










TIP SHEET

-  If competing, do not apply Ocean Grease before having your competition number written or stamped on your body. Lubricants may prevent ink or race tattoos from adhering to the surface of the skin.
-  Use Ocean Grease sparingly over your competition number as the ink may smudge.
-  In cold weather, leave Ocean Grease in a warm area or immerse closed container in warm water to soften. You may consider filling a thermos with warm (not boiling) tap water.
-  Ocean Grease is messy. Have spare towels handy to sit on particularly if on a boat.
-  Use disposable gloves to avoid greasy hands and greasy fingerprints on goggles.
-  Have an old towel or rag handy for removing excess Ocean Grease on completion of the swim/race.
-  Use warm soapy water to remove Ocean Grease from the body.