

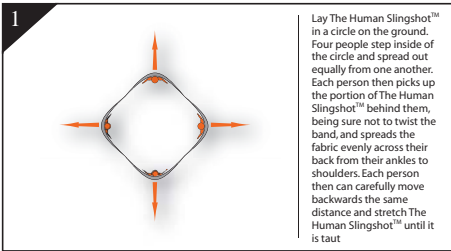


the human slingshot
www.thehumanslingshot.com

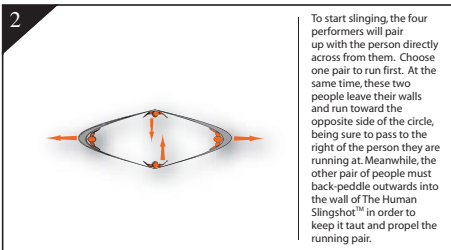
WARNING: Read these materials prior to using The Human Slingshot™

Instructions For Use

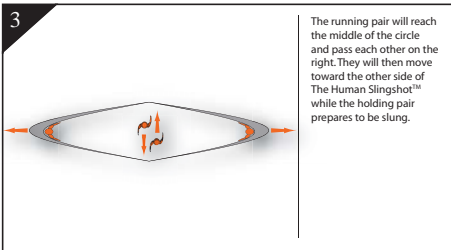
Misuse of The Human Slingshot™ is dangerous and can cause serious injuries. All instructions should be read before use. Failure to follow these instructions may lead to injury or damage to The Human Slingshot™. Do not use The Human Slingshot™ for anything other than its intended purpose.



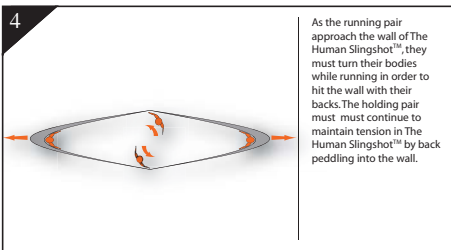
1 Lay The Human Slingshot™ in a circle on the ground. Four people step inside of the circle and spread out equally from one another. Each person then picks up the portion of The Human Slingshot™ behind them, being sure not to twist the band, and spreads the fabric evenly across their back from their ankles to shoulders. Each person then can carefully move backwards the same distance and stretch The Human Slingshot™ until it is taut



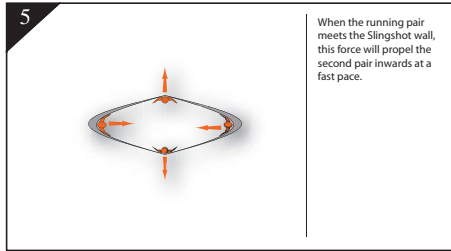
2 To start slinging, the four performers will pair up with the person directly across from them. Choose one pair to run first. At the same time, these two people leave their walls and run toward the opposite side of the circle, being sure to pass to the right of the person they are running at. Meanwhile, the other pair of people must back-peddle outwards into the wall of The Human Slingshot™ in order to keep it taut and propel the running pair.



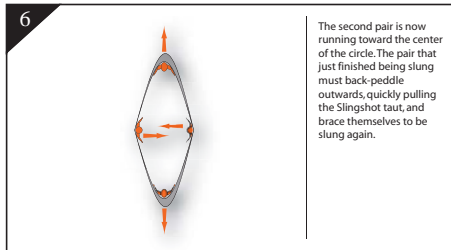
3 The running pair will reach the middle of the circle and pass each other on the right. They will then move toward the other side of The Human Slingshot™ while the holding pair prepares to be slung.



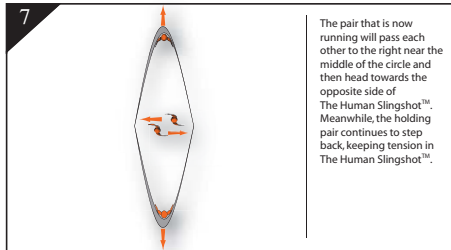
4 As the running pair approach the wall of The Human Slingshot™, they must turn their bodies while running in order to hit the wall with their backs. The holding pair must continue to maintain tension in The Human Slingshot™ by back peddling into the wall.



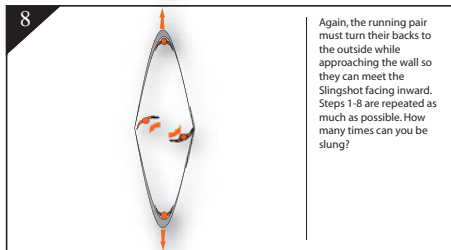
5 When the running pair meets the Slingshot wall, this force will propel the second pair inwards at a fast pace.



6 The second pair is now running toward the center of the circle. The pair that just finished being slung must back-peddle outwards, quickly pulling the Slingshot taut, and brace themselves to be slung again.



7 The pair that is now running will pass each other to the right near the middle of the circle and then head towards the opposite side of The Human Slingshot™. Meanwhile, the holding pair continues to step back, keeping tension in The Human Slingshot™.



8 Again, the running pair must turn their backs to the outside while approaching the wall so they can meet the Slingshot facing inward. Steps 1-8 are repeated as much as possible. How many times can you be slung?

Liability

While every attempt is made to embody the highest degree of safety in our product, we cannot guarantee freedom from injury. The user shall assume all risks of using The Human Slingshot™ and by using this product understands and agrees that The Human Slingshot™ Company is not liable for any injuries caused during use.

Before Use

- All individuals should be properly informed of how to use The Human Slingshot™ and all possible risks.
- Carefully inspect The Human Slingshot™ for any holes or tears in the fabric or stitching before use. Immediately repair any damages.

Proper Slingshot Settings

- The Human Slingshot™ is best suited for use in large outdoor grassy areas.
- Choose a soft and level surface to use The Human Slingshot™.
- The Human Slingshot™ should only be used on dry surfaces to avoid slipping.
- Use The Human Slingshot™ in a well lit area so that performers can clearly see one another.
- The Human Slingshot™ should not be used during heavy wind, rain or storm conditions.
- In order for The Human Slingshot™ material to stretch to its fullest capacity, it is necessary that there is adequate space surrounding the performers. Provide clearance from walls, wires, poles, fences, tree limbs, holes, rocks and other possible hazards that may interfere with the movement of the performers.

Individual Requirements

- The Human Slingshot™ is not recommended for use by children under 10 years of age.
- The weight limit for using The Human Slingshot™ is 250 pounds.
- The Human Slingshot™ is a fast-paced, challenging physical activity that propels individuals at quick speeds that one might be unaccustomed to. Make sure all four performers are able to withstand these difficult motions with strength, coordination and stamina.
- Any individuals with chronic head, neck, back or knee ailments should not use The Human Slingshot™.
- Comfortable attire and athletic shoes are recommended for using The Human Slingshot™.
- Remove all jewelry before using The Human Slingshot™.

During Use

- Always have adult supervision present when The Human Slingshot™ is in use.
- Begin using The Human Slingshot™ at a slow pace to learn the correct fundamental body movements and slinging action before advancing to a faster pace.
- Avoid high speeds inside The Human Slingshot™ that might cause performers to lose control. Loss of control can result in performers running into each other, tripping or falling and can cause serious injury. Speed is important but stay in control and at a good pace for all users involved.
- Do not use The Human Slingshot™ as a springboard into other objects.
- Those inside The Human Slingshot™ must always keep their heads up and be aware of the other performers at all times in order to avoid collisions.
- Do not use The Human Slingshot™ while under the influence of drugs or alcohol, or if extremely fatigued.
- Do not allow any foreign objects or animals inside of The Human Slingshot™.

After Use

- Secure The Human Slingshot™ against unauthorized and unsupervised use. Keep away from children under 10 years of age.
- Properly store The Human Slingshot™ in its carrying bag when not in use.

Care and Maintenance

- Hand or machine wash in lukewarm water.
- Do not bleach.
- Rinse thoroughly.
- Drip dry or machine dry on a low temperature.
- If required, ironing should be done rapidly at a low temperature.
- Do not leave the iron in one position for an extended time.

The Human Slingshot™ Safety and Accident Prevention

As with many outdoor games, participants may be injured. Use at your own risk!

The following are reasons why accidents may happen:

- **More than four people involved in The Human Slingshot™.** Use by more than four people at the same time can result in serious injuries.
- **Running into other performers.** Avoid running into other users by always following the included directions for proper use. Flailing arms or legs may also cause injury to others. Always be in control and aware of your body and limbs while using The Human Slingshot™. Failure to do so may result in serious bodily injury to yourself or others.
- **Loss of control.** Slingshotting at high speeds may cause a performer to lose control, thus increasing his or her chance of injury. Be sure to familiarize yourself with the basic moves and body positions before advancing to a faster pace.
- **Shifting of The Human Slingshot™ fabric during use.** While in use the fabric of The Human Slingshot™ may shift upward or downward causing the material to bunch. This bunching can become a hazard for performers, who might trip without sufficient surface area to sling into. Avoid this by stopping the activity whenever The Human Slingshot™ shifts out of its normal, stretched position.
- **Alcohol and drug use.** Because drug and alcohol use impairs the users' coordination, loss of control as well as injuries are greatly increased. DO NOT use The Human Slingshot™ under the influence of drugs or alcohol.
- **Foreign objects.** Any objects in the designated area being used for The Human Slingshot™ are potential hazards for tripping and falling and should be removed. Individuals inside of The Human Slingshot™ should not hold anything and nothing should be thrown inside of the circle while people are running. Always keep in mind the space needed for The Human Slingshot™ to stretch to its fullest capacity. Provide proper clearance from all objects around the designated area.
- **Inclement weather.** Severe weather conditions such as heavy wind, rain, snow, or lightning are very hazardous and greatly increase the risk of injury while using The Human Slingshot™. Do not use The Human Slingshot™ outside during these times to avoid injury.
- **Poor maintenance of The Human Slingshot™.** Make sure you inspect the Slingshot before every use and repair any worn holes or tears in the fabric.
- **Unlimited access.** The Human Slingshot™ should be stored in a secure location when not in use. This will prevent unsupervised use of The Human Slingshot™.

Owner's and Supervisor's Responsibility in Preventing Injuries

The supervisor's role is to make sure that all users understand the precautionary safety rules as well as learn the basic, fundamental movements and body positions. Supervisors must enforce all the safety guidelines and warnings found in the manual and on the product label. When a supervisor is not available, The Human Slingshot™ should be securely stored to limit access by young children. It is the supervisor's responsibility that this placard with The Human Slingshot™ Safety tips is placed where all users are informed about the tips.

Users Responsibility in Preventing Injuries

Anyone participating in The Human Slingshot™ activity should be well aware of all safety guidelines and potential hazards. Before beginning, all users should also review the instructional steps in order to understand how The Human Slingshot™ is properly used. Users must first learn the basic, fundamental movements and body positions at a slow pace before advancing to a faster pace. Users should also understand the importance of control and coordination for the safest execution of the activity.