IFS FOAM SEAT INSERT INSTRUCTIONS

1. **Temperature Conditioning**
   Make sure your kit is stored at room temperature (65-75 degrees.) This is especially important prior to mixing your chemicals. If the chemicals are too hot or too cold, they will not perform at their fullest potential. Once you receive your kit, give it at least 12 hours to acclimate to the correct temperature in case it was subject to extreme weather conditions during shipping.

2. **Tools Needed (Not Included)**
   - Electric Drill
   - Tape Measure
   - 3M Super 77 Glue
   - Razor blade
   - Electric Turkey Knife.

3. **Unpack the Kit**
   Remove and lay out all items from your kit. Our kits come double bucketed to prevent from spills and/or leaks during transport. Remove the smaller buckets from the large buckets. Keep one large bucket handy as this is the bucket you will eventually mix your chemicals in.

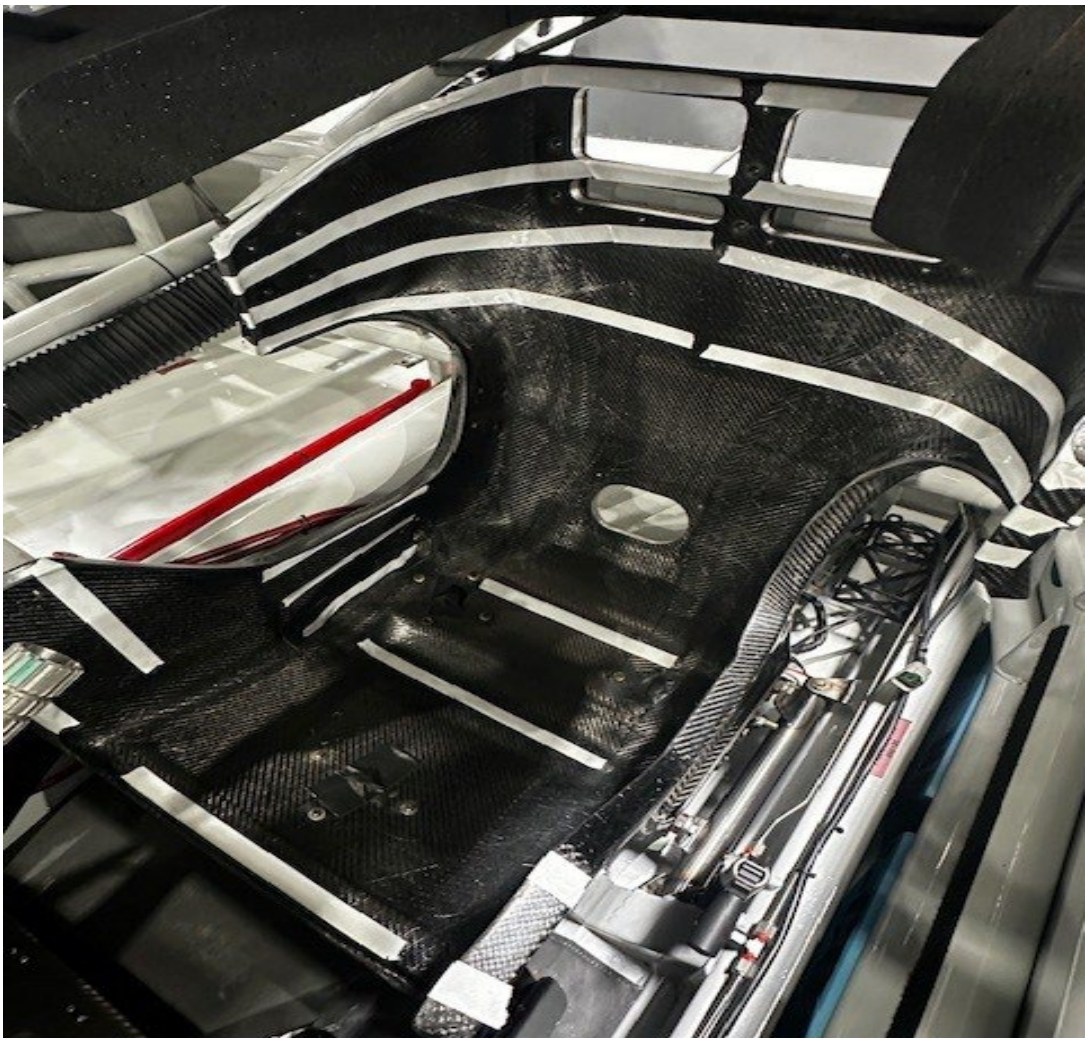
4. **Driver Prep**
   Make sure your driver is wearing their fire suit or thin clothing. Also make sure the driver is not wearing tennis shoes. If their race shoes are not available, it is best that they only wears socks. Make sure nothing is in their pockets and their shirt is tucked in.

5. **Seat Prep**

   Remove any existing inserts or padding from the seat. Make sure your seat is clean. Tape over any bolts sticking out or sharp edges to prevent the bag from being ripped. You can use the gaffers tape that is included in your kit.

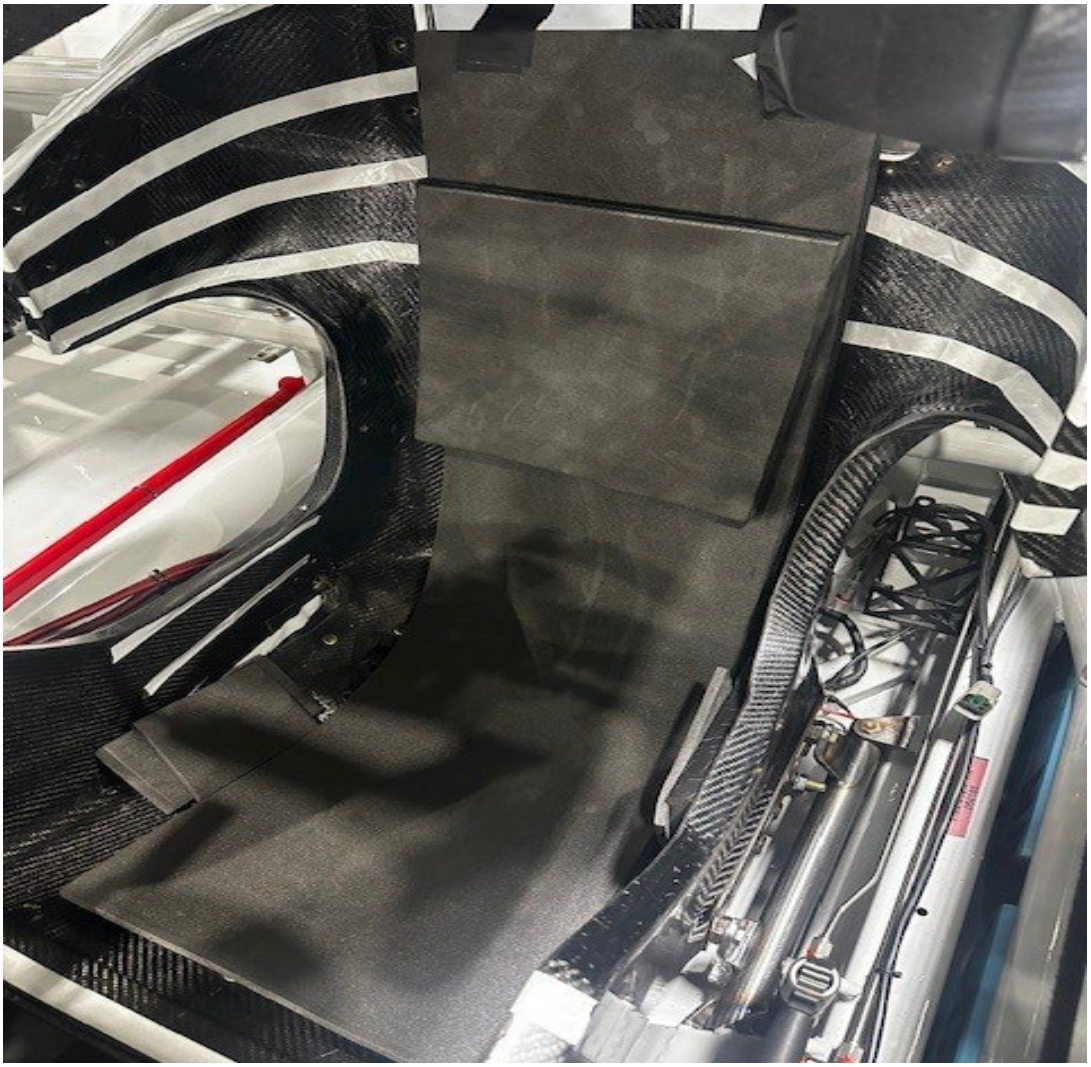
6. **Apply Double Sided Tape**

   Apply the provided white double sided adhesive tape along the seat on all sides, as shown below. This is what will be holding the bag in place.



7. **Driver Positioning**

   Next, we need to determine where to position your driver in the seat. Does he need to be raised up? Does he need to be moved forward? Position the sheet foam provided under and behind him until you get the desired height/location in the seat. If you need thicker than what is provided, you can simply cut the foam with your razor blade and layer together using your 3M Super 77 Glue. (Minimum ¼" is required for best results.)



8. **Prep Continues**

   After your positioning is established, he can exit the car while you finish the prep work.

9. **<u>Prepare the Bag</u>**

Next, you'll lay your clear bag provided on a flat clean surface.

10. **Insert Sheet Foam into Bag**

    Put the foam that goes under/behind your driver inside the bag, where the bottom edge of the foam is at the bottom of the bag. Use your tape measure to ensure it is also centered.

11. **Install Bag in the Seat**

    Fold the sides of the bag over the foam piece and put inside the car. Make sure the bag is centered and the bottom of the bag is at the bottom of the seat.

12. **Adhere Bag to Seat**

    You'll then reach under the bag and take off the other side of the double sided tape. Push your bag onto the tape and try to smooth out any wrinkles. You won't be able to get them all but the less, the better!

13. **Re-seat Driver**

    Have your driver get back into the car without stepping on the bag. Have him hover over the bag and slowly position himself back into his desired position. Once he is back where he wants to be, have him lean as far forward as possible, even if you have to remove the wheel. Make sure he does NOT MOVE HIS BUTT from where he wants it in the seat.

14. <u>Open Bag for Pouring</u>

Open the top of the bag and get it easily accessible to pour the foam in.

15. <u>Mix Chemicals</u>

You're now ready to mix the chemicals. Open both buckets. Pour Part 1 into the large bucket and mix it by itself for 30 seconds, just to activate the chemicals. Then combine Part 2 into the large bucket with Part 1 and mix for 6-8 seconds at low to medium speed. Time is critical at this point, there is no turning back now!

16. <u>Pour Foam</u>

Pour the chemical into the bottom and back area of the bag.

17. <u>Slowly Sit Driver Back In Seat</u>

Slowly set your driver back as the foam rises around their body.

REMEMBER – DO NOT MOVE BUTT OUT OF POSITION.

18. <u>Set Your Timer</u>

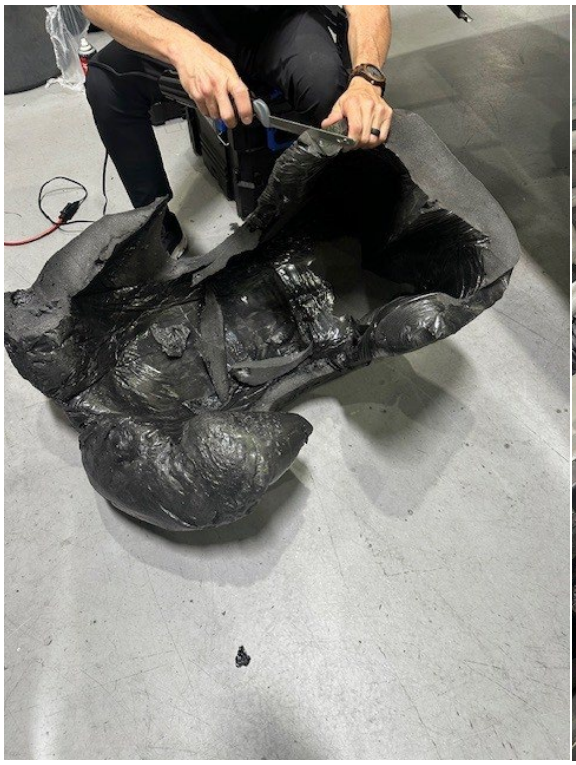
Now, sit still and let the foam set for the next 10 minutes.

19. **Remove the Insert**

    Once the chemical has set, your driver can carefully get out of the car and remove the insert.

20. **Trim the Insert**

    You will now trim the edges of the seat with the electric knife. Once you do a rough trim, put the insert back in the seat and use a sharpie to mark any areas that need additional trimming.



21. **Final Touches**

    We recommend waiting 24 hours giving the chemical plenty of time to set. Then, sand it to even out any rougher sections and cover it with the flame resistant covering included in your kit.

DONE! You're now ready to race safer and more comfortably!

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