



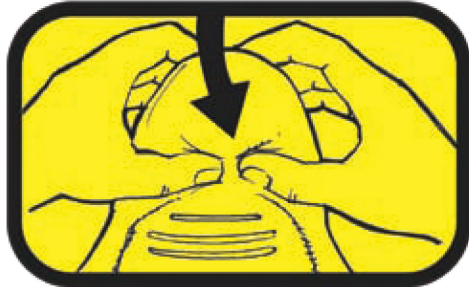
# IMPORTANT

## Most fin damage occurs through improper fitting to feet.

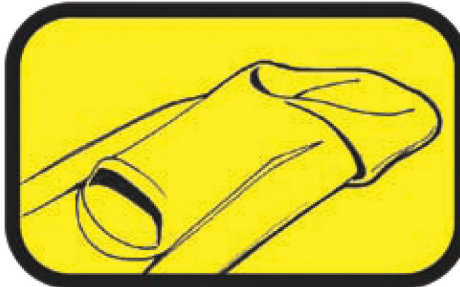
Please take the time to read through the steps below to maximise the life of your purchase.

## Use & Care

- 1: Avoid prolonged exposure to direct sunlight
- 2: Rinse in fresh water after each use.
- 3: Never expose to chemicals or solvents.
- 4: To give them a good clean ONLY use Adrenalin Wetsuit & Gear Wash or mild soap and water



**Step 1:** Place thumbs at base of heel pocket and roll back.



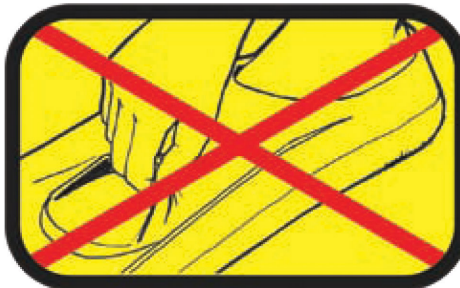
**Step 2:** The fin should look like this.



**Step 3:** Insert foot in as far as possible.



**Step 4:** When foot is comfortable, roll back of pocket up around the heel.



**Warning:** Never pull fin on by front of foot pocket.



**Warning:** Never pull fin on by heel of foot pocket.

## Correct walking also ensures you do not damage your fins.



### WARNING

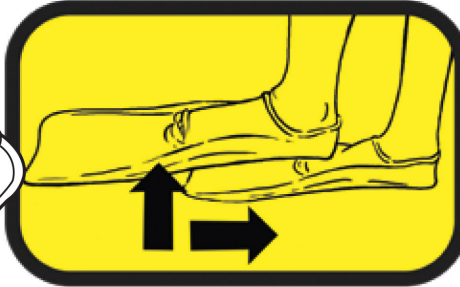
**DO NOT** walk in fins as you would normally, this may damage your fins and invalidate your warranty.

**DO NOT** walk lifting your heel with your toe on the ground.

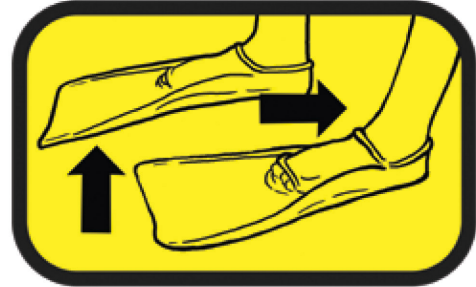
**BEST TO** put fins on in the water or waters edge. Shuffle backwards into the water with care.

**TAKE SHORT STEPS**, always keeping feet parallel to the ground.

**REMEMBER** fins are designed to aid swimming **not for walking**.



**Walking 1:** Walk backwards or forwards in short steps. Keep both feet parallel to the ground.



**Walking 2:** It is easier to walk backwards. Do so with care, keeping both feet parallel to the ground.



**DO NOT** Use your fins to support your weight in the water - You will damage them!

**THE SCUBA DOCTOR**

