



Your Complete Source for Springboard & Platform Diving Equipment and Supplies

INTENDED USE OF FREESTANDING SPOTTING RIG

The Freestanding Spotting Rig is designed for and intended to be used by qualified coaches and qualified athletes as an additional training device for teaching somersaulting and twisting skills above a trampoline, dryland diving board, or padded floor mats with the aid of a safety spotting harness belt or twisting harness belt.

All users of this equipment 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 this equipment assume these risks.

Great care has been taken in the design and manufacture of this equipment as well as the selection of accessories that go with it. Great care should also be taken with the assembly or disassembly, installation, pre-use testing, safety inspection and ultimate use of this item and its components. Carefully read and follow all instructions and warnings related to this product.

All users of the Freestanding Spotting Rig should know their own limitations and the limits of this equipment. This piece of equipment is no substitute for proper conditioning, correct technique and lead-up skill progressions.

Teaching an athlete somersaulting and twisting skills by means of overhead lifting using a freestanding spotting rig requires strength, technique and skill. The person doing the spotting ("The Spotter") should have the necessary physical and mental ability to perform this action. The person(s) using this equipment should also have at least the same skills and proficiencies as a person who has successfully completed the Level I Safety Spotting Course as offered by United States Diving, Inc. The spotter should not attempt to teach or "spot" any skill or dive that is above their physical ability or skill proficiency level.

The athlete being "spotted" using the Freestanding Spotting Rig should also be in good physical and mental condition. This person must also know and understand all the risks associated with use of this piece of equipment. This person should be able to understand and follow all instructions given to them by the coach and / or "spotter." The athlete should NEVER attempt any dive or skill for which they are not qualified or prepared to attempt.

Prior to each use, all users of the Freestanding Spotting Rig should thoroughly inspect the equipment and all of its components including the structure, pulleys, clips, shackles, rope, guide wires and the spotting / twisting harness belt. If any part of this Freestanding Spotting Rig appears damaged or worn, the equipment should NOT be used for any reason by any person until the damaged or worn part is replaced by a piece recommended by the manufacturer.

If you have any questions about any aspect of the Freestanding Spotting Rig including manufacturers specifications, assembly or disassembly, installation, inspection, intended use or use, please contact us. Thank you and best wishes for a safe and successful season.

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For more information about Spotting Courses offered by United States Diving, Inc., please visit www.usdiving.org.

For more information including technical articles about spotting techniques written by some of the leading experts in the United States, please visit www.uspdca.org. (The United States Professional Diving Coaches Association, Inc.)