

GelCool Sideline Process

1. The team places the cooler and blue cart (for used packs) next to one another on the sideline, within easy reach of the players coming off the field.
2. Players coming off the field remove their helmet, pop the used gel pack out of the helmet (about 2 seconds) and drop it in the blue cart (the gel packs will be washed later in the team's drum washers).
3. The player then takes a new gel pack out of the cooler and places it in the helmet (about 2 seconds).



GelCool Gel Pack Usage Calculator

This average usage calculation is based upon the typical length of a drive, the desire to change packs earlier rather than later in extreme heat, and the need for excess capacity. **Our gel packs cool much longer than 10 minutes, but our testing and allowance for real world game behavior and variables lead to the use of a low average number of 10 minutes in this calculation.**

Even though it takes 3 hours to play a game, actual playing time is still only 60 minutes. Finally, this approach addresses your largest players first, the linemen most affected by the heat. If more players want to use cooling gel packs, you may simply purchase a second cooler.

Game Length in Minutes: 60
Avg. Minutes Per Gel Pack: 10
Player Rotation X³ (1) .33
Packs Per Player: 6
Number of Players: 55
Number of Packs Required: 100

Professional and college football teams would typically purchase one or two *Extra Large Gel Pack Cooling Systems*. Please see our [Online Products Page](#) for more details.

(1) **Player Rotation Coefficient:** A typical 55-player squad will rotate starters and support players, dividing the total game time among these players. Also, many lighter-weight skill/speed players do not need cooling (but do opt for warming in the very cold games).