

## INTENDED USE OF WRISTGRIPS FOR DIVERS

The “Lionpaw” Wrist Support, “Tiger Paw” Wrist Grip and “Donjoy” Wrist Wrap are designed and intended for use by divers as a means of lending extra support to the wrist, hand and forearm during training and competition – especially platform divers and three meter springboard divers and those doing handstand or other gymnastic type training.

All users of these wrist supports must fully know and understand that any action involving motion or height creates the possibility of serious injury including paralysis and even death. All persons using these wrist supports assume these risks.

All users of the “Lionpaw” Wrist Support, “Tiger Paw” Wrist Grip and “Donjoy” Wrist Wrap should know their own limitations and the limits of these wrist supports. These wrist supports are no substitute for proper conditioning, body alignment, correct technique and lead-up skill progressions and all users should be advised that the diver should NEVER attempt any dive or skill for which they are not qualified or prepared to attempt.

A diver should exercise great caution when using any wrist support for the first time. The diver needs to get used to the feeling of the wrist support on their wrists and hands and must undergo a break-in and adjustment period prior to any use in competition or any training on three-meter springboard or on all diving platform levels. The diver should get used to wearing the wrist supports by practicing some basic headfirst dives off the side of the pool and from the one-meter board prior to using them for ANY dive or skill from the three-meter springboard or any diving platform level. A diver should practice handstands wearing the wrist supports on a flat, level and padded surface prior to using for handstand practice on any diving platform level.

Prior to each use, all users of any wrist support should thoroughly inspect each one. If any part of the wrist support appears damaged or worn, DO NOT use it for any reason until the damaged or worn part is replaced. Please contact Springboards and More for replacement parts or to purchase a new pair of wrist supports.

If you have any questions about any aspect of the Lionpaw Wrist Support, Tiger Paw Wrist Grip or Donjoy Wrist Wrap, please contact us.

**Thank you and best wishes for a safe and successful season!**