

## **Safety guidelines and information**

### **(inflatable sport balls)**

#### **1. Methods of use**

- Use the ball solely for the intended purpose.
- The product is a sports article not a toy.
- Unsuitable for children under the age of 3.
- Use only under the supervision of an adult person; especially in case of children under the age of 8.
- Do not leave the ball in places where it could cause persons falling or tripping.
- Do not use the ball near roads or other dangerous places.
- Do not sit and stand on the ball.

#### **2. Checking the condition of the ball before use**

- Regularly check the ball for damage (soft, broken, deformed).
- Check whether pressure in the ball complies with manufacturer's instructions as indicated on the ball.

#### **3. Appropriate conditions for safe play**

- Use the ball on surfaces suitable for respective sport.
- Avoid rough and sharp surfaces that can damage the ball.
- Play only under suitable climatic and light conditions.
- Follow the respective sport rules.
- Do not use the ball if you are under the influence of narcotic drugs or psychotropic substances.
- Warm up properly before starting to play.
- Prevent injuries by practising proper playing techniques.
- When playing use proper protective equipment and shoes.

#### **4. Care and storage of the ball**

- Before inflating thoroughly lubricate the ball valve with valve oil. After inflating wipe oil residues with a damp cloth.
- Pressurize the ball solely using equipment intended for sport ball inflation with a suitable rounded-tip needle compliant with manufacturer's instructions as indicated on the ball.
- After play, clean the ball of dirt using a damp cloth.
- If dirt cannot be removed using water, use a cloth damped in water mixed with a mild cleaning agent, then thoroughly wipe the ball surface with clean water to remove all residues of the cleaning agent.
- Do not use solvents such as benzene, acetone, etc. to clean the ball surface.
- Store the ball in a dry place, away of direct sunlight or frost.
- Do not expose the ball to high temperatures or direct source of heat.
- Do not overload the ball with weight or impacts.

#### **5. Plastic packaging**

- Packaging is not a toy, keep it out of the reach of children.
- Once the packaging is opened, it has to be disposed of safely, ecologically following relevant local regulations.

#### **6. Environmental protection and product disposal**

- Do not waste used products in ordinary waste. Ensure environmental protection!
- You can return used balls to selected sellers or send them to our company address for ecological recycling.
- You can also dispose of the product through an approved recycling site, or you can waste it in a local civic amenity site. In case of any doubts, consult a recycling company.

Manufacturer is not liable for any damage incurred due to improper use of the product.

#### **Manufacturer:**

Gala a.s.  
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796 04 Prostějov  
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[info@gala.cz](mailto:info@gala.cz)

Tel.: +420 582 314 349 / +420 582 314 411 / +420 528 314 446

## Safety guidelines and information

### (Jump inflatable sport balls)

#### 1. Methods of use

- Use the ball solely for the intended purpose.
- The product is a sports article not a toy.
- Unsuitable for children under the age of 3.
- Use only under the supervision of an adult person, especially in case of children under the age of 8.
- Do not leave the ball in places where it could cause persons falling or tripping.
- Do not use the ball near roads or other dangerous places.
- Do not sit and stand on the ball.

#### 2. Checking the condition of the ball before use

- Regularly check the ball for damage (soft, broken, deformed).
- Check whether pressure in the ball complies with manufacturer's instructions as indicated on the ball.
- Check the rubber string and its attachment to the ball for damage or other wear and tear. If you detect any damage, do not use the product.

#### 3. Appropriate conditions for safe play

- Use the ball on surfaces suitable for respective sport.
- Avoid rough and sharp surfaces that can damage the ball.
- Play only under suitable climatic and light conditions.
- Follow the respective sport rules.
- Do not use the ball if you are under the influence of narcotic drugs or psychotropic substances.
- Warm up properly before starting to play.
- Prevent injuries by practising proper playing techniques.
- When playing use proper protective equipment and shoes.
- Do not change the length of rubber string, do not shorten the string and do not extend it using other rubber.
- Keep the position of rubber string attachment to the ball.
- Tie both ends of the rubber string to 2 fixed points distant 150-250 cm and tighten them at such height as it is required for your training (above the head level).
- Do not overstrain the rubber strings, do not stretch them to the maximum length.
- Before you start training always check whether the rubber string is firmly fastened to the fixed points.
- Provide sufficient free space around the fastened string and ball.

#### 4. Care and storage of the ball

- Before inflating thoroughly lubricate the ball valve with valve oil. After inflating wipe oil residues with a damp cloth.
- Pressurize the ball solely using equipment intended for sport ball inflation with a suitable rounded-tip needle compliant with manufacturer's instructions as indicated on the ball.
- After play, clean the ball of dirt using a damp cloth.
- If dirt cannot be removed using water, use a cloth damped in water mixed with a mild cleaning agent, then thoroughly wipe the ball surface with clean water to remove all residues of the cleaning agent.
- Do not use solvents such as benzene, acetone, etc. to clean the ball surface.
- Store the ball in a dry place, away of direct sunlight light or frost.
- Do not expose the ball to high temperatures or direct source of heat.
- Do not overload the ball with weight or impacts.

#### 5. Plastic packaging

- Packaging is not a toy, keep it out of the reach of children.
- Once the packaging is opened, it has to be disposed of safely, ecologically following relevant local regulations.

#### 6. Environmental protection and product disposal

- Do not waste used products in ordinary waste. Ensure environmental protection!
- You can return used balls to selected sellers or send them to our company address for ecological recycling.
- You can also dispose of the product through an approved recycling site, or you can waste it in a local civic amenity site. In case of any doubts, consult a recycling company.

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## Safety guidelines and information (medicine balls)

### 1. Methods of use

- Use the ball solely for the intended purpose.
- The product is a sports article not a toy. Medicine ball can be used for physiotherapy, fitness, balance and power training.
- Do not throw the ball against hard floor or wall (if needed, use soft underlay such as mat, artificial grass or Tartan track).
- The product is not suitable for children under the age of 3. The product is intended for adults; children can use it only if they are supervised by an adult.
- Before starting any workout, consult your physician or an expert, consider your fitness condition.
- When working out, always start with a lighter ball and then gradually increase the load. Do not exceed the weight recommended for your fitness level.
- Do not leave the ball in places where it could cause persons falling or tripping.
- Do not use the ball near roads or other dangerous places.
- Do not sit and stand on the ball.

### 2. Checking the condition of the ball before use

- Regularly check the ball for damage (signs of wear, cracks, punctures, deformations, ripping seams) .

### 3. Appropriate conditions for safe play

- Use the ball on surfaces suitable for respective sport.
- Use the medicine ball solely on flat, non-slippery surfaces. Avoid uneven or rough surfaces that can damage the ball or increase the risk of an injury.
- Use only under suitable climatic and light conditions.
- Follow the respective sport rules.
- Ensure you have sufficient space so that you prevent collisions with persons or objects.
- Do not use the product if you are under the influence of narcotic drugs or psychotropic substances.
- Warm up properly before starting to play.
- Prevent injuries by applying correct workout technique and correct body posture. Always apply firm grip.
- When playing use proper protective equipment and shoes.

### 4. Care and storage of the ball

- After using the ball, clean it of dirt and dampness using a dry cloth.
- Medicine balls made of natural leather may not come into contact with water.
- Do not use solvents such as benzene, acetone, etc. to clean the ball.
- Store the ball in a dry place, away of direct sunlight or frost.
- Do not expose the ball to high temperatures or direct source of heat.
- Do not overload the ball with weight.

### 5. Plastic packaging

- Packaging is not a toy, keep it out of the reach of children.
- Once the packaging is opened, it has to be disposed of safely, ecologically following relevant local regulations.

### 6. Environmental protection and product disposal

- Do not waste used products in ordinary waste. Ensure environmental protection!
- You can return used balls to selected sellers or send them to our company address for ecological recycling.
- You can also dispose of the product through an approved recycling site, or you can waste it in a local civic amenity site. In case of any doubts, consult a recycling company.

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## Safety guidelines and information

### (Schleuderball medicine balls)

#### 1. Method of use

- Use the ball solely for the intended purpose.
- The product is a sports article not a toy.
- Unsuitable for children under the age of 3. The product is intended for adults; children can use it only if they supervised by an adult.
- Before starting any workout, consult your physician or an expert, consider your fitness condition.
- When working out, always start with a lighter ball and then gradually increase the load. Do not exceed the weight recommended for your fitness level.
- Do not leave the ball in places where it could cause persons falling or tripping.
- Do not use the ball near roads or other dangerous places.
- Do not sit and stand on the ball.

#### 2. Checking the condition of the ball before use

- Regularly check the ball for damage (signs of wear, cracks, punctures, deformations, ripping seams, etc.).
- Check the loop for damage or other wear and tear. If you detect any damage, do not use the product.

#### 3. Appropriate conditions for safe play

- Use the ball on surfaces suitable for respective sport.
- Use the medicine ball solely on flat, non-slippery surfaces. Avoid uneven or rough surfaces that can damage the ball or increase the risk of an injury.
- Use the product only under suitable climatic and light conditions.
- Follow the respective sport rules.
- Ensure you have sufficient space so that you prevent collisions with persons or objects.
- Do not use the product if you are under the influence of narcotic drugs or psychotropic substances.
- Warm up properly before starting to play.
- Prevent injuries by applying correct playing technique and correct body posture. Always apply firm grip.
- When playing use proper protective equipment and shoes.

#### 4. Care and storage of the ball

- After the play, use a dry cloth to clean the ball of dirt and dampness.
- Medicine balls made of natural leather may not come into contact with water.
- Do not use solvents such as benzene, acetone, etc. to clean the ball.
- Store the ball in a dry place, away of direct sunlight or frost.
- Do not expose the ball to high temperatures or direct source of heat.
- Do not overload the ball with weight.

#### 5. Plastic packaging

- Packaging is not a toy, keep it out of the reach of children.
- Once the packaging is opened, it has to be disposed of safely, ecologically following relevant local regulations.

#### 6. Environmental protection and product disposal

- Do not waste used products in ordinary waste. Ensure environmental protection!
- You can return used balls to selected sellers or send them to our company address for ecological recycling.
- You can also dispose of the product through an approved recycling site, or you can waste it in a local civic amenity site. In case of any doubts, consult a recycling company.

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