



# WARNING

This is a general purpose mat for tumbling activities only. It is not to be used as a dismount or landing mat. This mat is intended for use only by properly trained and qualified participants under appropriate supervision. Any activity involving motion, rotation, or height may cause serious accidental injuries resulting in paralysis or death. Avoid landing on head, neck or back as catastrophic injury, including paralysis or death may result. Use without proper supervision could be dangerous, resulting in paralysis or death and should not be undertaken or permitted. Before using, **KNOW YOUR OWN LIMITATIONS** and the limitations of this mat. Always consult your instructor/supervisor prior to using this mat.

**For detailed information or questions, contact UCS Inc.,  
PO Box 657, Lincolnton, NC 28092, call 800.526.4856  
or visit [www.UCSSPIRIT.com](http://www.UCSSPIRIT.com).**