

## Ro Óg BalanceBoard Safety:

- Children should be supervised at all times when using the balance board.
- Please ensure the balance board is used in a clear space. Do not use in an area where there are objects that the user might fall onto.
- Do not use the balance board if prone to dizziness.
- Do not use a balance board when you are tired, under the influence of alcohol or other substances.
- Do not use the balance board near swimming pools, ponds, lakes or rivers it is not a flotation device
- Use the board with footwear that provide a grip traction. Make sure footwear are free of dirt, sand, water and other substances that reduce traction.
- Balance boards are intended for use on non-slip surfaces.
- Perform all exercises in a slow controlled motion and always maintain proper technique.
- Do not use the balance board while physically unfit or if it causes pain.



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