



"Your Complete Source for Springboard and Platform Diving Equipment and Supplies"

"SMACKSUIT" USE AND SUGGESTED MODIFICATIONS

The "Smack Suit" is to be worn by divers to help reduce the chance of "smacking" the stomach or back when attempting a dive. The "Smack Suit" is NO SUBSTITUTE for proper conditioning, good technique and correct skill progressions on the part of the diver. Know your limitations and the limits of this equipment.

All persons using a "Smack Suit" when attempting a dive must understand that any activity involving motion and / or height creates the possibility of catastrophic injury including paralysis and even death. All users of this "Smack Suit" assume these risks.

Below is a list of suggestions and modifications that you may wish to consider making to your "Smack Suit": These suggestions have been compiled from those submitted by previous users of the "Smack Suit". We welcome any suggestions you may have as well. Keep in mind that many users of the "Smack Suit" make NO modifications at all.

NOTE: These modifications can be made with a pair of kitchen or office scissors.

- 1) Make sure the diver is wearing the correct size "Smack Suit."
- 2) Remove the long "pull string" attached to the back of the "Smack Suit"
- 3) Cut the sleeves off just below the shoulders OR cut a slit in the bottom of the arm sleeves (from the sleeve edge towards the arm pit) in order to give the diver better range of motion but still cover the top of the shoulders.
- 4) Cut small slits in the sides of the legs to allow for more ease of movement during the dive attempt.
- 5) Cut the "Smack Suit" all the way across just below the zipper seam. (Totally remove the legs). This reduces the "smack" coverage of the legs but allows for much better range of motion of the lower body.
- 6) Hang the "Smack Suit" up to dry when finished using for the day.

If available, we suggest that a diver utilize various other training devices when learning new dives including a trampoline, dryland diving board, overhead spotting rig and / or "Bubbler" machine.

As always, best wishes for a safe and successful diving season!