



Owner's Manual

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Introduction

Dear GOODE Skier,

Congratulations on your recent purchase of the **GOODE PowerVest™ System**. When properly fitted and used, the *PowerVest™ System* is designed to reduce load forces placed on your upperbody and back during water skiing. It can also increase your pulling strength and leverage behind the boat, so you can ski "stronger".

There are four "corner-stones" for becoming a proficient competitive water skier; excellent *Technique, Physical Strength, Mental Toughness and Equipment*. Over the years, I have concentrated on building water skis and boots that will give skiers an equipment advantage. Now, the **GOODE PowerVest™ System** can help you with the *Physical Strength* "corner-stone".

During the **GOODE PowerPull™ Challenge** at the 2008 **GOODE Water Ski National Championships**, skiers averaged a 20% increase in their pulling power while also increasing their endurance by a factor of four (4X).

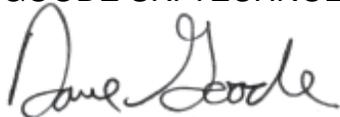
Once you have achieved your *Personal Best*, whether it is in a sanctioned tournament or practice, go to our web site at **www.goode.com** and enter the requested information. I encourage you to share this accomplishment with all of our web visitors.

We appreciate customer feedback. If you have any questions or are seeking customer support, feel free to call me or my staff.

To learn more about GOODE Ski Technologies and to keep up with our latest innovative products, visit our website at **www.goode.com** where I encourage you to join our email newsletter list.

Thank you for choosing GOODE!

Sincerely,
GOODE SKI TECHNOLOGIES



Dave Goode
Founder/President

Overview

In 2007, I participated in several “Big Dawg” events and was impressed how the top competitors are so physically “strong”. At one event, the Diablo Shores Pro/Am, I found myself the fourth seed in the head-to-head round of 8. I went out and beat my opponent and when coming back to the dock I was told, “Dave, guess what? You are up again, right now!”. I was so physically fatigued that I did not make my next opening pass.

When I returned home after that event, I was feeling a bit tired, but good. I woke up the next morning still feeling good and then, about 15 minutes later, I was on the kitchen floor with my back in muscle spasms! I have heard many firsthand stories of skiers suffering from sore backs but had never really had back problems before in my life.

Over the next 6 months, I read everything I could on backs and back rehabilitation. During that time, I could not bend over to tie my shoes! Three MRI’s and \$3,500.00 later, I realized that if I wanted to continue to ski I would have to reduce the repetitive load on my upper body and back.



I then began to analyze the forces of water skiing and how they relate to your body. In order to exert pressure to your ski, a skier must hold on to the rope handle and transfer load forces in excess of 600 lbs. through the fingers, to the wrist, to the elbow, to the shoulder, down through the entire back, to the hips, to the knees, to the ankles, to the boots and finally to your ski.

I knew that there was a better way to get pressure to your ski and be able to reduce the load forces to the upper body and back - I am pleased to introduce the **GOODE PowerVest™** System.

US and Foreign Patents Pending - DO NOT COPY

System Features

The **GOODE** PowerVest™ System features PowerGrip™ Gloves, Arm Guards, Power-Straps, a Load Distribution Panel which is attached to the Power Waist-Belt and a Vest to hold everything together and provide floatation. The PowerVest™ reduces load to your back in a similar fashion to that of a hiking backpack. You want to carry the load (or weight) on your hips, not your upper body and back.



The various components of the PowerVest™ are shown in the following photos.

To transfer pressure to your ski, when using the PowerVest™, the PowerGrip™ Gloves grasp the ski handle with an over center leverage strap device that is similarly used by Olympic



gymnasts on the high-bar. The load force then travels up the PowerStraps, which attach to the gloves at the wrist, and then run under the arm and attach to the top of the Load Distribution Panel. The Load Distribution Panel fits inside of an internal padded pouch and covers most of the PowerVest™ back area. The bottom of the Load Distribution Panel is attached to the PowerWaist Belt which is fastened around your hips. When the PowerVest™ is in use, it transfers most all of the skiing force loads from the ski handle directly to your hips.



PowerVest™ Terminology

PowerVest System - The **GOODE** PowerVest™ System includes PowerGrip™ Gloves, Arm Guards, Power-Straps, a Load Distribution Panel which is attached to the Power Waist-Belt and a Vest to hold everything together and provide flotation.

PowerVest - The Vest is designed to hold all PowerVest™ components together and provide some flotation. It is NOT a LIFE JACKET. This PowerVest™ System is NOT approved by U.S. Coast Guard, Canadian Department of Transport, or any other agency making official approvals of flotation devices. This PowerVest™ device CANNOT be considered a safety vest or life preserver. This device should NOT be worn by anyone who cannot swim. The buoyancy factor and its distribution in the jacket are not sufficient to float a conscious or unconscious person in a “face out of the water position”.

Power-Waistbelt - The Power-Waistbelt connects to the lower portion of the Load Distribution Panel with three stainless screws and fasteners. The skier then fastens the Power-Waistbelt around their waist so that it sits on their hips. The Power-Waistbelt transfers the skiing load forces from the Load Distribution Panel to the skier's hips.

Load Distribution Panel (LDP) - The LDP connects the Power-Waistbelt to the Power-Straps and runs the full length of the PowerVest™. It is constructed of a PVC material and is heat molded into a contour, for a fit across the skier's back. LDP come in various lengths and are marked on the inside lower portion of the panel. Standard lengths are 15, 16, 17, 18, 19, 20, 21, and 22. This number relates to the length of the skier's torso, when measured in inches, from their upper-buttocks to the center of their shoulder joint (see sizing chart). The LDP is intentionally kept straight (non-contoured) as it can see load forces up to 600+ lbs. When the PowerVest™ is first put on, a skier will feel how straight it holds them upright. The LDP has slotted holes near its top which receive the upper ends of the Power-Straps.

Power-Straps - The Power-Straps connect the PowerGrip™ Gloves to the Load Distribution Panel. They are made of a 1" polypropylene webbing that is UL approved for over 800 lbs of breaking strength. The length of the Power-Straps can be adjusted, by using the Slide Bars, for a variety of skiers and skiing styles. The longer the length of the Power-Straps, the more physical work the skier does, the shorter the length of the Power-Straps, the more work the PowerVest™ does for the skier. A typical adjustment is for the PowerVest™ to do 70% of the work and the skier 30%. When skiing with the PowerVest™ the Power-Straps should ALWAYS be covered with Arm Guards or a long sleeve rash guard. NEVER ski with the Power-Straps exposed.

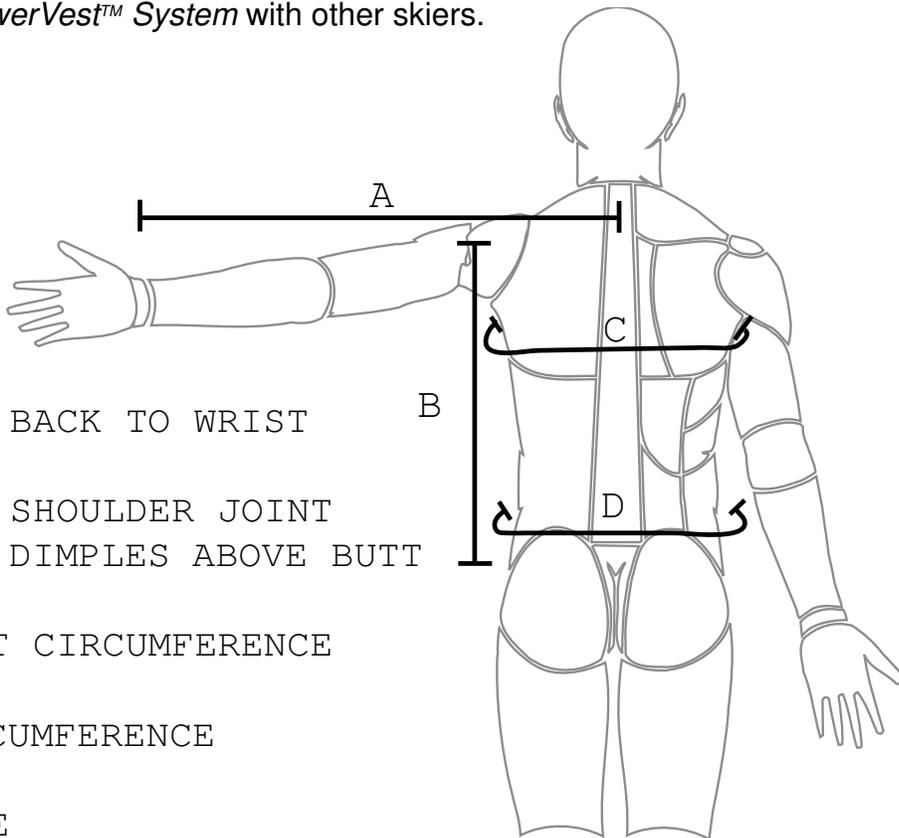
PowerGrip Gloves - The PowerGrip™ Gloves grasp the ski handle with an over center leverage strap device that is similarly used by Olympic gymnasts on the high-bar. The PowerGrip™ Gloves attach to the Power-Straps.

PowerVest Arm Guards - The Arm Guards are neoprene sleeves that cover the Power-Straps while skiing. NEVER ski with the Power-Straps exposed.

Slide Bars - The Slide Bars attach to the Power-Straps and allow their length to be adjusted.

System Sizing

It is important that the **GOODE PowerVest™ System** be properly sized for each skier. An improperly sized or fitted *PowerVest™ System* can cause excessive load forces to be placed on parts of the skier's body, which can cause injury. For this reason, it is not recommended that skiers share the same *PowerVest™ System* with other skiers.



MEASUREMENTS :

- _____ A. CENTER OF BACK TO WRIST
- _____ B. CENTER OF SHOULDER JOINT TO DIMPLES ABOVE BUTT
- _____ C. CHEST/BUST CIRCUMFERENCE
- _____ D. WAIST CIRCUMFERENCE
- _____ E. GLOVE SIZE

MEASUREMENT A: This measurement helps determine the length of the Power-Straps. Since the Power-Straps are adjustable, this only needs to be an approximate number, +/- 2 inches in length.

MEASUREMENT B: This measurement is the most difficult measurement to take, and is also the most important. The center of the shoulder joint is quite easy to find with the arms extended outward as shown above. The dimples above the butt (historically known as the “dimples of Venus”) are the two dimples in most everyone’s back where the sacrum joins the hipbones, called the sacroiliac joint. This measurement number determines the length of the Load Distribution Panel (LDP). If this measurement is 18 inches in length, then a #18 LDP will be supplied.

MEASUREMENT C: This measurement is the circumference of the skier's chest.

MEASUREMENT D: This measurement is the circumference of the skier's waist.

MEASUREMENT E: Gloves are size in uni-sex sizing, XXS, XS, S, M, L, XL, XL, XXL.

A *PowerVest™* will carry a size code similar to: **L-L-18-XL**. The first letter is the Vest size, the second letter is the Power-Waistbelt size, the third is a number that corresponds to the LDP length and the fourth is the *PowerGrip™ Gloves* sizing.

Using the PowerVest™

FIRST TIME USE:

First time use of the **GOODE** PowerVest™ System requires that you determine the correct height of the Power-Waistbelt and the correct length of the Power-Straps.

1. Place your arms in the *PowerVest™ System* like a normal ski vest. (Keep it unzipped.)
2. Put the Power-Waistbelt around your waist. The padded portion of the Power-Waistbelt does not need to totally wrap around your waist (in some cases it will actually overlap). The important part of the Power-Waistbelt is the positioning on your hips. **The proper position of the Power-Straps, as they come around from the top of the Load Distribution Panel, is just under your shoulder joint.** The higher the Power-Waistbelt is around your waist, the higher the Load Distribution Panel (LDP) and since the Power-Straps attach to the top of the LDP, this makes for higher Power-Straps. The lower the Power-Waistbelt is around your waist, the lower the Load Distribution Panel (LDP) and therefore lower Power-Straps.
3. Once the Power-Waistbelt is fastened in the correct position, zip and buckle your vest. Adjust the 2 vest buckles to remove any slack in the vest's webbing.
4. Put on both *PowerGrip™ Gloves*.
5. Adjust the lengths of the Power-Straps by using the Slide Bars. The longer the length of the Power-Straps, the more physical work the skier does. The shorter the length of the Power-Straps, the more work the *PowerVest™* does. A typical adjustment is for the *PowerVest™* to do 70% of the work and the skier 30%. It is recommended that the Power-Straps be adjusted on the longside for the first few sets.
6. Put on the Arm Guards or a long sleeve rash guard by sliding them over your gloves. When skiing with the *PowerVest™*, the Power-Straps should ALWAYS be covered with Arm Guards or a long sleeve rash guard. NEVER ski with the Power-Straps exposed.

NORMAL USE (Not first time):

1. Place your arms in the *PowerVest™ System* like a normal ski vest. (Keep it unzipped.)
2. Put the Power-Waistbelt around your waist, resting on your hips, in the predetermined location.
3. With the Power-Waistbelt fastened in the correct position, zip and buckle your vest. Adjust the 2 vest buckles to remove any slack in the vest's webbing.
4. Put on both *PowerGrip™ Gloves*.
5. Put on the Arm Guards or a long sleeve rash guard by sliding them over your gloves. When skiing with the *PowerVest™*, the Power-Straps should ALWAYS be covered with Arm Guards or a long sleeve rash guard. NEVER ski with the Power-Straps exposed.

Care of the PowerVest™

STEP 1: Normal Care

The **GOODE** PowerVest™ is manufactured using a heat moldable Lycra backed memory foam. Avoid excessive heat. (such as on a car's seat with the windows rolled up in the middle of summer.)

STEP 2: Cleaning

Hand wash with a mild soap. Rinse with clean water. Allow to air dry.

STEP 3: Storing

Store the PowerVest™ in a cool, dry place.

STEP 4: Repairing

Regularly check for wear and tear. It is possible that the Power-Straps may become worn and may need to be replaced.

Warnings

The **GOODE** PowerVest™ is NOT a LIFE JACKET
HIGH PERFORMANCE: FOR USE BY EXPERIENCED SKIERS ONLY
USE ONLY WITH AN EXTERNAL RASH GUARD or ARM GUARDS
READ OWNER'S MANUAL BEFORE USE



Use of this product and participation in the sport involves inherent risks of injury or death. Even if properly used, the PowerVest™ may create greater force on your body which can cause injury. The PowerVest™ can create more power and speed across the water which will produce a greater impact with the water during a fall, which means increased risk of injury. To reduce these risks: 1) The PowerVest™ should be properly used. 2) Wear an external rash guard or arm guards. 3) The PowerVest™ must not be used by others for whom it was not properly fitted.

This PowerVest™ is NOT approved by U.S. Coast Guard, Canadian Department of Transport, or any other agency making official approvals of flotation devices. NO EXPRESS OR IMPLIED WARRANTIES ARE MADE CONCERNING ITS USE OR MERCHANTABILITY.

This PowerVest™ device CANNOT be considered a safety vest or life preserver. It should be worn ONLY by experienced tournament participants engaged in competitive events sanctioned by American Water Ski Association, Canadian Water Ski Association or similar organizations and only events where safety factors such as patrol boats and pickup boats are actively involved and tournament participants are under constant observation.

This device should NOT be worn by anyone who cannot swim. The buoyancy factor and its distribution in the jacket are not sufficient to float a conscious or unconscious person in a "face out of the water position".

Before each use, the wearer should have this device examined and approved by the tournament official responsible for equipment inspection. However, even in such sanctioned tournaments, injury or drowning could occur while wearing this device. This device must NOT be worn by tournament participants or others under any other circumstances or conditions than those above described.

For the purposes of compliance with applicable California statutes, manufacturer certifies that this vest is a water-ski and wakeboard wetsuit garment.

Warranty

The **GOODE** *PowerVest™* carries a limited warranty for one year from the date of purchase. GOODE will replace (at GOODE's option) the *PowerVest™* if found to be defective as to workmanship or material. This warranty does not extend to damage resulting from misuse, neglect or abuse, normal wear and tear, accident, or exterior appearance, color, or breakage.

This limited warranty extends only to the original consumer who purchased a new *PowerVest™* factory-direct or from an Authorized GOODE Dealer.

In no event shall GOODE be liable for incidental or consequential damages. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation exclusions may not apply. All implied warranties or merchantability or otherwise are limited in duration to one year following the date of purchase.

If a defect arises in the *PowerVest™* within the limited warranty period, the user should promptly call GOODE for Return Authorization. GOODE will not be responsible for any costs, such as, but not limited to handling, shipping or insurance. If a *PowerVest™* is replaced, the replacement product is covered only for the remainder of the original limited warranty period dating from the purchase of the original *PowerVest™*. Furthermore, if a *PowerVest™* needs to be replaced and is a discontinued model, it will be replaced with a *PowerVest™* of comparative performance. Please allow 2 to 3 weeks for completion of repairs or replacement and return of the product. This limited warranty gives the owner specific legal rights and possibly other rights which vary from state to state.

Warranty Procedure

Warranty service is very important to everyone concerned. Therefore, GOODE asks that the following procedures be complied with to ensure efficient service or replacement. **No returns will be accepted without prior Return Authorization from GOODE.** Compliance with these procedures will ensure the quickest possible resolution of the warranty claim.

A Return Authorization number (RA#) may be requested by emailing goode@goode.com or calling GOODE factory-direct customer service at **801-621-2300**. Be prepared to provide the following information:

1. Your name, shipping address, email address and daytime phone number.
2. Date and place of purchase.
3. A brief description of the damage.
4. **Be sure to record the Return Authorization number which is assigned to the warranty.**

To Return Warranty a *PowerVest™* Under Warranty

1. Package the *PowerVest™* carefully to prevent further damage.
2. Write the **RETURN AUTHORIZATION NUMBER (RA#)** clearly on the outside of the carton being returned.
NO *PowerVest™* will be accepted without a proper RA#.
3. Ship the *PowerVest™* **FREIGHT PREPAID** to:
GOODE Ski Technologies
2450 Wall Avenue
Ogden, UT 84401 USA
ATTN: *PowerVest™* Customer Service
4. Record your shipper tracking (FedEx, UPS, DHL) number. This number will help track the shipment if it does not arrive at GOODE Ski Technologies. NOTE: GOODE is not responsible for packages that arrive damaged. You will be responsible for filing a claim with your shipper. We recommend insuring all shipments.

WaterSports Safety Code*

Watersports are fun and challenging but involve inherent risks of injury or death. To increase your enjoyment of the sport and to reduce your risks, use good judgment and common sense and follow these rules:

Before You Start:

- Familiarize yourself with all applicable federal, state and local laws. It is your responsibility to familiarize yourself with the proper use of the equipment and the risks inherent in the sport.
- Know the waterways.
- Always have a person other than the boat driver as an observer.
- Skier/rider, observer and driver must agree on hand signals.
- Never start out until skier/rider signals he/she is ready. Observer and skier/rider should maintain constant eye contact.

Your Equipment and Your Tow Rope:

- Inspect all equipment prior to use. Check bindings, fins, tube and attachment point, and flotation device prior to each use. Do not use if damaged.
- Always wear a U.S. Coast Guard Type III (PFD) vest.
- Rope should be attached to the watercraft in an approved fashion with hardware designed for towing. Refer to your watercraft manual for instructions on proper tow rope attachment.
- Tow ropes stretch during use. If a rope breaks or is suddenly released, it can snap back into the watercraft. Warn all riders, skiers and occupants of the danger of rope recoil.
- Inspect tow rope and its attachments before using. Do not use tow rope if frayed, knotted or damaged. Replace when signs of excessive deterioration are indicated by discoloration, broken filaments, unraveling or other obvious signs of wear on the rope or hardware.
- Use proper tow rope for the activity.
- Ensure tow rope is clear of all body parts prior to starting out or during use.
- Keep persons and ropes away from propeller when engine is running even in neutral. Should rope become entangled in propeller, SHUT OFF ENGINE AND REMOVE IGNITION KEY BEFORE RETRIEVING ROPE.

When You Ski or Ride:

- Attempting land or dock starts can increase the risk of injury or death.
- Before starting always remove any slack in the rope between watercraft and skier/ rider. Sudden shock loads may cause injury to skier/rider or failure of rope, resulting in snap-back or breakage.
- Do not ski or ride in shallow water, near shore, pilings, docks, rafts, swimmers, other boats or other obstacles. Such obstacles are examples of risks that are inherent in the sport.
- The driver and skier/rider must watch for and be able to stop or turn to avoid obstacles.
- Falling and the injuries that may result are inherent risks in the sport.
- Always ski or ride in control and at speeds appropriate for your ability. Ski or ride within your limits. Follow instructions on product for proper speed limits.
- Do not ski or ride over ramps or jumps without prior instruction.
- Use a flag to signal others that a skier or rider is in the water.
- Do not operate watercraft, ski or ride under the influence of alcohol or drugs.

THE WARNINGS AND PRACTICES SET FORTH ABOVE IN THE WATERSPORTS SAFETY CODE REPRESENT SOME COMMON RISKS ENCOUNTERED BY USERS. THE CODE DOES NOT PURPORT TO COVER ALL INSTANCES OF RISK OR DANGER. PLEASE USE COMMON SENSE AND GOOD JUDGMENT.

*Source: WaterSports Industries of America



GOODE[®]

— *CARBON INNOVATION* —