

# OVERBOUND EYESIGHT TRAINER

## Usage Instructions

You have purchased or otherwise obtained an Overbound Eyesight Trainer, a visual skills training tool that provides selective vision obstruction for the purpose of training your eyes in a manner defined by your chosen method of training. The Eyesight Trainer contains fully opaque shields that block central vision and various other parts of vision and prevent you from seeing in a usual manner while using the product. Important safety guidelines are included in the Usage Instructions below. **Please read the full content of these Usage Instructions before using the product for the first time.**

## PARTS AND LENSES



Shield 1: Central vision obstruction

Shield 2: Central vision and near peripheral vision obstruction

Shield 3: Central vision and near and mid peripheral vision obstruction

Shield L: Central vision and near and mid peripheral vision obstruction for the left eye only

Shield R: Central vision and near and mid peripheral vision obstruction for the right eye only

Terms “Shield” and “Lens” are being used as synonyms and represent the vision obstruction part of the Eyesight Trainer.

### **SWAPPING THE SHIELDS**

The trainer comes with shield #2 inserted into the frame. While holding the frame, gently pull the shield down or peel it off starting on one end and ending on the other. Do not try to wiggle the shield out of the frame. When inserting a new shield into the frame, find the right spot and gently push the shield in. The shield tabs will guide you.

### **ATTACHING A HEAD STRAP** (head strap is available in some versions of the Eyesight Trainer)

For outdoor training, or for the use by younger students, take advantage of an adjustable head strap that can be clipped on and off as needed. The head strap clips are made to fit quite tightly into the holes in the arms of the frame. Align the two well, then push the clip in. Adjust the length of the head strap by pulling on the adjuster.

### **USING THE CLARITY TRAINER**

- 1) Select the shield for your training
- 2) Insert the shield into the frame
- 3) Put the Trainer on in the same manner you would wear any eye glasses
- 4) Look into the shield, do not peek through the sides
- 5) Perform the techniques as instructed by your therapist, coach or vision teacher.  
Otherwise, follow the instructions provided in your selected training program

The length of wear is directed by your chosen method of training, the technique practiced and the ability of your visual system.

### **CARING FOR YOUR TRAINER**

While the Trainer is made of high quality and durable material, it requires basic maintenance in order to ensure long term service to your training.

- Keep your trainer organized in the provided case. It protects the frame and the lenses while not in use, and ensures no part gets lost.
- If the Trainer gets dirty, wipe it with damp cloth. Clean heavy dirt with soap. Do not push on the magnets when cleaning the shields.

- If you feel like the frame is just a bit tight on your temples, place the frame over the zipped up case for a few days or between practices. The frame will loosen itself for a more comfortable wear.

For training programs that leverage the Overbound Eyesight Trainer visit [overboundeyesight.com/programs](https://overboundeyesight.com/programs)

For questions, please contact the Company at [connect@overboundathletics.com](mailto:connect@overboundathletics.com)

The Overbound Eyesight Trainer is protected by US patent #11918538B1. International Patents are pending.

### **TERMS OF USAGE: SAFETY INSTRUCTIONS & RELEASE OF LIABILITY**

The full version of our safety guidelines and the waiver and release of liability terms are published at <https://www.overboundeyesight.com/safety-liability>. Please review them carefully before using Overbound Eyesight Trainer

**GENERAL INTENT:** You have purchased or otherwise obtained an Overbound Eyesight Trainer, a visual skills development tool that provides selective vision obstruction for the purpose of training your eyes to act in a desired way. The Eyesight Trainer contains fully opaque shields that block central vision and various other parts of vision and prevent you from seeing in a usual manner while using the product. Do not use this Product while performing regular daily activities such as driving, walking, etc. Only use this Product for eyesight development and improvement Practice as recommended through Overbound Training Programs or methods suitable for the purpose. By using the Product in any way, you confirm that you have read, understood and agreed to abide by these safety guidelines.

**PRACTICE AREA:** By the nature of this device, a portion or the majority of your vision field is blocked. Review your Practice Area before you start to prevent tripping, falling, or other injury. Practice on a flat surface. Be especially cautious of uneven lawns or sidewalks, holes. Choose a Practice Area that is free of traffic and people. Never practice on the road or close to a road, as the Product may disorient you.

**PRACTICE TECHNIQUES:** Use the Eyesight Trainer only for the purpose of developing your vision in a way compatible with its purpose. Never perform usual daily activities while using the Product. Never drive a car or any other vehicle, do not use a bicycle, do not use a lawn mower, or any other device that requires your full visual ability. If in doubt, please contact Overbound LLC (“**the Company**”) at [connect@overboundathletics.com](mailto:connect@overboundathletics.com) for guidance and wait for a response to your specific question before using the Eyesight Trainer. For the purpose of these Safety Guidelines, an auto-generated response is not considered to be a response from the Company.

**PHYSICAL DIFFICULTIES:** If any of the practices causes you any physical difficulty, stop the practice immediately. In case of dizziness, sit down immediately, remove the Eyesight Trainer and only continue once your physical state normalizes and you feel comfortable. If needed, please seek medical help.

**JUDGMENT OF PERSONAL ABILITY:** Know that Practice in accordance with these Safety Guidelines will limit the possibility of injury. However, the Company cannot guarantee that injury will not happen to you and it is up to you to judge your physical abilities and adjust the practice accordingly or choose not to perform a practice.

**RELEASE OF LIABILITY:** By using Overbound Eyesight Trainer and engaging in the Practice, you also agree with the terms of the following “Waver and Release of Liability”. Your usage of Overbound Eyesight Trainer or further Practice stands in lieu of your signature.

Waver and Release of Liability

“In consideration of the risk of injury that exists in the Practice of the Overbound Training Program or other use of Overbound Eyesight Trainer (hereinafter the “Activity”); and

In consideration of my desire to participate in the Activity and being given the right to participate in the same;

I hereby, for myself, my heirs, executors, administrators, assigns, or personal representatives (hereinafter collectively, “Releasor”, “I” or “me”, which terms shall also include Releasor’s parent(s) or guardian(s) if Releasor is under 18 years of age), knowingly and voluntarily enter into this WAIVER AND RELEASE OF LIABILITY and hereby waive any and all rights, claims or causes of action of any kind arising out of my participation in the Activity; and

I hereby release and forever discharge OVERBOUND LLC, a limited liability company operating under a license from the state of Ohio, USA, their affiliates, managers, members, agents, attorneys, staff, volunteers, heirs, representatives, predecessors, successors and assigns (collectively “Releasees”), from liability for any physical or physiological injury that I may suffer as a result of my participation in the aforementioned Activity.

I am voluntarily participating in the aforementioned activity and I am participating in the activity entirely at my own risk. I am aware of the risks associated with participating in this activity, which may include but are not limited to : physical or psychological injury, pain, suffering, illness, blindness, disfigurement, temporary or permanent disability (including paralysis), economic and emotional loss, and deaths. I understand that these injuries or outcomes may arise from my own or others’ negligence, conditions at the Activity location or Practice Area, from conditions and behavior of the equipment used to perform the activity. Nonetheless, I assume all related risks, both known and unknown to me, of my participation in this activity.

I further agree to indemnify, defend and hold harmless the releasees against any and all claims, suits and actions of any kind whatsoever for liability, damages, compensation or otherwise brought by me or anyone on my behalf, including attorney's fees and any related costs.

I hereby acknowledge that I have carefully read this waiver and release and fully understand that it is a release of liability. I expressly agree to release and discharge Overbound LLC and all of its Releasees, from any and all claims or causes of action and I agree to voluntarily give up or waive any right that I otherwise have to bring a legal action against OVERBOUND LLC for personal injury or property damage.

To the extent that statute or case law does not prohibit Releases for ordinary negligence, this release is also for such negligence on the part of OVERBOUND LLC, its agents, and employees.

I agree that this release shall be governed for all purposes by the law of the state of Ohio.

This waiver and release of liability shall remain in effect for as long as I use or otherwise engage with Overbound Eyesight Trainer.

This agreement was entered into at arm's length without duress or coercion, and is to be interpreted as an agreement between two parties of equal bargaining strength. Both I, and OVERBOUND LLC agree that this agreement is clear and unambiguous as to its terms, and that no other evidence shall be used or admitted to alter or explain the terms of this agreement, but that it will be interpreted based on the language in accordance with the purposes for which it is entered into.

In the event that any provision contained within this Waiver and Release of Liability shall be deemed to be severable or invalid, or if any term, condition, phrase or portion of this agreement shall be determined to be unlawful or otherwise unenforceable, the remainder of this agreement shall remain in full force and effect. If a court should find any provision of this agreement to be invalid or unenforceable, but that by limiting set provision it would become valid and enforceable, then set provision shall be deemed to be written, construed and enforced as so limited."

For updates visit [overboundeyesight.com/safety-liability](https://overboundeyesight.com/safety-liability)

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