



Backstroke Start Training Device

Part Number 03-650T

INSTALLATION INSTRUCTIONS



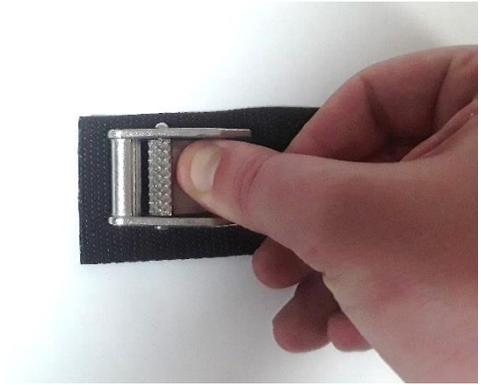
The Backstroke Start Training Device (Part Number 03-650T) is intended for training use, but may be used in FINA competition if set at proper water depth.

Introduction

The Backstroke Start Training Device fastens to the post of any starting block, allowing swimmers of all ages to practice backstroke launches. This device does not require additional assembly.

Cam Buckle Use

1. Loop straps around post (or posts) of starting block.
Ensure the buckle pad faces the posts.
2. Press the thumb release with thumb.



3. Thread the opposite strap through underside of buckle.



4. Pull tight so that backstroke ledge is at water level and tight to starting platform.
Wrap cam buckle strap around post if it is too long to tighten.

