

Cast taking instructions for making custom-made diving fins using FinnFin cast kit

1 – Preparations

Get **someone to help you**. It is very difficult to get accurate cast from your leg in the correct position without help.

Familiarize yourself with these **instructions**. Once you open the casting sock bag, you have ~10 minutes to complete the process. See also the available **video** of these instructions in www.finnfin.fi or in FinnFin's YouTube channel.

Protect the working area from water and resin. A plastic sheet or bag provides protection from resin.

2 – Position

Extend the ankle **straight down**, not inwards or outwards.

Extend the ankle to a **comfortable position** using only **moderate muscle force**.

Ankles do not need to have identical extension. Any differences will be balanced in the final custom product.

3 – Equipment

Included in the cast kit

- **Casting socks** (x2)
- Protective **gloves** (x8)
- Protective **leg bags** (x2)
- Protective **cutting strip**
- **Tape** roll
- Printed **instructions**

- **Shipping box** and **bubble wrap** for return shipping

What you need to add

- Bucket of **cold water**. Cold water will slow down the casting sock hardening process, giving you **more time** to complete it
- **Towels** and **plastic sheets** to protect the working area and leg support
- Sharp-headed **scissors** for sock removal

- **Leg support** to keep the leg elevated during sock hardening process

4 – Cast taking

4.1 – Preparations

Extend the **ankle to the desired position**.

Place and tape the **protective cutting strip**, starting **1cm behind big toe and 2nd toe**, and directly over the ankle and the **over the shin bone**.

Place the **protective leg bag** over the leg, otherwise the casting sock will stick to the skin.

Put the **protective gloves** on, both you and your helper.

4.2 – Final check

1. **Area protected** from water and resin
2. Working area and **gloves are dry**

3. **Cold water** is available
4. **Scissors** are available
5. Printed **instructions** are available

6. Protective **cutting strip** is placed and taped
7. Protective **leg bag** is placed
8. Protective **gloves** are on

9. **Casting sock** is available



4.3 – Sock preparations

Keep the **sock and gloves dry** during these steps.

Open the **casting sock bag**, and remove additional plastic cover.

Unroll the sock, avoid stretching the sock unnecessarily.

Identify the heel and toe portion of the sock. The toe portion has a coloured stitch line helping to identify it.

4.4 – Sock application

Dip the sock in cold water and squeeze it 5-10 seconds underwater to activate the sock hardening chemical process. The **sock** will stop feeling sticky and **becomes slippery**.

Roll up the sock, keeping the toe and heel straight. **Avoid stretching** the sock unnecessarily.

Put the sock on carefully and with **minimal stretching**. Check that coloured stitch line is directly over the toes.

Straighten any wrinkles immediately.

Extend the ankle to the desired position, and keep it stable.

Continue to **apply water** to ensure the sock hardens fully. Use plenty of water.

Massage and rub the sock around the leg so that it closely follows the leg shapes.

4.5 – Sock hardening

Place **leg onto the leg support**. Check that the **sock is not pressed** by the leg support, and that the **ankle remains extended** to the correct position.

Once initial hardening has started, use scissors to make **small cut to the top** over the cutting strip, and a **small hole to the bottom** end over the strip to help later in sock removal. Then continue to applying water and massaging the sock into place.

During the hardening process the **sock will warm up slightly**, and makes a small **sizzling sound**. This is **perfectly normal**.

4.6 – Sock removal

Keep the ankle extended and leg elevated until the **sock is hard** and the **sizzling sound has stopped**. This takes about 10 minutes depending on the temperature of the water used.

Cut the sock and protective leg bag open carefully **along** the protective **cutting strip** with scissors.

Remove the sock using careful movements and **minimal force**.

Tape the sock cut line together.

If there are any **special requests** that you would like to make, **mark and number** these spots to the cast and **explain them in writing** in the return shipping form.

4.7 – Repeat for the other leg

Repeat the process for the other leg.

Remember to ensure that the **working area and gloves are dry** before opening the second casting sock bag.

Don't forget to put on the **protective leg bag**.

Change to fresh **cold water**.

5 – Packing and shipping

Wait until the next day before packing the socks. This allows the socks to reach full hardness.

Protect the socks using bubble wrap and other soft materials e.g. rolled newspapers.

Avoid packing the socks too tightly.

Include the filled **return shipping form** with all the needed information.

