

Refresh Sports **BOOMERANGS**

Instructions

Adult Supervision

It is essential to have adult supervision in place to ensure the appropriate safety of children when using boomerangs.

Space

Ensure a clear and unobstructed area of at least 30 yards in every direction. It is crucial to remove any individuals, vehicles, vegetation, structures, animals, or other items from your throwing space.

Wind

The state of the air can significantly impact the behavior of a boomerang. Excessive wind can pose challenges in controlling the boomerang effectively. To determine the wind direction, one can observe the movement of a lightweight object, such as a bundle of grass. The direction towards which the scattered grass is carried by the wind indicates the prevailing wind direction.

Video instructions are also available on our website and youtube on how to throw boomerangs.

<https://www.youtube.com/@refreshsportsstore>

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Throwing Guide

Pinch Grip

Spin is really important when throwing a boomerang, even more than throwing it really hard. When you hold the boomerang, make sure it can start **spinning** as you let go. Try different ways of holding it and see what works best for you.



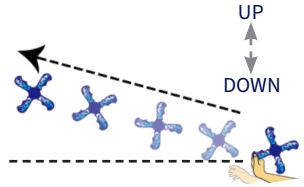
Throwing Angle

Keep your throws at a **maximum angle of 45°** from vertical. Different boomerang models may require specific angles for the best results. As the wind increases, adjust the angle closer to vertical for improved performance.



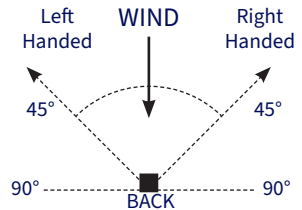
Release Angle

Release the boomerang at a **slight upward** angle. A helpful guideline is to aim towards the treetops in the distance. Releasing the boomerang too low can cause it to climb too high during its flight.



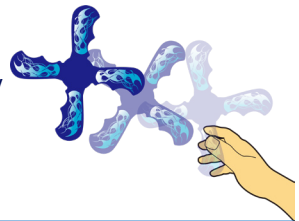
Adjusting For Wind

Face the wind and throw up to 45° off to the side. If the boomerang lands in front of you, throw more into the wind. On the other hand, if it lands behind you, throw more off the wind.



Boomerang Turn

Avoid attempting to initiate the turn of the boomerang through your throw; it will naturally turn on its own. Instead, focus on a **clean and smooth release**, allowing the boomerang to navigate its own turning path.



Catching Boomerangs

It is important to refrain from attempting to catch a boomerang until you are familiar with its flight path. Only make a catch when the boomerang is gently hovering towards you. This ensures a safer and more **successful catch**.

