General safety information

This instruction manual for the vestibular stability simulator (hereinafter referred to as the simulator) contains safety information and precautions. Please read the relevant information carefully.

The simulator must be operated by a qualified user or a professional.

To avoid fire and electric shock, please follow these instructions:

- Use only the correct power cords: cables and wires must be connected to the device according to the specification and your local standard

- Plug the power cord carefully and correctly: before switching on, make sure that the speed is set to zero on the control panel.

- To prevent fire and electric shock, check the insulation of the power cord: the insulation of the wire must not be damaged.

- Use the appropriate fuse: use a fuse only according to the specification - from 5 to 10 amps.

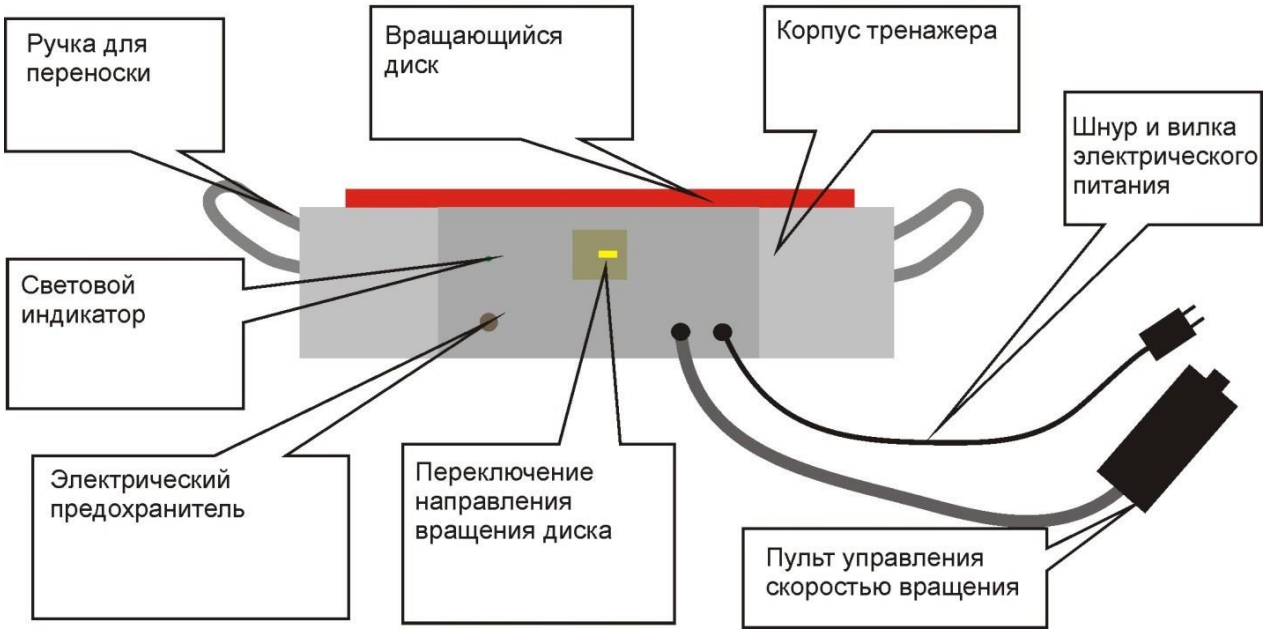
Do not attempt to purposefully block the rotation of the simulator's disc! Do not open the operating device and do not expose the circuits and wires! If the device is not working properly, do not try to operate it!

Basic requirements for operating conditions:
Do not use the device in damp conditions! Do not use the device near flammable or combustible substances!
Keep the device clean and under normal conditions!

The simulator includes:

1. DC rotation motor.
2. Drive pulley on the engine.
3. The bearing platform, connected to the driven pulley.
4. Engine speed control unit.

Схема Тренажера “Модель 2”
Вид сбоку



Picture translation (starting from top left clockwise): carrying handle, rotating disk, simulator body, power cord and plug, rotation speed control panel, switching the direction of rotation of the disc, electrical fuse, light indicator

Information on the training process

The simulator develops the following skills and qualities :

1. Speed of grouping.
2. The tightness of the grouping and its retention.
3. Speed of ungrouping.

4. Control over the flow of rotational movements during the jump. To do this, imitations of rotation in non-ice conditions are used.

5. Training of vestibular stability in complex positions of parts of the body and head.

6. Practice of rotations on two legs, on one leg in various combinations.

Questions about the training process

- What is the weight allowed on the simulator?

- The device was used by people weighing about 100 kg without fear of failure. It's almost impossible to break a simulator with a lot of weight, unless, of course, the extensive effort is applied.

- At what age can a child start to use the simulator?

- First of all, it's not the age, but the degree of preparedness that is important for training on the simulator. In general, the simulator can be used to train children from the age at which they begin to do sports.

- Can the simulator be used for pair rotation?

- Yes. It helps to practice co-rotation skills.

- How to get up on the simulator?

- You need to put one foot so that the toe of the foot is on the rotating platform, and the heel is on the lid of the simulator. Thus, this leg will stand on the fixed lid and keep the rotating platform in place. Then put

the other leg on the rotating platform. And the third step is to transfer the first leg to the rotating platform.

- How to jump off the simulator?

- The easiest option: after stopping the rotation put your foot from the "Spinner" down on the floor in the direction of motion. Then take off your other leg. It is also possible to jump off simultaneously with two legs. In order to avoid injury, we recommend that you practice jumping off the simulator with the Spinner turned off.

- How much and how often do you need to practice on the simulator?

- The answer to this question depends on an individual. Obviously, the more often an athlete practices, the faster the results increase. But during the operation of the simulator it was found out that too frequent practice does not provide stronger effect.
It is optimal to practice once a day or every other day for half an hour or an hour, depending on the preparedness of the athlete.

- Was there any worsening of health during the practice?

- Since the simulator develops a unique skill, pushing the limits of the person's abilities, there may be some deviations in the health state. During practice the coach must constantly ask the athlete about how they feel. At first signs of deterioration of state of health, dizziness, red maculae on arms or hands, or a nausea

it is necessary to stop the practice for a while. If a beginner who is not an athlete wants to start using the simulator, they must first consult with the appropriate medical specialist.

- Can I use loads on my hands and feet during classes?

- Yes. To increase the effectiveness of training, it is allowed to use weights. The athlete can pick up 200-300 grams of bags with a load and practice, as usual.

- Do breaks in the practice on the simulator lead to a loss of skill?

- Yes. Rotation is a type of movement unusual for humans. Therefore, such a skill is not practiced anywhere except on the simulator. Athletes who stopped exercising on the simulator lost their skills and experienced worse results.

- Can I eat before training on the simulator?

- It is undesirable. It is best to practice on the simulator 2 hours after eating.

- What are the requirements for clothes and shoes for training on the simulator?

- Usual sportswear, non-constraining clothes. Shoes should have non-slip soles so it is easier to overcome the centrifugal force that occurs during rotation: legs won't go apart.

- What medical indications should the athlete have for training on the simulator?

- Medical indications allowing to do sports will work as indications for practicing on the simulator.

- For how long can the simulator be operated?

In the training mode, with regular pauses, the simulator can work without limitations.

- What is the simulator's lifetime?

- Long-term operation revealed the strengths and weaknesses of the design. The drive set and case are practically not subject to wear. The service life of the motor is factory-set to 10 years. Most often, the speed controller (control panel) of the simulator breaks down. Therefore, an additional regulator is included in the equipment of the simulator. Also a fuse can often break. It can be easily replaced.