

# Shield

- **Shield:** Closed foam “Boogey Board” or “Kick Board”, electricians or duct tape, and  $\frac{3}{4}$ ” foam pipe insulation, nylon strapping (football belt)
  - o **Cut:** lengths of  $\frac{3}{4}$ ” pipe insulation and fold it around the edges of the board
  - o If the insulation has an adhesive strip, use the strip to attach the insulation around the perimeter of the board



- o Make sure the entire perimeter of the board is covered by the insulation – failure to do so will render the shield unusable
- o Use the tape to finish attaching the insulation to the board so that it's completely secure



- **Making the arm strap:** cut or poke slits through the board and pass lengths of the strap through the holes
- If your strap has a buckle end (like a football belt) then leave that end exposed



- For the hand grip part of the arms straps, simply push a length through another set of holes and wrap tape around to secure them together



- Slip your arm through the buckled loop and tighten it, gripping the hand loop with your fist

