1. Insert the plastic inner sleeve into the black outer sleeve.

2. Place 20 kg of playground sand inside the plastic inner sleeve.

3. Weigh the bag with a calibrated floor scale. The weight must be 20 kg, plus or minus 0.2 kg.

4. Remove the air from the plastic inner bag.

5. Twist the top of the plastic inner bag and seal it with duct tape.

6. Feed the rope through the loops and tie off the sleeve tightly.