



Quick Start Guide

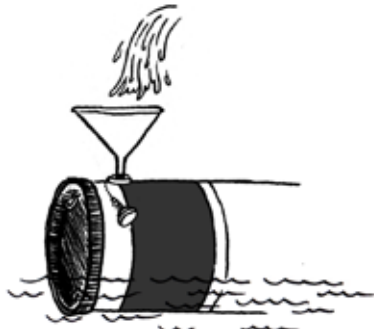
READY

Choose a safe location with a clear fall zone.
Check that Key Log is completely filled with water.

FILLING WITH A HOSE



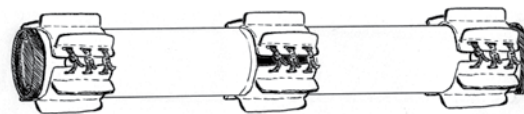
FILLING WITH A FUNNEL



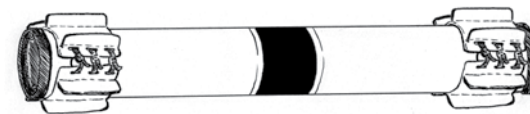
Using The Trainers

Trainers slow and stabilize the Key Log.
Remove one by one as you improve.

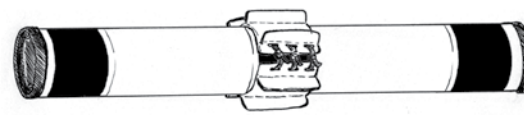
1. FAST



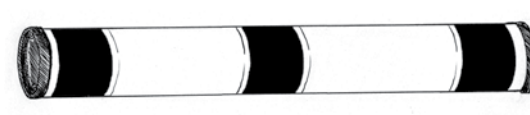
2. FASTER



3. VERY FAST



4. FASTEST



STEADY

Step onto a still and steady Key Log.

Have a friend hold the log with firm and flexible pressure until you gain your balance and footwork.

Holding The Key Log

ZERO-DEPTH TO KNEE-DEEP



WAIST TO CHEST DEEP



DEEPER THAN SHOULDERS



STANCE

- Bend your knees slightly, with feet hip-width apart, perpendicular to the length of the Key Log.
- Look at the opposite end of the Key Log. Do not look down at your own feet.
- Hold your outside arm slightly forward, in front of your body. Hold your inside arm slightly back.
- Overall, your arms should be relaxed.

STEP

Lift your feet lightly up and down in very small micro steps, as if running in place.

ALWAYS KEEP YOUR FEET MOVING.

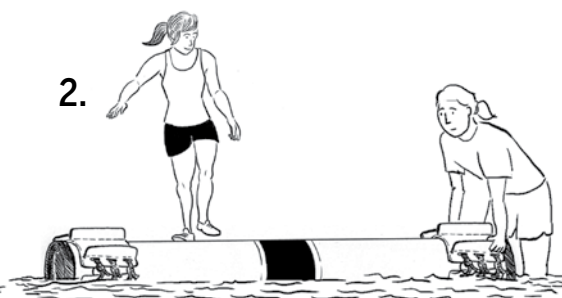
Starting Sequence

SHALLOW WATER

1.



2.

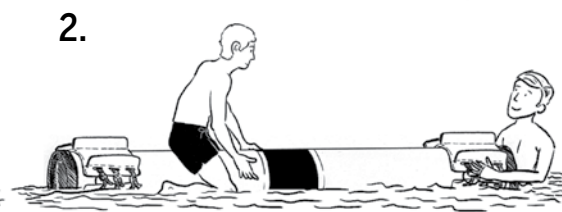


DEEP WATER

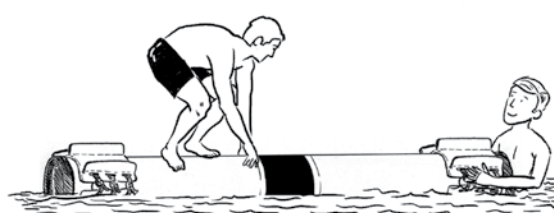
1.



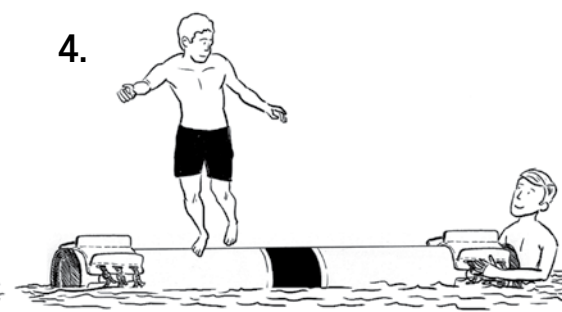
2.



3.



4.



SAFETY REMINDERS

WATER DEPTH:

2 feet or deeper.

STRUCTURES:

Align perpendicular (as a T) to dock, pool edge, hard objects, etc.

FALL SPACE:

Allow 10 feet on the sides of Key Log for falling safely into the water.