

PUSH-AWAY QUICK-RELEASE



READ CAREFULLY THIS INSTRUCTIONS BEFORE USING YOUR KITE AND KEEP IT STORED FOR FUTURE READING

Using a kite involves inherent risks and can cause severe injuries or, sometimes fatal, accidents if misused. F-ONE therefore strongly recommends to follow kiting lessons in a specialized school before using a kitesurfing kite for the first time. To find your nearest school, please check online on the www.f-onekites.com website under the tab « dealer/schools ». When kitesurfing, you agree to take full responsibility for your own safety and those of others, which includes informing subsequent users/owners of your equipment of the risks and responsibilities involved. Before practicing, make sure that you are properly covered by an insurance for any damage or injuries caused to third parties while practicing kiting sports. Please refer to your national kitesurfing body or federation to get more informations on insurance and responsibilities.

A few safety tips to know and follow: specialized equipment contributes to your own safety but constant care and caution remains the best way to avoid any problem. Please keep in mind that wind and weather can be unpredictable and that no-one can be in full control of the kite all the time.

RULE N°1: YOUR OWN SAFETY.

Never ever tie yourself permanently to a kite without a quick-release device. You should always be able to release the kite from you rapidly in case of emergency (tangled lines, strong gusts of wind, injury...). You should therefore rinse your gear as often as possible and perform regular checks of the wear of your release system and all other components. All F-ONE kitebars are fitted with a quick release enabling you to fully depower your kite and safety leash which can be released to let go the kite completely. You should never attempt to grab a kite by its lines as they can cause severe cuts under tensions. This kite is neither a flying device (such as a paraglider) nor a floating device and should be used as such. You should never go riding alone. It is strongly recommended to practice in the company of other users who could eventually call for assistance or help in case of emergency.

RULE N°2: GET SET UP.

Helmet: it is strongly recommended to wear a helmet to protect you from your board in case of a fall or any other unexpected situations and especially when launching and landing the kite from the ground.

Wetsuit: choose a full-length wetsuit (water T°<19°C) or a shorty (water T°>19°C) depending on the water temperature. Be aware that you will use more energy when you are cold.

Life vest: the life vest can help you with the waterstart and the relaunch of your kite. It might also be welcome when falling hard from your first jumps and will become your new best-mate if you ever have to swim back to the shore.

Harness: your harness must be comfortable but strong as it is the link between you and the kite. Seat or waist harnesses can both be used, however seat harnesses are more appropriate for beginners. Indeed, seat harnesses do not move upward as much when keeping the kite right above you which beginners tend to do more. A few useful accessories for your harness: a line cutter and a loop to attach your board or kite leash.

RULE N° 3: CHOOSE YOUR PRACTICE SPOT

Observe local laws and regulations regarding kitesurf and the usage area.

Choose your spot according to your level: the choice of a good spot is a prerogative for a safe learning. The best spot is not necessarily the spot where you find the most kites. If you just started or if you do not control your kite properly, the best spot is often the least crowded one. The water and wind conditions also vary, advanced kitesurfers often look for strong wind and good waves where beginners should be looking for calm waters and softer winds. When first starting out it is recommended to look for a place with fairly shallow waters.

Choose an obstacle free area: check that the space on your sides and downwind from you is free of obstacle ; no houses, no trees, no cars or jetties. Under no circumstances should you be riding near electrical posts and wires, or near an airfield or even near a harbor.

Wind direction: never ride in strong offshore wind. The wind can die at any moment or a line can break. In offshore wind it is harder to swim back to shore, the wind and the current pushing away from the beach. It is not recommended to ride when the

wind is on-shore especially for beginners as the wind pushes directly onto the beach. This will make your learning harder: you will not be able to do good runs and go up wind, and you will end up on the sand very quickly. This will also be more risky the slightest gust could send you onto the sand and your kite may fall violently onto the sand. Therefore always ride while the wind is side or side-on, this will let you go downwind while keeping a safe position in case of an emergency.

The area down the wind: be cautious and check that there are no obstacles going down wind. You should always consider room for error. Keep in mind that the risk is to go down wind, beginner or not. You are not free from breaking a line, losing your board, or breaking your harness... therefore the beach down the wind should always be accessible. Think that you may have to walk back alongside the beach (check that there are no rocks, cliffs, fences, or jetties blocking your way). If you are just starting out or if you cannot entirely control your kite, be careful as to where you stand on the spot: if the spot is big enough, it is better to stand upwind from other kites to avoid crossing your lines with theirs. It is less tricky for you and them, this will allow you to concentrate on your flying and less on others.

RULE N° 4: CHECK THE WEATHER CONDITIONS.

Check with the local weather forecast, (radio, web, harbor crew). How strong are the winds and from which direction? You must know how the speed of the wind and the direction are going to evolve during the day. You should not ride during stormy weather, the kite may attract lightning! Also check on the tides schedule and the areas for rip currents.

RULE N° 5: RESPECT AND HELP OUT OTHERS.

Put away your material: be careful not to unwind your lines on top of others'. The same applies when you put down your kite, be careful not to do it on top of someone's lines. This can become hazardous if he or she re-launches his or her kite without noticing your lines. If you leave your kite on the beach, to get some rest or just waiting for better conditions, think of rolling up your lines on your bar to clear up the spot. Disconnect the lines from the kite if you are going to live the kite on the beach unattended.

Avoid the kite at the zenith: avoid if possible staying with the kite at the zenith while you are still on the ground, better to take it down in order to get some rest. This could be hazardous for you and the others: you are not safe from a sudden lack of wind or a strong gust that could take you down. On the ground or the beach, falls are harder and they hurt. Your kite at the zenith can also disturb the others from landing and launching their kites.

Help out others: always keep an eye on your surroundings, and pay attention to others. Do not hesitate to help out others launching and landing their kites, or going after a struggling kite-surfer.

Respect the priority on the water: when two kitesurfers are passing each other, the one closer to the wind origin should raise his kite and the kite surfer under the wind should lower his kite to avoid a tangling of the lines. When two kitesurfers are facing each other, the kite surfer riding with the wind coming from starboard (right hand forward) according to the path followed has the priority over the kite surfer who's wind comes from port side (left hand forward). The kitesurfer riding starboard should maintain his or her trajectory and the one riding port side should move further down the wind in order not to cross their paths. Before any jumps or direction changes, make sure there is enough room and that you are not going to cross anyone's path.

Respect bystanders: inform the spectators of the power of the kite and of the potential risk by staying downwind from a kite surfer. Do not lend your equipment to a none kitesurfer.

RULE N° 6: LEARN TO USE YOUR SAFETY SYSTEMS.

Do not fly your kite without a proper safety system allowing you to instantly kill the power of the kite and without a safety leash connecting you to the kite once you have killed the power, this leash should also be releasable in case of an emergency. Frequently check the wear and tear of your safety systems. Do not wait for trouble to learn how to operate your safety systems. Chose a wide open area to practice your release of the kite.

MAINTENANCE

Rinsing your kitebar and quick-release with fresh water is important, make sure you do it after every use. Remember to raise the red handle and rinse the salt and sand underneath. Before riding, make sure that you check the condition of your lines and ropes, they should be clear of any sign of wear or cut, ... All functioning parts of the quick release and kitebar should also be checked regularly for wear and tear. There should be no signs of wear (cracks, bends, change of shape or change of color and aspect on metallic parts)

FUNCTIONING



CONNECTING YOUR LEASH TO THE LIFE LINE



NEVER LAUNCH YOUR KITE BEFORE CONNECTING YOUR LEASH TO THE LIFE LINE

PRESENTATION

The F-ONE quick release is a swinging locker mechanism triggered with a push-away handle. It has been designed for Kitesurf and for riders between 50 kg & 100 kg. It is compatible with the F-ONE kites: Bandit 3/4/5/6 & 7 ; Trust 1 & 2 ; Volt 1 & 2 ; Revolt 3.

HOW TO RELEASE

In case of emergency or when encountering a difficult situation, do not hesitate to trigger your release system which enables to fully depower the kite.

To trigger the release, hold firmly the red handle and push it away from you. It is critical to know your safety systems properly to make sure you can use them effectively in emergency situations. It is therefore recommended to train on how to release and depower the kite very often.

1) STANDARD MODE

Clip the snap hook onto the small buckle of the stainless steel ring at the end of the Life Line. The main ring is where the Life Line should be tied to.

2) « SUICIDE » MODE

CAUTION: THE STANDARD MODE IS THE ONLY MODE WHICH GUARANTEES A COMPLETE DEPOWER OF THE KITE WHEN TRIGGERING THE QUICK-RELEASE.

F-ONE recommends not to use the suicide mode which is made to answer the specific needs of expert riders only.

- Fit the chicken loop inside the main hole of the steel ring.
- Clip the snap hook onto the small buckle of the steel ring.

HOW TO RE-PLUG YOUR QUICK-RELEASE

Before plugging back your quick-release, make sure you are not tangled in the lines. Hold on to the life line and keep it pulled in by a good margin (a few dozens of cm). All other lines should remain slack throughout the process. Never wind your lines around any part of your body. You should also keep an eye on your kite at all time.

- Push the red handle upwards.
- Bring the tip of the chicken loop onto the metallic plate under the swinging locker.
- Swing the locker back to vertical.
- Release the red handle.



HOW TO SET UP YOUR NEW 2014 F-ONE QUICK RELEASE ON YOUR KITEBAR EQUIPPED WITH OLDER F-ONE RELEASE SYSTEMS

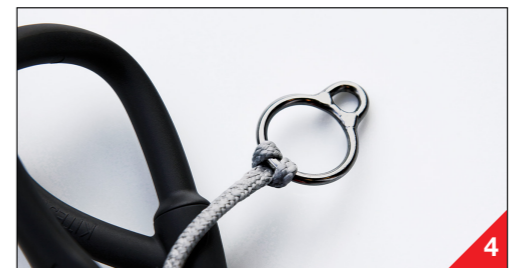
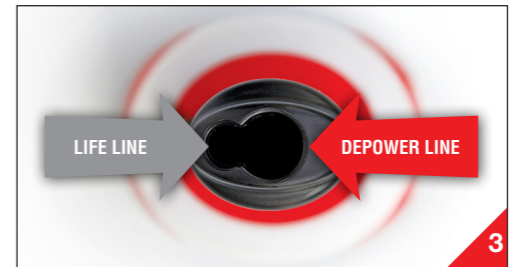
1) DISCONNECT YOUR FORMER RELEASE SYSTEM

- Take away the stainless steel ring on the Life Line and pull the line out of the release system.
- Pull on the black strip located underneath the release system (see picture 1). You might need to use some pliers or a tool to act as a lever.
- Take away the stainless steel pin from the loop at the tip of the Depower Line.
- Pull the depower line out of the release system.



2) SET UP THE LIFE LINE

- Disconnect the Life Line from the swivel (at its top extremity, near its elastic part).
- Attach one side of the extension line to the swivel before connecting the top of the Life Line to the other side of the extension line using Lark's head knots (see picture 2).
- Insert the other extremity of the Life Line into the new quick release's smaller diameter top hole (see picture 3) and run it through until it comes out from the bottom.
- Connect the dedicated stainless steel ring to the Life Line using a Lark's head knot (see picture 4). Make sure that the Life Line still runs through the stainless steel ring located at the top of the depower Trim Line and through the central hole of the kitebar.



3) SET UP THE DEPOWER LINE

- Insert the Depower Line into the top of the new quick-release using the larger diameter hole. Run it through until it comes out from the bottom.
- Run the second extension line through the loop at the bottom tip of the Depower Line. Fit the stainless steel pin into the both loop extremities of the extension line (see picture 3).
- Pull slowly the depower line from the top until the stainless steel pin comes into its housing into the base of the quick-release.

