

IMPORTANT

Read this carefully before using a Norbert's Mat.

HERE ARE TIPS AND WARNINGS TO HELP YOU GET FULL USE OUT OF YOUR MAT.

- Any activity involving height or motion creates the possibility of accidental injuries. ONLY properly trained and qualified participants should use this mat.
- Use of this mat without PROPER SUPERVISION by a trained and qualified instructor is DANGEROUS and should NOT be undertaken or permitted.
- As with other equipment, always CHECK mat for wear and INSPECT foam that appears 'broken down'.
- ALWAYS use the right type of mat for the skill or exercise being performed. Before using, KNOW YOUR LIMITATIONS and the limitations of this mat. Before each attempt RE-CHECK the position of the mat.
- LANDING ON THE HEAD OR NECK SHOULD BE AVOIDED as serious injuries may result. NO MAT can completely eliminate the possibility of injuries.
- MATS CAN BE CLEANED with a mild solution of water and 'pine-sol' or other type of disinfecting cleaner. Always test cleaning solution on a small portion of the mat before attempting to clean complete mat. Tough stains can often be cleaned with a cloth and a small portion of 'automotive-type' hand cleaner.
- Although the mat is covered with a rugged coated vinyl material, always carry the mat when moving to a different station. Most cover wear occurs when a mat is dragged across the floor.