

## Attachment I

### Methods for Using CoreControl™

Overheating is a serious concern when exercising in hot environments, wearing insulative clothing, or during high intensity activity. By effectively removing heat from the body, CoreControl™ can provide relief from the mental and physical exhaustion induced by heat stress.

Adverse affects of overheating include:

- mental and physical fatigue
- mental slowness and slurring of speech
- irritability and poor judgment

Removal of excess heat can improve all of these symptoms and increase the performance of an individual. Athletes, industrial workers, or anyone who experiences heat-related stress can use CoreControl™.

Note: CoreControl™ is not intended to replace or substitute for proper training techniques, acclimation, hydration, or electrolyte replacement and/or balance. It should be used in conjunction with other standard cooling methods.

### Athletic Applications

#### During Activity:

When heat is a limiting factor in performance, CoreControl™ will increase the length of time that an individual can work out or compete. During burst/rest cycle exercise (eg. weight lifting, football, sprints, ice hockey, baseball), cooling between sets will reduce fatigue. Two minutes of cooling between sets of activity is sufficient to provide a performance benefit. The user should track cooling time to determine the duration of cooling that optimizes performance.

**Between Sets**

**Cool 2 – 3 minutes**

#### Post-Activity Recovery:

Use of CoreControl™ after a workout or competition can improve recovery. A 3 to 10 minute application of CoreControl™ can enhance the energy level for the rest of the day and facilitate performance in the next session of activity.

**Post-Activity**

**Cool 3 – 10 minutes**

#### Cramping:

When cramping occurs, the use of CoreControl™ for 3 to 5 minutes, along with the usual treatments of water and electrolytes, can be extremely effective for stopping cramps.

**Cramping**

**Cool 3 – 5 minutes**

## Industrial and Non-athletic Applications

Industrial and other non-athletic applications of CoreControl™ are similar to those described in athletic situations. For industrial applications, use in conjunction with the recommendations of the Health Safety Officer or equivalent. Frequency of cooling may increase in these applications. This is usually due to additional insulating layers on the body and or abnormally high environmental heat and humidity. Either of these conditions alone or in combination can significantly inhibit the body's ability to dissipate heat. For non-athletic applications, use as needed.

### Industrial and Non-Athletic

Between activity sets, cool 2 – 3 minutes  
After activity, cool 3 – 10 minutes as needed

**WARNING: Use caution when using this or any cooling device. Immediate medical attention is necessary if the body core temperature is increasing uncontrollably or is 105°F (40.5°C) or greater.**

### Questions

Contact AVAcure Technologies, Inc. Check our website for Frequently Asked Questions, updated Instructions or Methods to use CoreControl™, publications, patents, and references.

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### Quick Start CoreControl™

1. Fill ice bottle with 3/4 ice plus water and connect the tube.
2. Turn on power switch.
3. Grasp cone inside the hand unit (Do not grip tightly!).
4. Turn wrist seal to tighten.
5. Press button at top of hand unit.
6. When done, press button at top of hand unit, squeeze handle before removing hand from unit.

Be sure to read the User's Guide and follow all directions and warnings.