

# Advantages of the Polar Life Pod®



- Readily available whenever and wherever needed.
- Effective immersion of the body, neck and back of the head.
- Requires just 40-80 gallons of on-site ice water depending on the size of the athlete.
- 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®  
Performance Vest



Cool Comfort®  
Sports Kit



Cool Comfort® Performance Half Vest



## POLAR Products Inc.

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

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Visit [www.polarproducts.com](http://www.polarproducts.com) to see our complete cooling and therapy product lines!



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## Polar Life Pod®

The essential piece of equipment for your sidelines!



An innovative new portable immersion system to facilitate the rapid on-site cooling of athletes.  
**WWW.POLARLIFEPOD.COM**

## Cool first. Transport second.

Excerpts 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.

## ARM PORTS WITH SLEEVES

Facilitate convenient access to monitor the athlete's vitals.

## 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.



## FITS ATHLETES UP TO SEVEN FEET TALL AND 400 POUNDS

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

## FULL BODY IMMERSION

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



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