

Donning the Cross-Over Aerobatic Harness



WARNING

A HARNESS THAT IS IMPROPERLY ADJUSTED FOR THE PERSON USING IT CAN AFFECT THE SAFETY AND COMFORT OF THE PARACHUTE SYSTEM.

IMPROPER USE OR NEGLIGENT CARE OF THIS EQUIPMENT CAN CAUSE SERIOUS INJURY OR DEATH.

Put the harness on your shoulders as you would a jacket. Be sure not to put any twists in the harness webbing as you connect the straps. Thread the chest strap through the buckle (circled in first picture).



Bring a leg strap around your leg.



Thread the leg strap through the harness loop that is located at your hip.



Bring the leg strap across the front of your torso and attach it to the snap on the opposite side.



Attach the other leg strap the same way. Tighten the chest and leg straps so the harness, at the shoulders, cannot slide off your shoulders.