



Thank you for choosing Crafty Squid for your hula hoop needs!

Hooping is my passion and I have included some instructions below to keep you hooping for many years to come.

Assembly

When you first receive your hoop, remove all packaging. Hoops must be coiled down to fit in the mail, but should be stored in the full size to retain shape.

Traditional Hoop

1. Uncoil the hoop and open to its full size.
2. Find the connector piece. The tube has been expanded enough to wedge the connector inside.
3. Heat the open end of tube slightly so that you can insert the exposed connector. A hair dryer will make the plastic easier to work with. Insert the connector end into the open end all the way to make a tight seal.
4. If the hoop is out of shape, hold it in front of you and squeeze the sides together, going around the hoop from all sides until it looks perfectly round. A little heat (laying it out in the sun) can change the shape as well.
5. For maximum safety while hooping, you may wish to wrap a strip of electrical tape twice around the seam where you inserted the connector. This will ensure that the hoop won't open during use.

Taking Care of Your Crafty Squid Hula Hoop

1. To protect tape or fabric from peeling, try not to hoop on gravel, concrete, bricks, or other hard surfaces. The softest hooping places are in grass, carpet, or on linoleum flooring. These smooth surfaces are less likely to scuff and crack the design.
2. Do not leave the hoop outside in extreme temperatures. Do not leave the hoop in a vehicle for a long period of time. Extreme heat can warp the plastic tubing.
3. When using your hoop, take care not to step on it.
4. Through frequent use, you will notice some wear and tear on the tape as time goes on. This is normal. At any time feel free to add tape or ribbon to your hoop's design. A hula hoop can be a good friend and companion if you treat it well.

~Happy Hooping~

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