

BRACEX

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INSTRUCTION MANUAL



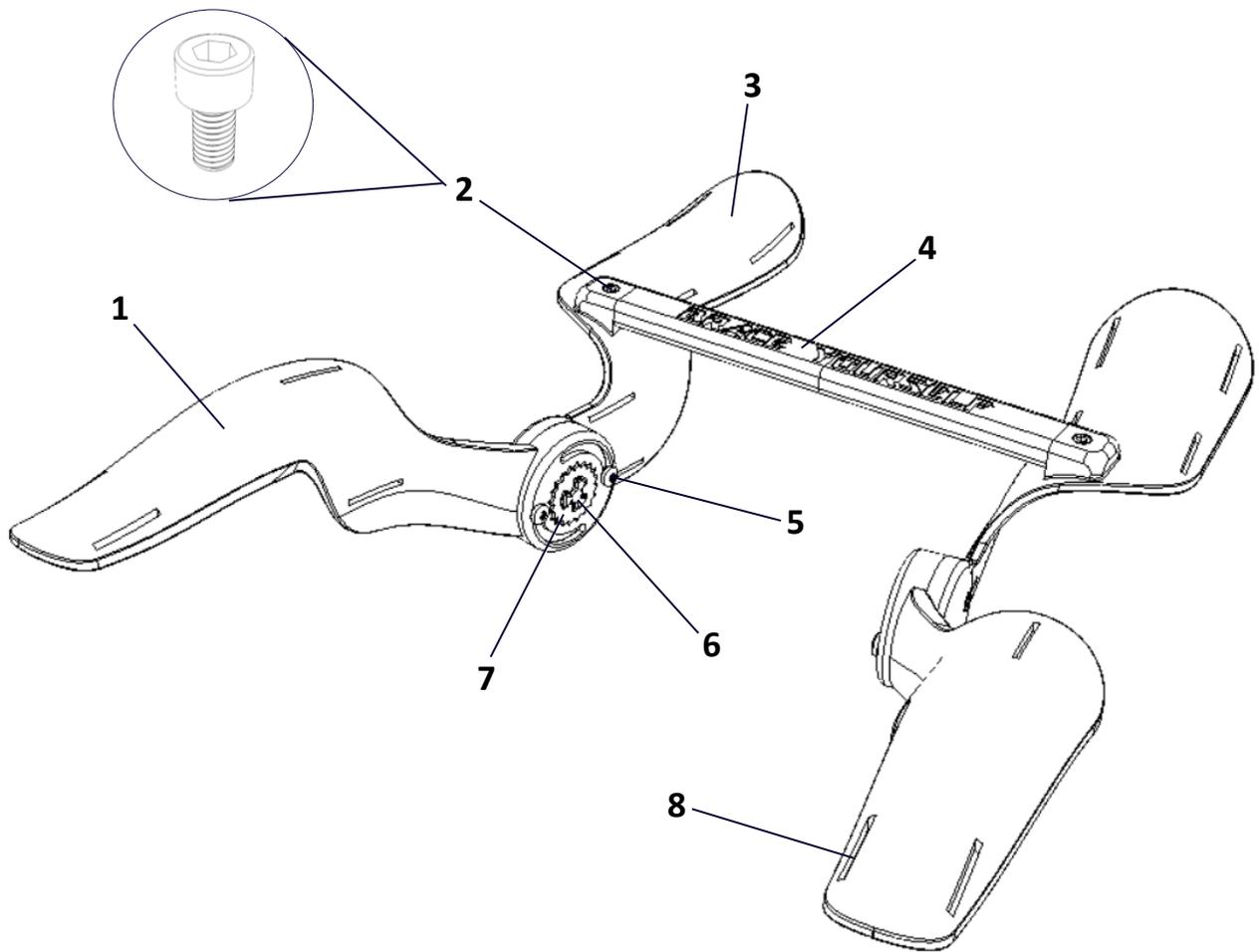
**Bringing the joy of flight to everyone
Regardless of physical limitation**



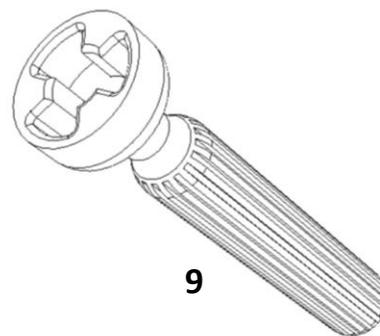
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THE BASICS



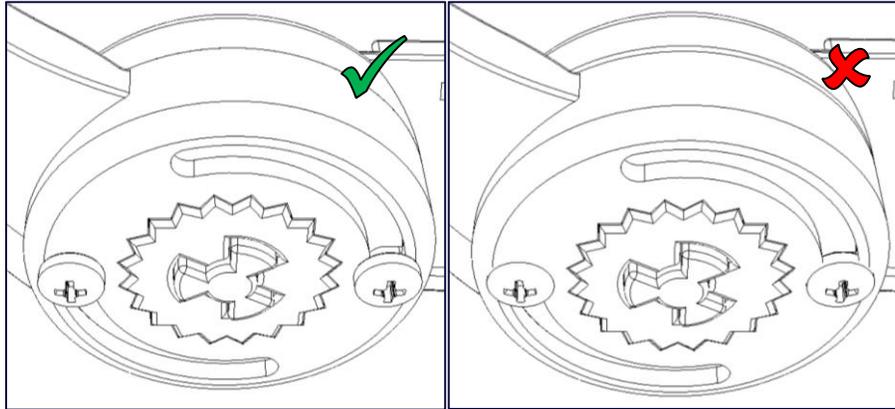
1. Calf Support
2. Spacer Bar Fixing (Socket head screw)
3. Thigh Support
4. Spacer Bar
5. Sliding Pin
6. Twist Lock
7. Locking Plate
8. Strap Slots
9. Twist Lock Tool



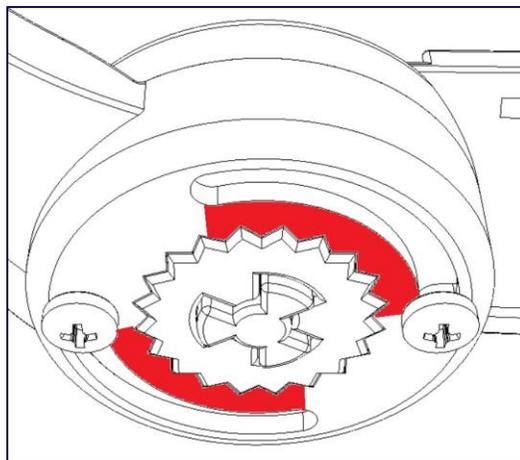
INSPECTION CHECKLIST

Upon receiving your BraceX, and before and after each use, the equipment must be thoroughly inspected for damage and/or faults. Below is a checklist for the parts that require particular attention.

- Ensure thigh and calf supports have a flush connection. If the parts do not sit flush, gently tighten the sliding pins with an allen key until they do. Tighten until there is no gap between the thigh and calf support while still allowing minimal resistance between the parts when the joint is moved. Do not over tighten.

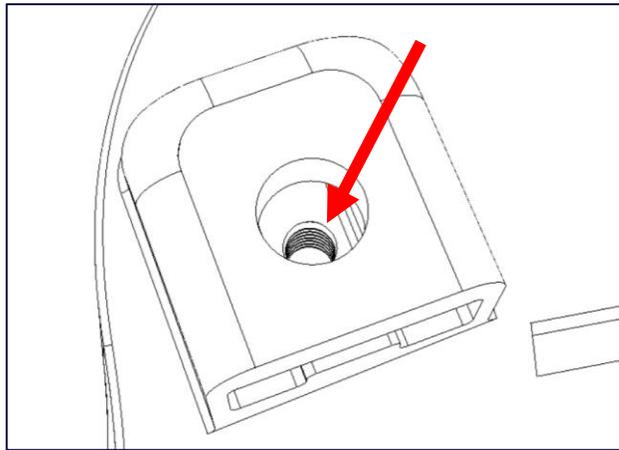


- Check entire system for cracks and any other obvious wear. Pay extra attention to wear along fault lines and creases, especially the more intricate areas around the joints.
- Check the area marked in red on the diagram below for cracks, wear and/or deformation.

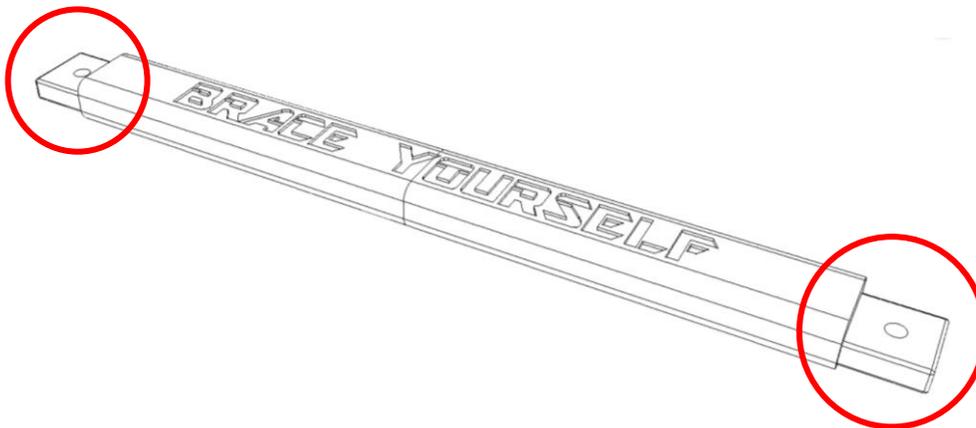


INSPECTION CHECKLIST

- ❑ Check that the threads on the socket head screws are in good condition and are still providing strong connections to the attachment points on the thigh supports.
- ❑ Check that the threads in the attachment points in the thigh supports (see below diagram) are in good condition and still providing a strong connection with the socket head screws to secure the spacer bar.



- ❑ Ensure there is no wear, cracks, damage or deformation to the attachment points of spacer bar (see below diagram).



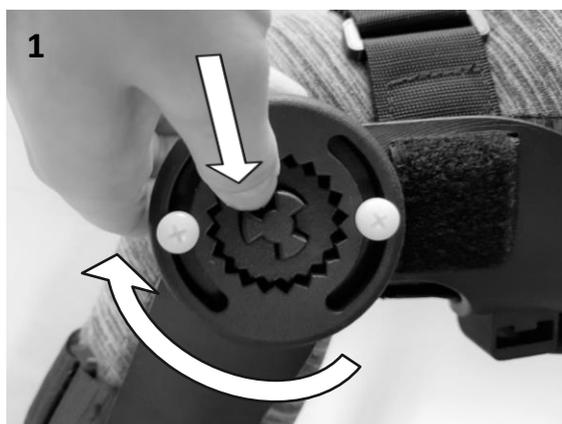
- ❑ Check the condition of straps, paying particular attention to the amount of wear on the Velcro and stitched areas.
- ❑ Ensure the knee joint mechanism has full functionality.

JOINT ADJUSTMENT

It is possible to adjust the knee joints with or without the twist lock tool provided.

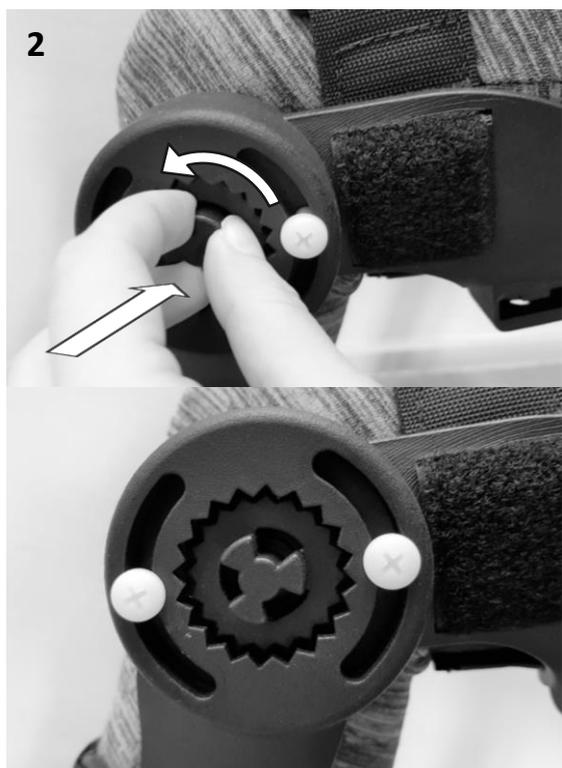
WARNING: Do not take the tool directly into the wind tunnel or use it anywhere where it has the potential to get into the wind tunnel. Only use in the anti-chamber if it can be kept well away from the tunnel door.

Adjustments without the tool



To quickly change the angle of the knee joint, press down the locking plate until the joint can move freely. Place system into the desired position and release plate to lock into place. (Example 1)

TIP: If the joint is not locking into place, the teeth on the locking plate may not be lining up. Slightly turn the joint back and forth, the plate will create an audible snap when properly secured in place.



To allow the joint to remain free moving the twist lock needs to be engaged. To do this, push and hold the locking plate all the way down while fully turning the twist lock, either anti-clockwise for the right leg, or clockwise for the left leg. (Example 2)

To lock the joint back into place, hold down the lock plate while turning the twist lock all the way back in the opposite direction to that in the step above. Release the locking plate.

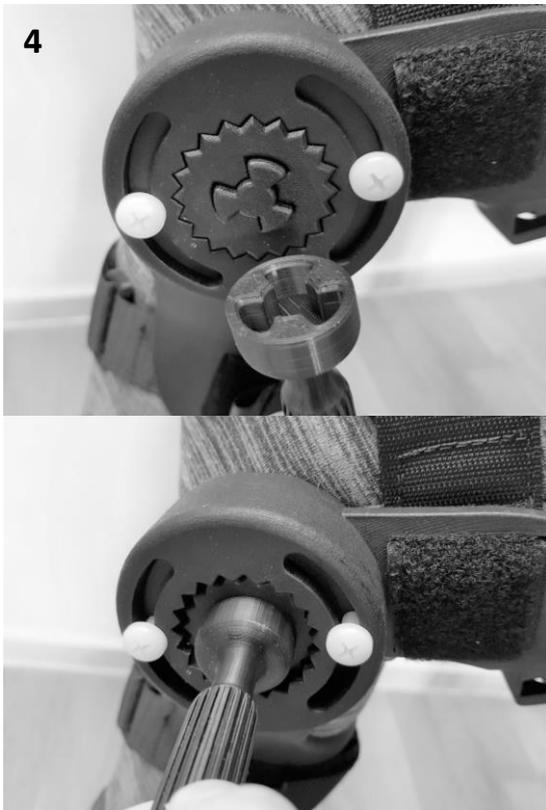
TIP: When engaging the twist lock, the locking plate can feel stiff at first. The easiest way to engage the twist lock is to push down the locking plate using your thumb, index and middle finger. Once the locking plate has been pushed all the way down, it is then easy to use these fingers to turn the twist lock into position. (See example 2)

JOINT ADJUSTMENT



NOTE: If the locking plate is not properly held down while turning the twist lock, the twist lock can end up in the position demonstrated in **example 3**. This is not a problem and can be very easily fixed. Simply push and hold the locking plate all the way down again and turn the twist lock into position.

Adjustments with the tool

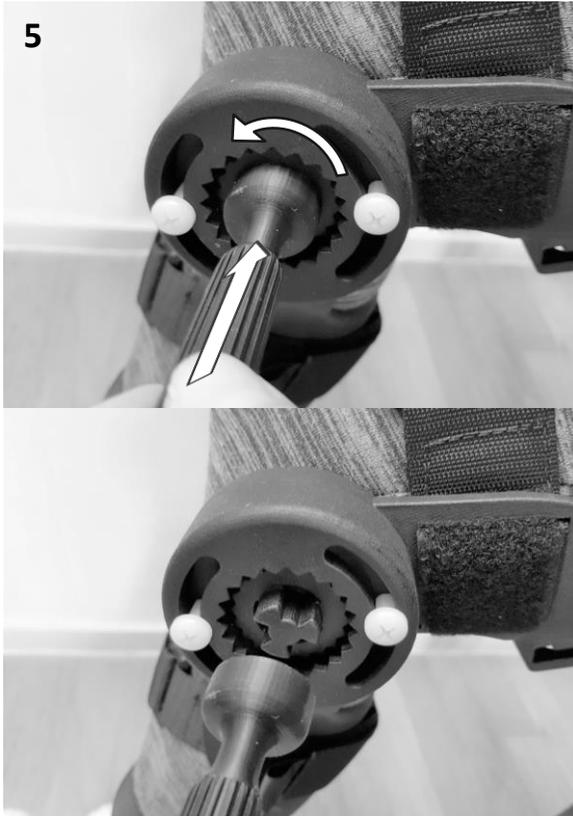


The twist lock tool has been provided with the system simply to improve the ease with which the joints can be adjusted outside of the tunnel.

To simply change the angle of the knee joint, line up the tool with the twist lock and push down the locking plate until the joint can move freely. Place system in desired position and remove tool to lock joint into place.

(Example 4)

JOINT ADJUSTMENT



To allow the joint to remain free moving, line up the tool with the twist lock. Use the tool to push and hold the locking plate all the way down. Turn the tool, either anti-clockwise for the right leg, or clockwise for the left leg. (Example 5)

To lock the joint back into place, place the tool over the twist lock. Use the tool to hold down the lock plate while turning it all the way back in the opposite direction to that in the step above. Remove the tool to release the locking plate.

TIP: It is easiest to fit the BraceX to each user when the twist lock is engaged, allowing the joints to be free moving.

1. Apply each leg module, one at a time, without the spacer bar attached.
2. Line up the knee joint mechanism with inside of the user's knee. (Example 6)



3. Start by doing up the straps closest to the knee first and then work along the straps furthest away from the knee for an optimal fit. (Example 7)



FITTING TO THE USER

4. Once all the straps are done up, go back and check all the straps are tight enough. They should not be able to move up and down the leg.

WARNING: When fitting the BraceX onto someone else, always make sure that they inspect and are happy with the position of the supports and tightness of the straps.

5. **ONLY FIT THE SPACER BAR ONCE INSIDE THE ANTI-CHAMBER.** To do so, start by fitting the spacer bar, on one side, into the attachment point on the thigh support. Fix in place with a socket head screw using the allen key. Repeat on the other side. (Example 8)



6. Both socket head screws should be tightly screwed so that they are flush to the top of the attachment points and there is no movement in the spacer bar. (Example 9)



WARNING: Do not take the allen key directly into the wind tunnel or use it anywhere where it has the potential to get into the wind tunnel. Keep as far away from the door as possible when using the allen key in the anti-chamber.

High Risk Activity

Indoor skydiving, tunnel flying or bodyflight is a high-risk activity which involves strenuous physical exertion and high impacts. Your participation in this activity is at your own risk. You agree to consult with a physician before participating in this activity. The use of Brace Yourself products is at the participant's own risk. Indoor skydiving, tunnel flying or bodyflight may result in injury, disability, or death. Proper use of the equipment does not eliminate or guarantee protection against such risks.

Assumption of the Risk

By buying Brace Yourself products, you understand and agree that indoor skydiving, tunnel flying or bodyflight is a high-risk activity and, to the extent permitted by law, you expressly and voluntarily assume the risk of death or other personal injury sustained while participating in such activity, whether or not caused by the negligence or other fault of Brace Yourself. This includes but is not limited to equipment malfunction from whatever cause or any other fault of Brace Yourself. Additionally, you agree to indemnify, defend, and hold Brace Yourself harmless from any third-party claims arising from such high-risk activity, or any Brace Yourself product.

Warning

Indoor skydiving, tunnel flying, bodyflight and associated activities are extremely dangerous. Brace Yourself products are not medical devices, personal protection equipment or safety equipment and are not designed to reduce the risk or increase safety for the user. Brace Yourself products offers the user no protection against injury or death. Purchasers, users, and participants use Brace Yourself products at their own risk.

The BraceX is intended only to promote a good flying position under normal airflow and flying conditions. The BraceX is not a weight or load bearing system. Ensure no stress is put on the BraceX outside of the airflow or during entrance and exit, and do not manually manipulate limbs or the BraceX when knees are locked. Failure to do so may result in damage to the BraceX. In order to prioritise the safety of the user, the BraceX is not designed to withstand exposure to extreme stress or impact.

Normal airflow and flying conditions is defined as flying that is undertaken at a suitable windspeed for the discipline being performed at that time, where no contact is made with the glass, walls or net.

Use and misuse of Brace Yourself products sold through Brace Yourself itself or otherwise involves serious risks including injury, disability and death. Purchasers, users, and participants assume all risk of injury. Brace Yourself cannot and will not be responsible for the misuse or unauthorized and improper use of products sold. Anyone under the age of 18, may use the product only under full supervision and care of their parent or guardian.

PRODUCT DISCLAIMER

Inspect before each use

Brace Yourself products must be inspected for use to ensure there has not been any damage in shipment. Brace Yourself products must be inspected after each use and before each use to ensure no further damage has occurred at any time. If damaged, do not use and immediately contact Brace Yourself to arrange a replacement or repairs.

Read and understand all instructions in the manual provided prior to use. Failure to follow instructions could lead to product and/or tunnel damage, serious injury, or death.

Duty of indoor skydiving facilities, instructors, coaches, trainers to inform others of this product disclaimer

Before you allow others to use a Brace Yourself product you agree that (a) you will require that they (or their legal guardian if they are minors) read, understand, and agree to this product disclaimer, (b) you believe they (or their guardian) understand that they are participating in a high-risk activity and assume the risk of death or other personal injury, and (c) you agree to indemnify, defend, and hold Brace Yourself harmless from any claims made by them arising from their use of Brace Yourself products.

Before allowing others to use a Brace Yourself product, it is extremely important to always discuss any physical limitations they may have and in which ways such limitations need to be considered with the use of a Brace Yourself product. The physical ability of each participant will vary in some way. Therefore, it is the duty of the facility, instructors, coaches and/or trainers to take the time to thoroughly understand the physical ability of each participant who is using a Brace Yourself product and do their utmost to reduce any perceived risk as much as possible.

Thank you for choosing Brace Yourself!

