

# **WARNING**

Any activity involving height or motion creates the possibility of accidental injuries. **ONLY** properly trained and qualified participants should use this mat. Use of this mat without **PROPER SUPERVISION** by a trained and qualified instructor is **DANGEROUS** and should **NOT** be undertaken or permitted. As with other equipment, always **CHECK** mat for wear and **INSPECT** foam that appears 'broken down'. **ALWAYS** use the right type of mat for the skill or exercise being performed. Before using, **KNOW YOUR LIMITATIONS** and the limitations of this mat. Before each attempt **RE-CHECK** the position of the mat.

**LANDING ON THE HEAD OR NECK SHOULD BE AVOIDED** as serious injuries may result. Avoid landing in an arched position, which can cause stress on the back or worse conditions. **NO MAT** can completely eliminate the possibility of injuries. Head-first entries should be avoided at all cost. The current state-of-the-art foam training mats and pits do not preclude the possibility of serious, catastrophic injury or even death. Use this equipment under direct supervision of a competent gymnastics or training professional.

It is highly recommended to make sure all hard or unyielding surfaces surrounding this equipment is padded. All surfaces around this landing mat or pit should be padded or cushioned with a minimum of 2" dense foam or other suitable material.

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