

Version-E180917

ALGE-TIMING

# BSA

## Backstroke Start Aid



# Manual

## Important Information

### General

Before using your **ALGE-TIMING** device read the complete manual carefully. It is part of the device and contains important information about installation, safety and its intended use. This manual cannot cover all conceivable applications. For further information or in case of problems that are mentioned not at all or not sufficiently detailed, please contact your **ALGE-TIMING** representative. You can find contact details on our homepage <https://www.alge-timing.com/>

### Safety

Apart from the information of this manual all general safety and accident prevention regulations of the legislator must be taken into account. The device must only be used by trained persons. The setting-up and installation must only be executed according to the manufacturer's data.

Never adjust the active speaker system to a very high volume. Permanent high volumes may damage your hearing! The human ear will get accustomed to high volumes which do not seem to be that high after some time. Therefore, do not further increase a high volume after getting used to it.

### Intended Use

The device must only be used for its intended applications. Technical modifications and any misuse are prohibited because of the risks involved! **ALGE-TIMING** is not liable for damages that are caused by improper use or incorrect operation.

### Power supply

The stated voltage on the type plate must correspond to voltage of the power source. Check all connections and plugs before usage. Damaged connection wires must be replaced immediately by an authorized electrician. The device must only be connected to an electric supply that has been installed by an electrician according to IEC 60364-1. Never touch the mains plug with wet hands! Never touch live parts!

### Cleaning

Please clean the outside of the device only with a smooth cloth. Detergents can cause damage. Never submerge in water, never open or clean with wet cloth. The cleaning must not be carried out by hose or high-pressure (risk of short circuits or other damage).

### Liability Limitations

All technical information, data and information for installation and operation correspond to the latest status at time of printing and are made in all conscience considering our past experience and knowledge. Information, pictures and description do not entitle to base any claims. The manufacturer is not liable for damage due to failure to observe the manual, improper use, incorrect repairs, technical modifications, use of unauthorized spare parts. Translations are made in all conscience. We assume no liability for translation mistakes, even if the translation is carried out by us or on our behalf.

### Disposal

If a label is placed on the device showing a crossed out dustbin on wheels (see drawing), the European directive 2002/96/EG applies for this device.

Please get informed about the applicable regulations for separate collection of electrical and electronic waste in your country and do not dispose of the old devices as household waste. Correct disposal of old equipment protects the environment and humans against negative consequences!

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## Table of Contents

1	Introduction .....	4
2	Precautions and Warnings .....	4
2.1	Before using the Backstroke Start Aid .....	4
2.2	Using the Backstroke Start Aid .....	4
3	Product Description .....	4
3.1	Use in Competition .....	5
3.2	Installation .....	5
3.3	Use of the Backstroke Start Aid BSA .....	6
3.4	Components Description .....	7
3.5	Storage and Maintenance .....	9



## 1 Introduction

Thank you for purchasing the **ALGE-TIMING** backstroke start aid BSA. This product allows the best starts for backstroke swimming competitions of all levels and categories.

You now have the opportunity to improve your backstroke swimming performance. See for yourself how many milliseconds you can gain at the start.

This device complies with the FINA rules (handbook 2013 – 2017).

Please read this manual carefully before starting to use your backstroke start aid.

## 2 Precautions and Warnings

### 2.1 Before using the Backstroke Start Aid

Always check the unit to verify the full integrity of all the parts. If a single component is broken, gets loose or shows cracks **DO NOT USE** the device.

### 2.2 Using the Backstroke Start Aid

Train long before any competition. Progressively acquire all the skills to control your backstroke start. Before each start, always check that there are no people or obstacles behind you. Consider that with the backstroke start aid your starting jump is much longer than usual.

All the components of this unit are designed with the utmost care to the safety of all the users (no burrs, no sharp edges, etc.) but ultimately the most relevant factor is your own attention.

Never use the backstroke start aid for sports, activities or tasks this product is not designed for. The only proper use of the backstroke start aid is described in this manual. Do not leave this product to unsupervised children.

Do not expose the backstroke start aid to fire or to high temperature sources (e. g. do not lay the product on a radiator to dry it).

To preserve the device, do not use aggressive cleaners or solvents (e. g. Acetone) which could damage the surface of the ABS components.

Should any doubt arise, do not hesitate to address your questions to **ALGE-TIMING**.

## 3 Product Description

The backstroke start aid is fully compatible with all **ALGE-TIMING** starting platforms, sensors and any other brand of starting platforms.

You have received a product fully assembled and ready to use once unpacked. The only adjustment you have to make on your BSA is the height adjustment according to your pool.

Each unit consists of a lower part (which must lean against the end wall of the pool) including a footrest designed to support the swimmer's push at the start and an upper part to hook the assembly to the starting platform.

The upper part also includes a rotating mechanism to set the unit to your own starting position and to your size.

A return spring allows a "one hand" easy adjustment, also for the athlete in water.

The upper handlebar allows to grabbing easily the unit for a quick removal after the start.

### 3.1 Use in Competition

Prior to competitions, all units have to be properly installed as described below. The referees are responsible for verifying the compliance of the installation with the competition rules. Before the start each athlete can adjust the footrest into position.

#### IMPORTANT!

- Always verify that the straps unroll under the rims, at the backside of the device.
- Check the straps being well stretched and the footrest bar staying in horizontal position.
- After the start, the assigned officials (e. g. the inspectors of turns) shall immediately remove the backstroke start aid units from the starting platforms, in order to clear the end walls (or the touch pads) to allow the turns.

The removal process is quick and easy: just grab the upper handlebar, lift the whole unit up and put it aside, on the deck.

Safety rule breaking risk: never put pressure on the backstroke ledge when in a 90° position. Footrest (1) (see 3.3) must always be backed by the end-wall during starting phase. Do not bend this component by applying a perpendicular force.

### 3.2 Installation

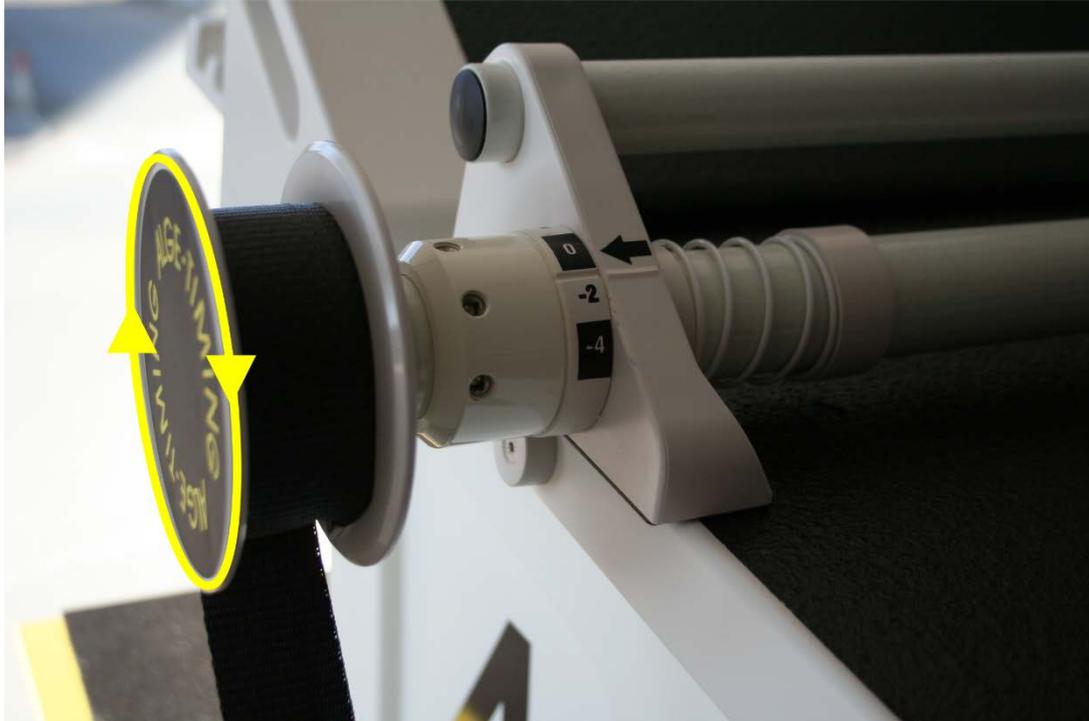
To be able to use the BSA on your SO4, SO5 or on many other starting blocks you have to mount the included round blocking unit into the already prepared holes, as shown on below picture, of the starting block. If your starting block doesn't have these holes you have to drill holes in a distance of 230mm behind the front edge of the starting block. The top of the blocking unit shall not exceed the top surface of the starting block!

See the sketch right below:



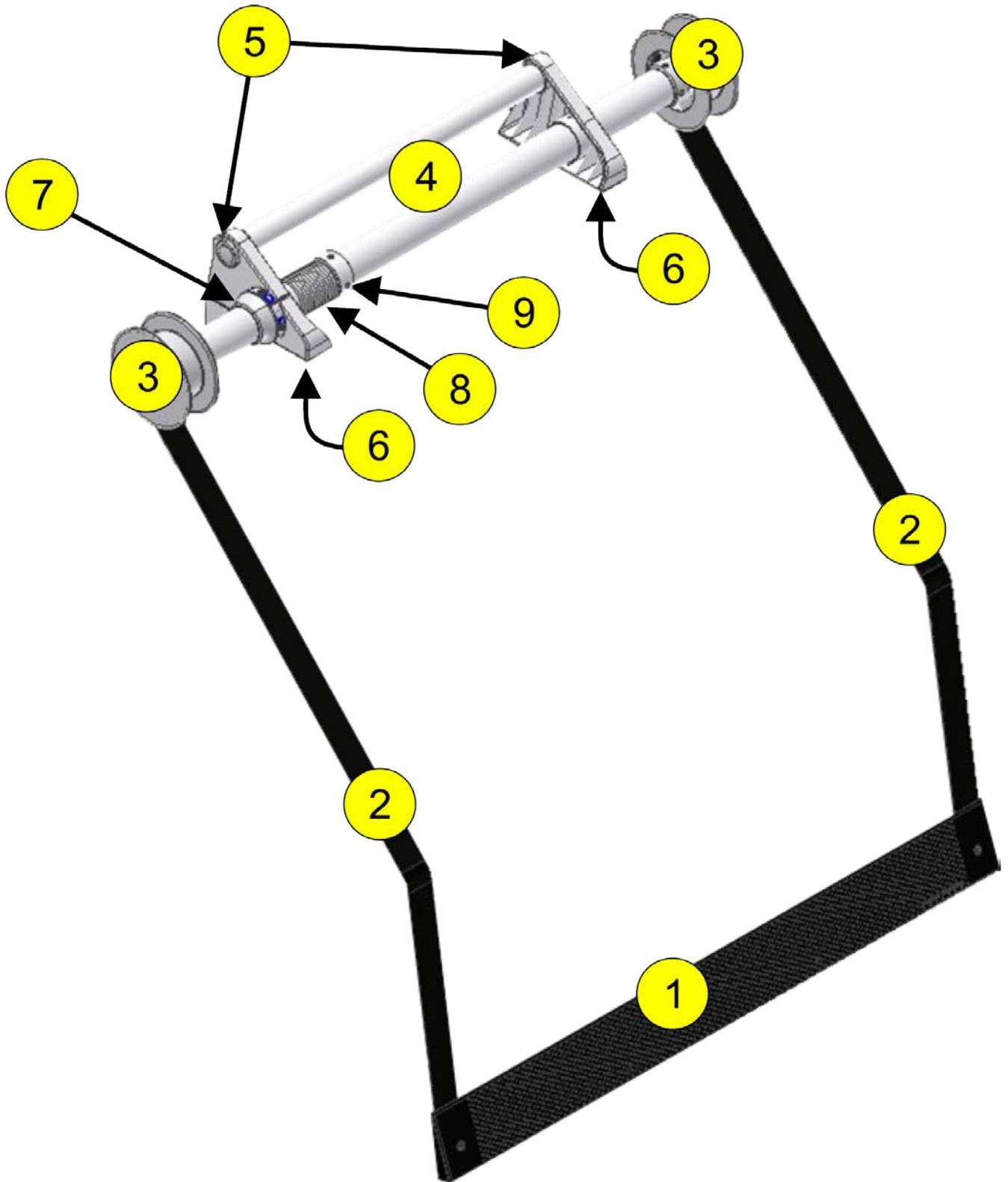
### 3.3 Use of the Backstroke Start Aid BSA

The backstroke start aid has to be set on the starting platform's top, as shown on the picture below.



The footrest should already be set at the water level, if this is not the case proceed as follows: Release the three screws of the adjustment ring (7) (see 3.3) with the provided Hex key, and then unroll downward the footrest. Rewind the straps rotating the rims in the direction as shown on above picture, until the upper edge of the footrest is at the water level. Tighten the screws of the adjustment ring (7) keeping 0 (zero) aligned with the arrow of the support beside. Do not overtighten the screws; the suggested max. torque to avoid breakages is 3 Nm.

### 3.4 Components Description



- (1) Footrest designed to withstand the strong push of a professional athlete's start. This component is an injection-molded piece, made of fiberglass reinforced polypropylene. A high density polymer was selected in order to avoid buoyancy. The dotted surface guarantees the highest antiskid grade.
- (2) Straps manufactured from high tenacity polyester yarns in a woven structure, no spring effect.
- (3) Rims anti-UV, shock resistant ABS molded parts, designed to host the straps when you pack away the unit.
- (4) Bars high strength 30 mm diameter and 40 mm diameter extruded composite pipes, designed to easily handle the unit.
- (5) Supports anti-UV, shock resistant ABS molded parts; include a specific fin to fit on **ALGE-TIMING** starting platforms and also on other 3<sup>rd</sup> company starting platforms. The left support also integrates the engagement of the adjustment ring.
- (6) Two soft PVC pads are glued under the supports, in order to protect the starting platform on which the unit will be installed.
- (7) Adjustment ring material: anti-UV, shock resistant ABS. The numerical scale allows the initial setting of the unit (0 corresponds to water level) and the successive adjustments by the athletes.
- (8) Spring AISI 302 stainless steel wire-spring, corrosion resistant; intended to recall in position the adjustment mechanism.
- (9) Locking ring ABS molded ring, fixed to the 40 mm diameter bar to hold the spring.

### 3.5 Storage and Maintenance

In order to prolong the operating life of your backstroke start aid, rinse the unit with fresh water after each use (remove the chlorinated water of the pool). Before storage, verify that the unit is completely dry.

Periodically check if any oxidation has developed on the stainless steel components (screws, springs). Although made of high quality stainless steel, some traces of rust could appear when exposed to aggressive environments (e. g. salted water). If necessary, clean gently: soapy water or mild detergents are usually safe and successful.

Apply the same care for the ABS components, to preserve the original color and appearance. A damp cloth or chamois leather will usually be suitable for clean and dry.

Do not store the unit under heavy objects which may deform the plastic components. After a severe impact or drop, check if the unit is damaged and, in case of any doubt, do not take the risk of using it.

Always avoid aggressive cleaners as hypochlorite bleaches, chloride-containing cleansers, 95° alcohol, acetone and any other solvents or unsuitable chemical substances.

Subject to changes

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