#### INSTRUCTIONS FOR USE OF THE EXTERNAL PROTECTOR

### 1 Use and purpose of the protector

The external protector is a specialized protection designed to protect the perineal area from mechanical injury, during contact sports. It is designed to provide effective protection while remaining comfortable to wear.

The protector should be used as intended to minimize the risk of injury and trauma. It does not provide 100% protection, but significantly reduces the risk of tissue damage from impact or pressure.

# 2 Putting on and fitting the protector

The outer protector should be worn over sportswear, making sure that it is properly fitted to the wearer's figure.

# Recommendations for donning:

- Make sure the protector is worn correctly and fits snugly to provide adequate protection.
- If the protector has adjustable straps or fasteners, adjust them to your preference to avoid pressure or discomfort.
- After putting it on, check that the protector does not restrict movement or move during activity.

# 3. cleaning and maintenance of the protector

The protector is made of leather, so it should not be washed in a washing machine. To ensure its long-term use, keep it clean and hygienic.

#### Maintenance recommendations:

- Clean the protector by hand only, using a damp cloth.
- If necessary, you can use very light detergents designed for leather care, avoid aggressive cleaners.
- After cleaning, leave to dry in an airy place, avoiding direct sunlight.
- Do not tumble dry or dry on hot radiators.
- Use leather preservatives regularly to keep the leather supple and durable.

### 4 Storage of the protector

Store the protector in a dry and clean place, away from moisture and heat sources. Avoid long-term storage in closed sports bags to prevent the development of unpleasant odors.

### 5 Check the condition of the protector

Regularly check the condition of the protector, paying attention to any damage to the material, straps or seams. Any signs of wear can affect the effectiveness of the protection, so replace the protector with a new one if necessary.

## 6 Warnings

- Do not use the protector in a manner inconsistent with its intended use.
- In case of discomfort or allergic reactions to the material, discontinue use and consult a doctor.
- Before each use, make sure the protector is clean and in good working order.

Remember that proper use and maintenance of the protector affect its effectiveness and durability.