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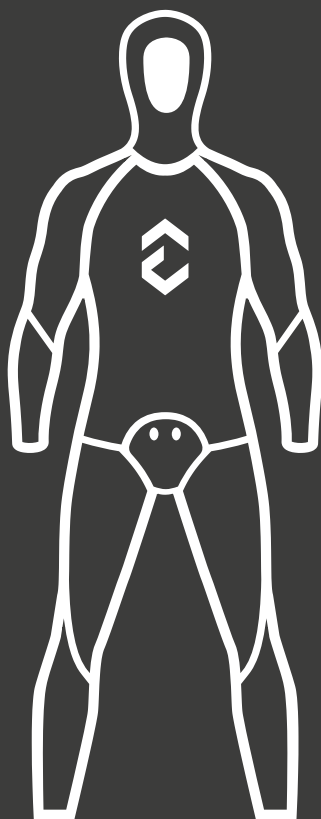
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DYNAMICNORD.COM

MANUAL
WETSUITS

SFS-SERIES



Wetsuit 2 pieces
for men

**Your
Outdoor
Companion**



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The wetsuits described in this user manual were manufactured according to the specifications prescribed by **DYNAMICNORD**. This user manual describes materials, construction, use, care, maintenance, repair and potential risks of using neoprene wetsuits for scuba diving.

Further information and the manual in other languages can be found on our website at **DYNAMICNORD.COM**.

Register your product at **DYNAMICNORD.COM** to receive all warranty services.

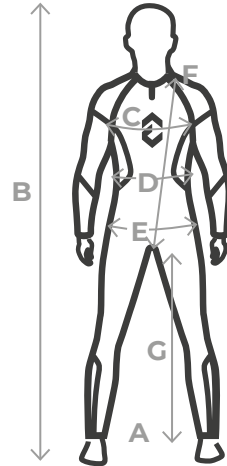
Contact Service

Mail
support@dynamicnord.com

Size chart

It is very important that you choose your size carefully. The wetsuit should be skintight. The neoprene must always be in contact with the skin because air pockets reduce thermal performance.

These size charts apply to all **DYNAMICNORD** wetsuits.



Men	in cm/inch					
Height	157-167 5'2"-5'4"	168-173 5'6"-5'8"	173-178 5'8"-5'10"	178-183 5'10"-6'0"	180-185 5'11"-6'1"	183-188 6'0"-6'2"
Chest	84-89 33-35	89-94 35-37	94-99 37-39	99-104 39-41	104-109 41-43	109-114 43-45
Waist	68-74 27-29	74-79 29-31	79-84 31-33	84-89 33-35	89-94 35-37	94-99 37-39
Hips	86-91 34-36	89-94 35-37	94-99 37-39	99-104 39-41	104-109 41-43	109-114 43-45
Torso	66 25 7/8	70 27 3/8	72 28 3/8	75 29 3/8	76 30	78 30 5/8
Inseam	72 28 1/2	76 30	79 31	81 32	83 32 1/2	84 33
Weight kg lbs	54-63 120-140	61-70 135-155	68-79 150-175	77-88 170-195	86-98 190-215	95-107 210-235
Size	XS	S	M	ML	L	XL

A. WEIGHT: As exact as possible

B. HEIGHT: From the crown to the floor

C. CHEST: The front surface between the neck and the stomach

D. WAIST: Circumference between ribs and hips

E. HIPS: Widest hip circumference

F. TORSO: Shoulder to crotch

G. LEG LENGTH: Inside leg, crotch to floor

in cm/inch		
185-191 6'1"-6'3"	188-193 6'2"-6'4"	191-196 6'3"-6'5"
1114-119 45-47	119-124 47-49	124-129 49-51
99-104 39-41	104-109 41-43	109-114 43-45
114-119 45-47	119-124 47-49	124-129 49-51
79 31 1/4	81 31 7/8	82 32 3/8
85 33 1/2	86 34	87 34 1/2
104-116 230-255	113-125 250-275	122-134 270-295
2XL	3XL	4XL

Standard indication

This user manual meets the requirements of EN 14225-1:2017-06. The following certification body was assigned with testing and certification:

Vojenský technický ústav,
s.p.Mladoboleslavská 944
Kbely, 197 00 Praha 9,
Czech Republic
Notified Body No. 2452

According to the tests of standard EN 14225-1:2017-06 our wetsuits with following designations were granted permission to carry the CE mark in connection with the test standard.

Testing and certification body

Vojenský technický ústav,
s.p.Mladoboleslavská 944
Kbely, 197 00 Praha 9,
Czech Republic
Notified Body No. 2452

Introduction and safety information

Thank you for choosing a high-quality **DYNAMICNORD** wetsuit which will ensure comfort and safety on all your diving adventures.

If you would like more information or have any questions not answered in this manual, please contact a **DYNAMICNORD** authorized dealer or **DYNAMICNORD** directly.



NOTE: DYNAMICNORD RECOMMENDS THAT ALL DIVERS OBTAIN THE REQUIRED TRAINING AND LEARN TO USE THIS PRODUCT UNDER THE SUPERVISION OF A CERTIFIED INSTRUCTOR BEFORE USING IT UNDERWATER.

Weight amount

The weight amount must be sufficient to achieve hydrostatic equilibrium at the surface of the water while exhaling.

Specifications

This manual covers **DYNAMICNORD** neoprene wetsuits, as well as protective clothing made from limestone neoprene, a special insulating material that reduces water circulation on the diver's skin and thus the loss of body heat. Our wetsuits are made from L-Foam neoprene. L-Foam is a formula that meets the most stringent testing requirements for polycyclic aromatic hydrocarbons (PAH). PAH is found in many elements, including petroleum-based products, and can be toxic in certain compounds. We are thrilled to offer this neoprene blend to better protect both our divers and our oceans. **DYNAMICNORD** manufactures wetsuits in different thicknesses (0.5 – 7 mm) and designs to cover the different thermal conditions and areas of use. In general, a modern wetsuit is equipped with zippers that enable or facilitate donning and doffing it. Thermal insulation is classified according to the table below:

Thermal performance class	Water temperature ranges °C
A	7 to 12
B	10 to 18
C	16 to 24
D	> 22

According to the measurements performed by the notified body on date 16.02.2022, our suits fall into the following thermal performance classes:

3mm SFS-3 : class C
5mm SFS-5 : class B

In order to remain within the thermal comfort range with the respective suits, we generally recommend limiting the diving time to one hour. In addition, there is a risk of hypothermia.

Description of different models:

SFS-3

Two-piece, internally open-pored 3mm neoprene suit – neck, arms and legs with Aquastop soft neoprene finish.

SFS-5

Two-piece, internally open-pored 5mm neoprene suit – neck, arms and legs with Aquastop soft neoprene finish.

Intended Use

The wetsuit is to be used as intended: This is the case when used to prevent hypothermia or hyperthermia during a dive or while in the water.



ATTENTION: DO NOT RELY ON A WETSUIT AS BUOYANCY CONTROL/SAFETY EQUIPMENT.

Seams

The seams that join the panels of all wetsuits are blind-stitched and sealed with glue and other substances to prevent water from seeping through the seams. Seams for thinner material are flat-lock-stitched (flat seam).

Wetsuit fit

Wetsuits are designed to cling tightly to the diver's body. However, a wetsuit must not be too tight and restrict your movement or breathing. At the crotch, the wetsuit must neither be too tight nor too loose.

Ensuring the correct fit

Take a deep breath to ensure that the suit is not restricting chest movement. Check that you can put your hands over your head, touch your toes, and crouch and kneel without restriction. Use the measurements in the wetsuit size chart to determine the standard **DYNAMICNORD** size that best suits you.

Open-pored suits

Our open-pored neoprene suits are not lined on the inside and are therefore more flexible than conventional neoprene suits. The material adheres to the skin better and thus reduces the water flow. At the same time, however, it is also more sensitive to sharp objects and fingernails. Never reach into the inside of the material with your nails!

It is advisable to don the open-pored suit while inside the water or while outside of the water with the help of a biodegradable lubricant.

A mixture of water and lubricant can be applied to the skin and the inside of the suit before donning, making it easier to slide into the suit.

Donning the wetsuit

- Remove rings, bracelets, watches and necklaces – these can damage the neoprene elements and scratch or injure your skin. Even long fingernails can tear the material, especially open-pored neoprene.
 - Fold the top of the pants down to the hips.
 - Put one foot in a pant leg and slide the foot toward the bottom opening, then pull the pant leg up.
 - Repeat with the other leg.
 - While standing, pull the pants all the way up until your suit fits properly at the crotch.
-
- Before donning, turn the top halfway inside out.
 - Then slide both hands into the sleeves and push your hands through the openings. Both sleeves must fit properly and be pushed up as far as possible.
 - Next, put your head in the middle part and slide towards the head opening. To do so, first raise your arms, then stretch them outwards and lower them. That way, the top automatically slides into the correct position.

- Now fold the bottom rolled-up part down and use your hands to slide the head opening into place.
- Finally, attach the crotch strap with the two buckles.
- Once you are in the water, you can push the neoprene further into place.

IMPORTANT!

Trapped air escapes after the first dives, so another weight check should be carried out after the immersion phase!

Doffing the wetsuit

- First, open the buckles of the crotch strap.
- Then, fold up the bottom of the top as high as possible to just below the chest.
- Now lean forward with your upper body and grab the crotch strap on your back. Using the strap, gently pull the entire top over your head.
- Then, use your hands to free your head from the hood.
- Next, pull your arms out of the sleeves.
- The pants can simply be pushed down the legs. Spread the material using your hands so that it can be pulled over your feet.

Do not

- Exceed the maximum depth you are qualified for according to your diver certification.
- Use the wetsuit in polluted or heavily contaminated environments or in toxic or hydrocarbon-enriched waters.
- Use the wetsuit as safety/buoyancy control equipment.
- Use the wetsuit with a weight belt or weight system that does not have a quick release buckle.

Checks before the dive

Before EACH dive, ensure that the wetsuit is in good condition by inspecting the seams and looking for any visible damage to the material or components such as tears and holes. Make sure the zipper is working properly and is not damaged or prone to jam.

Checks after the dive

After EACH dive, repeat the same pre-dive checks to find any new damage that may have occurred during the dive. If you find any damage, repair it as soon as possible or take your suit to an authorized **DYNAMICNORD** dealer for repair.

Risk assessment according to EU regulation 2016/426

Diving with a wetsuit bears a certain number of risks, just like other scuba diving activities. These include:

Hypothermia – Hyperthermia

Wetsuits are often used in extreme temperature conditions where either low air temperatures meet cold water or high air temperatures meet cold water. Knowing your thermal comfort zone is important to avoid hyperthermia or hypothermia.

A wetsuit offers excellent thermal protection, but it has its limitations. Your safety and enjoyment will depend on the combined effects of water temperature, exertion and your own body type.

When the body loses too much heat and the body temperature reaches dangerous levels, a condition called hypothermia sets in. Hyperthermia sets in when the body temperature rises above the normal range. When wearing a wetsuit, hyperthermia can develop during surface intervals in warm climates or when diving in warm, shallow waters at high levels of exertion. It is strongly recommended to always wear gloves, booties and a hood with the wetsuit when water temperatures may put the diver at risk of hypothermia. It is important to know your own limits and comfort zone. This allows you to recognize an uncomfortable situation as a

danger signal. Hypothermia and/or hyperthermia are both dangerous and potentially fatal conditions.

During all diving activities, you must continually monitor your efforts to prevent excess air consumption, fatigue, stress, overheating, or other risks. Please use the table below to determine which wetsuit model is best suited to your needs and typical water temperatures; see also the thermal protection class printed on the suit.

WETSUIT THERMAL PROTECTION CLASS

Thermal protection class of Wet suit material	Water temperature ranges (°C/°F)
A	7°C/45°F to 12°C/54°F
B	10°C/50°F to 18°C/64,5°F
C	16°C/60,8°F to 24°C/75,2°F
D	> 22°C/72°F

Change in buoyancy at depth

Neoprene, as used in diving products, is a closed-cell, foamed material with good insulating properties. With increasing depth, the increase in pressure causes the volume of these closed cells to decrease, resulting in reduced buoyancy at depth. NOTE: Compensating for the loss of buoyancy is one of the most important exercises that must be learned when using the wetsuit correctly.

Loss of thermal protection at depth

As the neoprene thins under pressure (see above), thermal protection is also reduced. Divers planning deeper dives should take this into account and accordingly wear additional, thicker or warmer suits.

Wetsuit ergonomics

It is extremely important that the wetsuit sits correctly on the diver's body. In a loose wetsuit, water will circulate inside the suit, flowing in and out. The exchange of water between the inside and the outside of the suit results in much greater loss of heat than would be the case during normal use of the wetsuit material. It is important to choose the correct wetsuit size to prevent the formation of folds or "pockets" caused by excess material. During the dive, these folds tend to pump water in and out of the suit. The neck, ankle, and wrist seals must reduce the flow of water without restricting blood flow to the hands, feet, or head. Restricting blood flow to the extremities can cause numbness, nitrogen build-up or lack of oxygen in the brain, with the risk of losing consciousness underwater.

Allergies

It is known that a small proportion of the population suffers from allergic reactions when coming into contact with neoprene, polyester and nylon. Make sure you are not allergic to any of these materials before purchasing or donning a wetsuit containing these materials. If an allergic reaction has already occurred, take off the wetsuit immediately and consult a doctor to avoid any health implications.

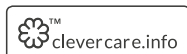
Cleaning and disinfection

After EACH use of your wetsuit:

- Rinse your suit inside and out with clean, fresh water.
- Hang the suit so that the water can drain out of the suit.
- Let the suit dry thoroughly inside and out in a shady place

Care instructions

Hand wash / Do not bleach / Dry on clothesline from dripping wet / Do not iron / Do not dry clean



80% NEOPRENE
20% NYLON

Storage and transport

Wetsuits are best hung on a wide hanger. Store the wetsuit in a dry, cool place away from direct sunlight. Transport wetsuits in bags specially designed for scuba gear to prevent over-folding of the suit and over-compression of the neoprene. Before packing, remove any dirt and sand.

Useful life

If you follow the care instructions above, you will be able to enjoy your **DYNAMICNORD** wetsuit for years to come. The average useful life can range from 200 to 500 dives. Please note that depending on the duration and degree of use, the material of your wetsuit will become thinner, which in turn will reduce its insulating effect and a replacement is recommended to maintain your personal comfort during your dives.

Disposal

When you need to dispose of the suit, please comply with local laws and regulations.

EU declaration of conformity

Reference numbers and designation:

SFS-3: 3mm men's wetsuit 2 pieces

SFS-5: 5mm men's wetsuit 2 pieces

Manufacturer:

Fifth Element GmbH, Pettenkoferstr. 12, 83052 Bruckmühl – Germany

Brand: DYNAMICNORD

The manufacturer Fifth Element GmbH is solely responsible for this EU declaration of conformity.

EU regulation: Regulation (EU) 2016/426 Personal Protective Equipment (PPE) EN14225-1:2017-06

Risk category of PPE: Category II in accordance with Annex I of Regulation (EU)2016/426 Personal Protective Equipment.

Determination of conformity: In accordance with the provisions of EU Regulation 2016/426 (PPE – Personal Protective Equipment) and with the harmonized standard EN14225-1:2017-06.

Applied CE certification:

Module B, according to regulation (EU)2016/426 Personal Protective Equipment (PPE), harmonized standard EN14225-1:2017-06

Testing carried out by:

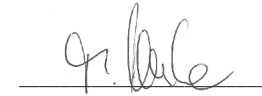
Vojenský technický ústav,
s.p.Mladoboleslavská 944
Kbely, 197 00 Praha 9,
Czech Republic
Notified Body No. 2452

EU test certificate number: OOP-2452/EU-004/2022/005

Testing and certification body:
Vojenský technický ústav,
s.p.Mladoboleslavská 944
Kbely, 197 00 Praha 9,
Czech Republic
Notified Body No. 2452

Applied Standard: EN-14225-1:2017-6

Bruckmühl, dated 04.04.2022



For Fifth Element GmbH
Martin Kusche (General Manager)

This declaration of conformity can also be found at WWW.DYNAMICNORD.COM in the Declarations of Conformity menu.

Model

Date of production

Date of purchase

Dealer stamp

Manufacturer

You can find the manufacturing date of your suit on the label attached to the inside back of the suit.

Fifth Element GmbH
Pettenkoferstraße 12
83052 Bruckmühl / Germany