

Polar Life Pod® Cooling System Instructions



Thank you for your purchase of the **Polar Life Pod® portable, collapsible immersion system**

POLAR LIFE POD® System Includes:



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 a person monitoring and holding the athletes 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 Electrocution!** Remove any electrical equipment from the area before using the Polar Life Pod®

Caution: Risk of Drowning!

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

1. Supervise the athlete continuously.
2. Recruit multiple assistants to help.
3. Always have an assistant holding the athlete's head to ensure that the head does not go underwater.

Polar Products, Inc. will not be liable for injuries that result from misuse or misapplication of this system

WARRANTY AND SERVICE

Polar Products, Inc. warrants that the Polar Life Pod® System 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® System, please call Polar's Customer Service Department at 1-800-763-8423.

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

The patent pending Polar Life Pod® is a portable, collapsible immersion system to facilitate the rapid cooling of athletes experiencing exertional heat related illness, heat stress and heat stroke. Polar Products, Inc. has been a leader in the design and manufacture of cooling systems for over 25 years. This exciting new product represents a major step forward in athletic recovery!



Please Note: Read all instructions and warnings before using this product system. 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. Polar's obligation under this warranty is limited to the replacement of any defective part(s) of this 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 at least once per year thereafter. Train in the use of this product at least once per year. Follow your local protocol if more frequent testing and training is suggested or required.



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- a) **Please Note: Follow your local protocol for evaluating the athlete or person before using this system. Evaluation should include, but not be limited to, evaluating the athlete's core body temperature, check for head or neck injuries, check for any other medical condition that should be addressed prior to using the Polar Life Pod®.**
- b) Remove the athlete from direct sunlight if possible. Remove all outer clothing and equipment from the athlete.
- c) Transport the Polar Life Pod® to the athlete, remove it from the bag and unroll it next to the athlete with the hood next to the athlete's head.
- d) Roll the athlete onto their side away from the Polar Life Pod® and slide the Pod under the athlete. Repeat this, rolling the athlete the other direction and centering the athlete in the Polar Life Pod®. If a rectal thermometer is being used follow the instructions below.
- e) Ensure the athlete's head is up inside the hood.
- f) Place the Polar Life Pod® flotation pillow inside the hood with the raised neck support underneath the athlete's neck and the curved side towards the top of the hood. Carefully insert earplugs into the ear canals of the athlete.
- g) Zip the Polar Life Pod® up halfway, securing the straps as you go. For smaller athletes fold the foot of the Polar Life Pod® under to adjust to their height allowing for more effective water distribution.
- h) Begin pouring ice water into the Polar Life Pod® just to the side of the athlete. Avoid pouring ice water near the head or directly on the chest, if possible, to prevent airway complications. Pour enough ice water to immerse the athlete until there is chest, neck and partial head coverage (approximately 30 to 60 gallons depending on athlete's size) Note: A small amount of leakage around openings and the zipper is to be expected.
- i) While pouring water into the Polar Life Pod® supervise the athlete continuously. Always have an individual monitoring the athlete's head and pillow to assure clear airways.
- j) Secure the two remaining straps and zip the Polar Life Pod® up the rest of the way. *Note: In the rare case that the girth of the athlete is such that the zipper cannot be secured, simply place the sides of the Polar Life Pod® close to the athlete and secure them in place with the straps and proceed with standard filling instructions.*
- k) During cooling, water should be continuously circulated or stirred to enhance the water-to-skin temperature gradient, which optimizes cooling. Have an assistant agitate the water during cooling by gently rocking the bag.
- l) Monitor water temperature using the included water temperature gauge to ensure the water stays between 35-59° F. Add ice or cool water as required by simply unzipping the Polar Life Pod® and adding additional water a safe distance from the athlete's head. Warmer water may be drained off through the hose connections.
- m) The Polar Life Pod's arm ports allow for easy access to the athlete's arms in order to monitor the athlete's vitals or begin an IV if necessary in order to quickly rehydrate the athlete. If using the arm ports, follow the instructions below.

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

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Arm Ports:

The Polar Life Pod's arm ports allow for easy access to the athlete's arms in order to monitor the athlete's vitals or begin an IV if necessary in order to quickly rehydrate the athlete. To get the athlete's arm through the port have one trainer or volunteer reach in from the outside, through the sleeve opening while another trainer or volunteer guides the athlete's arm to the opening. The trainer will then pull the arm outward through the sleeve until it is up past the athlete's elbow.

Caution: Follow your local protocol involving monitoring the athlete's vitals or any situation involving IV's.

Rectal Thermometer:

If a rectal thermometer is being used, insert the thermometer catheter through the provided access port. The opening will come with a small puncture for ease access inserting the catheter, widen if necessary. Place the digital readout portion of the thermometer into the clear plastic holder on the Polar Life Pod® to help prevent the catheter from accidentally becoming dislodged and allowing the trainer to easily monitor the athlete's core temperature.

Caution: Follow your local protocol involving rectal thermometers.



CARE AND MAINTENANCE

- **Inspection and Cleaning the Polar Life Pod®:** The Polar life Pod® should be thoroughly cleaned, water tested and inspected before each athletic 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 stored in a clean, dry environment. *Note: Be sure to store the pillow un-bagged to allow residual water to dry out.*