance from the individual's head. Do this until the water in the Polar Life Pod® is within the desired range.
- (l) The Polar Life Pod® 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.
- (m) The Polar Life Pod® includes a mid-Pod access port. This is provided to facilitate monitoring the individual with a thermometer. The opening will come with a small puncture, widen if necessary.

**Caution: Do not over cool! Follow local protocol in cooling duration and measuring body temperature.**

## CARE AND MAINTENANCE

- **Inspection and Cleaning the Polar Life Pod®:** The Polar Life Pod® should be thoroughly cleaned, water tested and inspected before each season during which it will be available for use. Inspect, test and clean this product with water at least once per year and after every use or training session.
- Should the Polar Life Pod® become soiled, hand wash with a mild detergent, preferably antibacterial, and air-dry. The Polar Life Pod® may be spot cleaned with warm soapy water. Always air-dry.
- **Proper handling:** The Polar Life Pod® should never be roughly handled, severely crushed or treated harshly.
- **Proper storage:** Be sure the Polar Life Pod® 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 AND WARNINGS

1. Read all instructions and warnings before using this product.
2. 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.
3. Always make sure there is adequate water and ice available for use with the Polar Life Pod®.
4. Always have an assistant monitoring and holding the individual's head and pillow to assure a clear airway.
5. Be sure all personnel are trained in the proper use of the Polar Life Pod®.
6. **Caution: Risk of Electrocutation!** Remove any electrical equipment from the area before using the Polar Life Pod®.

### 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 assistants to help.
3. Always have an assistant monitor the individual's head to ensure that the head stays on the pillow and does not go underwater.

## WARRANTY AND 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 Polar Life Pod®, please call Polar's Customer Service Department at 1-800-763-8423.

*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.*

800-763-8423

**polarlifepod.com**