

Bestway®

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FIN FLAPPING OWNER'S MANUAL

WARNING:

Keep children under adult supervision at all times when they use this product. Please choose the suitable size.

Use only under experienced supervision.

Does not protect against drowning.

It is recommended that teachers, coaches or mature swimmers demonstrate the methods of adjusting, fitting and removing fins.

Please fully warm up before use.

Begin with gentle force, otherwise muscle cramps and ankle strains may occur.

Selection

Before buying, please select the right size according to your leg strength and the water you will be swimming in.

Heel Band Adjustment

Adjust the heel band so it is loose enough to place your foot inside. Place your foot in the fin and tighten the band to a comfortable, firm-fitting position.

Usage

There are two kinds of fin flapping: 1) Use your thigh to move your leg while kicking up and down. 2) Use your waist and hips to move your legs while keeping them pressed together. You can use the two flapping options alternatively, to protect your lower body from excessive fatigue. Flapping the fins with your ankles may cause them to become sprained. Do not expose the fins above the surface of the water while flapping.

To avoid breaking the fins while walking in shallow water or on the beach, turn backward or sideways.

Maintenance and storage

Wash with fresh water after use.

Avoid unnecessary exposure to sunlight and air.

Avoid contact with oils and greases. Some sun creams and lotions are of an oily composition.

Avoid exposure to heat and contact with hot surfaces.

Store in a cool, dry and dark place in a box. Do not distort during storage.