

## Composite Recycling Technology Center 2220 West 18<sup>th</sup> St. Port Angeles, WA 98363 www.CRTC-WA.org





# **Bow Segment Replacement Procedure**

If a segment of a bow ever becomes damaged or the elastic cord inside the bow needs to be replaced, the following procedure can be utilized.

**Caution**: The interior elastic cord that runs through the bow is under tension and is unpredictable when cut. Please be sure to wear appropriate eye protection.

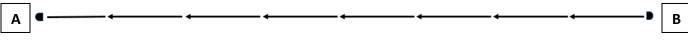
#### Removing damaged bow segment:

- Fold the bow up so that it is in a bundle.
- With the boom folded so that it is <u>not</u> under tension, if you have a replacement cord available, use a pair of scissors to cut the internal elastic cord. The cord can be cut anywhere since it will not be saved and will be replaced. If you do not have a replacement cord, it may be possible if you are careful, to pull the cord at the end cap and snip the cord right after the knot in one of the end caps. The key is to still have enough length left to restring the boom and be able to tie a knot in the end cap.
- Remove the cord by pulling it through each of the boom segments so that all the boom segments are separated. Keep the pieces in order so that you can put them back together in the same order when you get to the restringing step at the end of the repair.
- You will want to save the end caps that the cord goes through so they can be reused.
- Remove the damaged bow segment and swap it out with a new segment. Set the damaged segment to the side. Please be sure to save the end caps so they can be reused.

### Restringing the bow:

The order of the segments of the bow are as follows:

End A> Plastic endcap, Segment w/o internal ferrule, 7x segments w/internal ferrule <End B



- \*Arrow denotes direction of the internal ferrule
  - Tie a simple overhand knot in one end of the replacement shock cord.
  - Starting at end A, feed the untied end of the shock cord through the first plastic endcap and then through the segment without the internal ferrule and then through each of the remaining 7 segments with internal ferrules (ferrule end first), until all the segments have been strung.

- Feed the shock cord through the second plastic end cap on end B.
- While holding the bow end at B, pull the shock cord past the end of the bow in order to tension the line
- With the line nicely tensioned, tie an overhand knot as close as possible to the B endcap.
- Disassemble the bow and the reassemble the bow to double check the tension and the segment order to make sure everything goes together and comes apart correctly.
- When you see that it does, trim both ends of the shock cord 1/8"-1/4" from the end of knot.

Your bow is now ready to play so you can enjoy the great game of pickleball.

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If you ever have the need for additional spare parts or accessories, they can be found at:

#### https://www.compositerecycling.org/aerosportsequipment.html

Please contact us should you ever have any questions as we are here to serve:

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