

- *1 Overall comfort is 30% more positive with stable, mild cooling, ALSO mild cooling is more effective than rigorous cooling.**
Leon GR, Koscheyev VS, Coca A, List N
Dept of Psychology, Uni of Menesota, MN55455, USA – 2004
- *2 30 minutes pre-event cooling, followed by a 70 sec cycle sprint, provided a 2.7% increase in power output.**
Marsh D, Sleivert G
School of Physical Educaatoin, Uni of Otago, Dunedin, New Zealand – 1999
- *3 30 minutes pre-event cooling, followed by 30 minute run, lowered sweat rates between 10 – 23%, ALSO endurance times for running at 95% of VO2max were increased by 49 sec**
Webster J, Holland EJ, Sleivert G, Laing RM, Niven BE
School of Fabric and Textile Design, University of Otago, New Zealand – 2005
- *4 Halftime cooling (10 minutes) resulted in greater aerobic performance**
Hornery DJ, Papalia S, Mujika I, Hahn A
Uni of West Sydney, NSW, Australia – 2005
- *5 Achieving 5 – 6 degrees of pre-event cooling, followed by 30 minutes of cycling, resulted in cyclists cycling 6% further – 0.9 kms**
Kay D, Taaffe DR, Marino FE
Human Movement Studies Unit, Charles Sturt Uni, NSW, Australia – 1999
- *6 Tetraplegics have an increased risk of heat strain relative to able-bodied individuals, however, a minimum of 20 min pre-event cooling reduced tharmal strain in tetraplegic athletes.**
Webborn N, Price MJ, Castle PC, Goosey-Tolfrey VL
Dept of Sport & Exercise Science, Uni of Brighton, Eastbourne, UK – 2005
- *7 Active post-event cooling of horses is a safe, effective means for facillitating heat dissipation of horses in a hot, humid environment.**
Kohn CW, Hinchcliff KW, McKeever KH
Dept of Vet Sciences, Ohio State Uni, Colombus, USA – 1999
- *8 Horses exercising in hot, humid conditions have a 20% decrease in VO2 and a 55% increase in lactate.**
Art T, Votion D, Lekeux P
Equine Sports Medicine, University of Liege, Belgium – 1995
- *9 In hot conditions 12.3% of horses are withdrawn from 3 Day Eventing due to heat strain, proactive cooling during the rest and recovery period was important to facillitate heat disipation.**
Kohn CW, Hinchcliff KW
Dept of Vet Sciences, Ohio State Uni, Colombus, USA – 1995
- *10 Core temperatures can be reduced rapidly through the use of torso cooling**
Clapp AJ, Bishop PA, Muir I, Walker JL
Dept of HPER, South Dakota State Uni, Brookings, USA – 2001
- *11 Pre-cooling by ice-vest and cold air reduced physiological and psychophysical strain and improved endurance performance in the heat.**
Cotter JD, Sleivert GG, Roberts WS, Febbraio MA
Combatant Protection and Nutrition Branch, Defence Science & Technology Organisation, Victoria, Australia
- *12 30 minutes pre-event cooling delayed onset of sweating by 19 minutes**
Wilson TE, Johnson SC, Petajan JH, Gappmaier E, Luetkemeier MJ, White AT
Dept of Exercise and Sport Science, Uni of Utah, Salt Lake City, USA – 2002
- *13 38 minutes of pre-event cooling, prior to a 5km run, resulted in 13 sec improvement (100 metres), with a faster pace most evident in the last two thirds of the run.**
Arngrimsson SA, Petitt DS, Stueck MG, Jorgensen DK, Cureton KJ
Dept of Exercise Science, Uni of Georgia, Georgia, USA – 2004