





# BalancePlus LiteSpeed


## Instructions for Replacing an RS Sleeve


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Remove and retain the two half base plates
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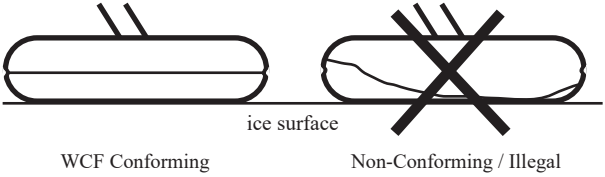
Remove (and retain) the foam by lifting from the centre
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Open flap on new RS Sleeve
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Bend foam and insert both ends into new RS Sleeve
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Flatten foam to fill sleeve
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Adjust seam as required to fit into the perimeter groove in the foam to ensure WCF compliance



The diagram shows two cross-sections of a curling stone on an ice surface. The left one, labeled 'WCF Conforming', shows a seam that fits into a groove in the ice. The right one, labeled 'Non-Conforming / Illegal', shows a seam that does not fit into a groove and is crossed out with a large 'X'.
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Install small end of half baseplates (flat side down) into foam pocket between foam and sleeve
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Flatten baseplates to tighten fabric

For more information on RS components please visit [balanceplus.com/rshelp](http://balanceplus.com/rshelp)