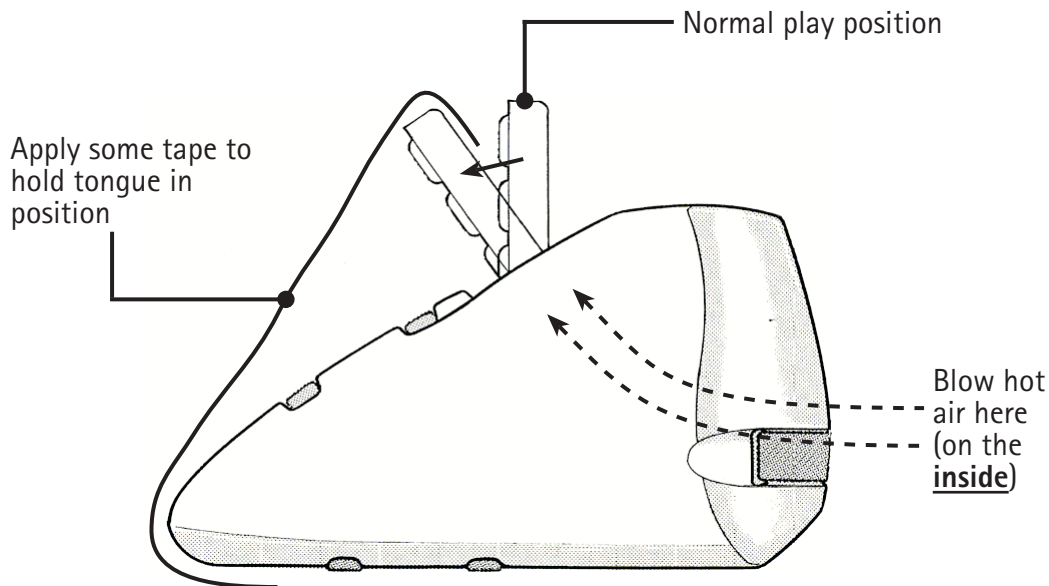


A Helpful Hint on Making Your OBO Kicker Tongue More Comfortable

The tongue on your OBO kicker is designed to provide lots of protection and contribute to the non twisting performance of OBO pads when sliding. ■ To achieve this, the tongue needs to be quite stiff, but some people find it pushes against the shin, and causes discomfort. ■ If you find this happens to you we suggest...



- ① Do your front kicker straps up as you would when it is set to play in.
- ② Bend the tongue **forward** from its usual upright position, that is, overbend it forward. Apply a strong tape to hold it in this position.
- ③ With the tongue held forward by the tape, use a hair dryer to apply heat **at the bend point** on the **inside**, NOT the outside.
- ④ Apply the heat for approximately 3 minutes holding the hair dryer about 8cm (3") away from the surface of the foam tongue.
- ⑤ Leave the tongue taped forward overnight.

This should reduce the pressure of the tongue on your shin, but not reduce protection or anti-twist performance

An Important Message For Hockey Goal Keepers

Field hockey is a dangerous collision sport ■ Participation in field hockey implies the acceptance of some risk of injury.

OBO GOAL KEEPING EQUIPMENT has been carefully designed to help you play to your maximum potential and help minimise the chance and degree of injury. However, this equipment will **not** prevent all injuries ■ **OBO HOCKEY** makes no claims as to its protective ability.

To clean your equipment...use warm soapy water ■ Avoid leaving your equipment in full sun, particularly for long periods of time and in the rear of a vehicle ■ The equipment should never be exposed to a naked flame ■ The foam can be repaired by using any brand of contact adhesive – designed for plastics ■ Do **not** cut with a knife or sharp blade.