



Welcome to the blueseventy® team...we know you will love swimming in your new HELIX. You join a select group of athletes who are benefiting from the leading-edge design and technology that makes this latest 2018 suit one of the fastest in the market!

The design team at blueseventy® has worked hard to bring you cutting edge performance features, and we want to ensure you have the best tips and advice so that your suit continues to perform well into the future. Many of the features that deliver the increased performance result in a trade off in durability (the suit is a little more delicate) but with a bit of TLC your suit can keep performing well for seasons to come.

First up, the HELIX is a high-performance *racing* suit, it's not designed for your everyday training. With good care it will last well, but if you are training in regularly expect a limited lifespan of 12 – 36 months. (If you need a regular training suit – we have others in the blueseventy® range that will complement your HELIX)

Some simple care tips, if followed, will help prolong the life of your suit:

Do:

- ☑ Pull on your suit using smaller movements – it creates less stress on the neoprene. (just like putting on compression garments or tights – incremental movements of 5 -10cm at a time work – dragging the fabric at the thigh + lift the ankle won't work)
- ☑ Rinse your suit in clean water and dry thoroughly after each use to prevent build up of bacteria and keep the suit in good condition.
- ☑ For drying and storage – hanging on a wide shouldered coat hanger (such as a suit hanger) is ideal. Do not store rolled up or folded in bag for long periods.
- ☑ Minimise nail nicks and cuts most commonly caused by sharp nails – yours or other peoples. These little half-moon shaped cuts can be minimised with the use of gloves (latex or nitrile coated gardening gloves are great) and short nails. Neoprene needs an external force for cuts and tears to occur – so avoid exposure to sharp objects.... (sorry, nail nicks aren't covered by your warranty).
- ☑ Avoid rough/sharp surfaces such as rocks and rough concrete which can cause scratches and cuts. (And that rough stubble on a man's beard can be abrasive too).
- ☑ Choose your anti chafe lubricant carefully. We recommend an approved lubricant such as Body Glide®, Tri Slide® or Suit Juice® – nothing with petroleum as an ingredient (such as Vaseline®) should be used. Chafing can happen with any brand of wetsuit, and generally occurs if your suit is too big or commonly around the neck area. Relief and healing may be assisted with the application of topical remedies such as Pawpaw ointment
- ☑ Ensure your suit is the correct size for you. blueseventy® size charts are based on 30 years of fitting wetsuits to swimmers worldwide, and we are confident they will guide you into the correct size.
 - Choose your size based on your weight and height and we are confident it will be the right size. However, if your new suit should feel tight. (A new sensation for those

new to swimming wetsuits). However, once you get in the water, the suit will expand by up to 5% once there is water between you and the suit. Over time the suit will give a little more, become increasingly supple and conform to the shape of your individual body.

- Those suffering from extreme fears of claustrophobia, or if the suit is particularly tight around the neck (restricting circulation), or over sixty; then you may wish to consider a size larger than suggested. As we age, the extra “give” will aid in ease of getting in and out of the wetsuit; and lessen pressure around the chest area.
- ☑ Let us know if there are any issues pertaining to the seams/stitching. If there are any issues from a manufacturing perspective, we will put it right, so let us know so we can get it fixed right away. (Note, it might allow up to two weeks for the repair and return)

Don't:

- ☑ Swim in chlorine – it kills the delicate material of your suit. If you do swim in a chlorinated pool, thoroughly rinse your suit in clean water twice through. Note: the blueseventy warranty is voided if you do swim in a chlorinated environment, and the suit may deteriorate within 3-6 months...its just not worth it!
- ☑ Don't use petroleum based products (such as Vaseline®) as these have chemicals that can cause disintegration of the suit fabric and the glue used to construct the suit. (And voids your warranty). In order to repair this kind of damage, repairers must soak the suit in cleansing solution for over 48 hours to remove the petroleum substance from the suit prior to repair.
- ☑ Minimise exposure to sunscreen which can have a similar impact. Our advice is to apply your sunscreen well in advance and allowing it to dry on your skin before putting on your wetsuit.
- ☑ Leave exposed to the elements such as extreme heat (like leaving it in the car) or in direct sunshine (dry it out of the sun)

- ☑ Most important on the list – is do enjoy being part of the blueseventy® legacy...and happy swimming!

*Have fun and enjoy...wherever your adventures take you!
From the team!*

(PS: The small print on our warranty – just so you know)

blueseventy retains the right to define normal wear and tear circumstances, but as a guideline this requires the customer to follow care instructions and take all reasonable precautions to maintain the equipment. Exposure to elements such as extreme heat (leaving it in the car on a hot day) and direct sunshine, prolonged bacteria, acids such as uric acid, sunscreen lotion, chlorine, petroleum-based products and other harsh or abrasive substances (such as a man's beard) can accelerate product degradation and may void warranty. Fingernails and other sharp objects may tear and rip the high-performance neoprene in your blueseventy wetsuit. blueseventy will not repair or replace items where there is clear evidence of inadequate care or treatment.