

THE NORBERT'S ROTATOR TWISTING BELT

Congratulations on your purchase of the Norbert's Rotator Twisting Belt. We are confident that you will find it a very useful addition to your diving or gymnastics program! Prior to using this product, carefully read the following warnings and suggestions for use.

- ***Any activity involving motion and / or height creates the possibility of catastrophic injury including paralysis and even death.*** The Norbert's Rotator Twisting Belt is intended for use ONLY by properly trained and qualified participants.
- Use without proper supervision is DANGEROUS and should NOT be undertaken or permitted.
- As with all equipment of this type, it is imperative to CHECK the twisting belt for wear and INSPECT before each use.
- ALWAYS ask the athlete about the comfort of the Twisting Belt and make sure that is properly fitted ("SNUG") before any use takes place.
- After confirming with the athlete of a comfortable fit, TEST the Twisting Belt with a slow and steady lift of the athlete to MAKE SURE of the athlete's satisfaction with comfort, fit and position of the Twisting Belt.
- Before each attempt, RE-CHECK the security of the buckle to make sure it is holding properly. In addition, re-check the connections to the spotting rig, spotting ropes and swivel snaps and RE-CONFIRM comfort and position of the Twisting Belt with the athlete.
- NEVER use any spotting belt that does not properly fit the athlete or a belt that will not tighten snugly around the athlete's waist.
- NEVER attempt to alter the Twisting Belt in any way.
- The manufacturer or seller of this Twisting Belt shall not be held liable or responsible for any personal injury or property damage incurred through the use or misuse of this product.

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The person ("spotter") using this product should 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.

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