

Adjusting Elastic Length



Adjust elastic through gap in clip to desired length.



Wrap the end of the elastic around the clip evenly from left to right...



Leaving the main working length of the elastic in the middle, so it is balanced. And lock the clip.



Pass the clip through the gap at the back of the cap from inside to out.



Put the cap on and pull the elastic until the clip holds firmly.



With the clip secured around the forehead, having the ball sit around waist level is good for most people.



Alternatively, if you hold the clip in your hand with the arm extended horizontally, the ball should reach the side of your neck without stretching the elastic.