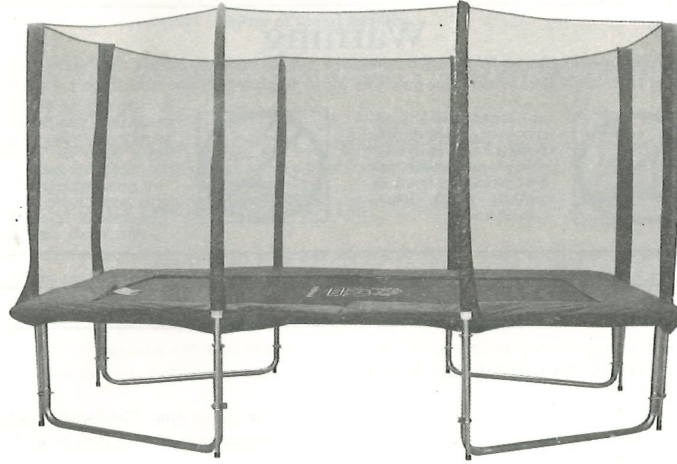


# Trampoline Installation Guide and Safety Instructions



## Contents

1. Important Safety Information
2. Trampoline parts
3. Trampoline Assembly
4. Safety net assembly
5. Trampoline Instructions and Skills

## **WARNING!**

SAFETY INFORMATION, INSTALLATION AND MAINTENANCE INSTRUCTIONS:

READ THESE MATERIALS PRIOR TO ASSEMBLING AND USING THE  
TRAMPOLINE AND RETAIN FOR FUTURE REFERENCE

## הספק אינו אחראי

לפציעות הנגרמות כתוצאה מהשימוש בטרמפולינה

לפני תחילת השימוש בטרמפולינה יש לקרוא ולהבין את כל הוראות השימוש במדריך זה .

השימוש בטרמפולינה כרוך בסיכון ולשם כך יש לעקוב אחר הכתוב במדריך.

השגחת מבוגר

נדרשת התקנה ע"י אדם מבוגר

נדרשת השגחת מבוגר כאשר ילדים משתמשים בטרמפולינה

יש להמנע מנפילות , יש לצאת אך ורק מהדלת ולעזור לילדים להכנס ולצאת .

הוראות בטיחות כלליות

1. נא לקרוא את כל ההוראות לפני השימוש בטרמפולינה
2. נא לבצע בדיקה לרשת ההגנה לפני כל שימוש , לבדוק כי המוטות ישרים, לוודא כי משטח הקפיצה מתוח וכי אף קפיץ לא שבור או רופף וכי הטרמפולינה יציבה וחזקה .
3. יש לוודא כי רק משתמש אחד קופץ על הטרמפולינה , רשת ההגנה תוכננה למשתמש אחד בלבד בו זמנית . יש לוודא השגחת מבוגר ורשת ההגנה אינה באה להחליף זאת .
4. השימוש בטרמפולינה הינו בייתי בלבד
5. אין להשתמש בטרמפולינה כאשר נושבת רוח חזקה בחוץ .

הוראות התקנה לרשת ההגנה

1. התקנה תבוצע רק על ידי מבוגר .
  2. נדרשים שני מבוגרים להתקנה של הטרמפולינה להלן טבלת החלקים , יש לוודא כי כל החלקים נמצאים טרם תחילת ההתקנה , במידה וחסרים חלקים נא לפנות לחנות ממנה נרכשה הטרמפולינה .
- נא להשתמש בכפפות הגנה לידיים ולוודא כי יש מספיק מקום וכי הקרקע יבשה. .

# Important Safety Information

The following section includes important information about the set up and use of your trampoline. Please ensure you read this carefully as it contains vital safety information.

## WARNING!

**Not suitable for children under 36 months**

**Please refer to the packaging/trampoline for the maximum user weight**

**Trampoline meant for Outdoor Use Only.**

**Only one user at a time - Collision hazard!**

**Trampoline should be assembled by an adult in accordance with these assembly instructions and checked before the first use.**

**Always close the net opening before use**

**Remove shoes before use**

**Do not use the mat when it is wet**

**Empty pockets and hands before use**

**Always jump in the middle of the mat**

**Do not eat or drink whilst jumping.**

**Do not exit the mat by a jump**

**Limit the time of continuous usage (make regular stops)**

**Do not use in strong wind conditions and secure the trampoline**

When setting up your trampoline:

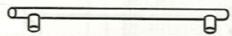
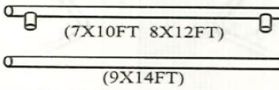


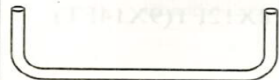
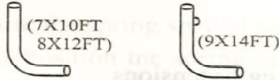



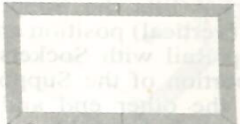
- Choose a clear area, which is clear from hazards such as trees, fences, washing lines, poles, electrical lines or buildings. Ideally there should be a safe fall zone completely around the trampoline of at least 2.5 metres. This should also include bikes, skateboards and other toys that could be a hazard. The trampoline should also be at least 2 metres away from any other play equipment – ie swings, slides, paddling pools or climbing frames.
- Ideally you should place the trampoline on a soft energy absorbing ground. This means a lawn that's soft and springy.
- Never place the trampoline on a hard surface (i.e. concrete, hard packed mud) without some form of crash matting or safety netting.
- Ensure the trampoline is placed safely on level ground where it cannot slip or move while in use.

When using your trampoline:

- The following should be checked every day the trampoline is used and certainly before first use. If any issues are found you should not use the trampoline until they are rectified/fixed.
  - Loose stitching or damaged areas of webbing
  - Uneven or high tension

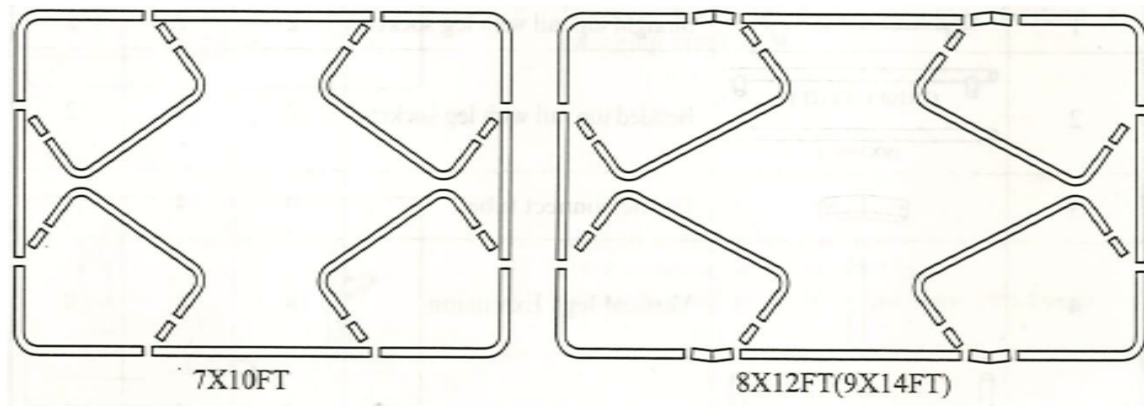
- All springs should be in place and undamaged with any hooks facing downwards. Stretched springs should be replaced
  - All padding and mats should be checked for damage, proper positioning and security of fixing – NOTE Sunlight, rain, snow and extreme temperatures reduce the strength of these parts over time.
  - Check joints and legs for security and possible damage ensuring all fixings are in place and cannot become dislodged during play. Any bolts/screws should also be tightened.
- 
- Never allow more than one person on the trampoline at the same time.
  - Never use the trampoline whilst under the influence of alcohol or drugs.
  - Users should remove all jewellery etc (include ear studs etc). Clothing should not have any hard or sharp points (buckles, toggles etc) or anything that is going to catch. Pockets should be emptied of all contents before use. Shoes should not be worn, and any socks should be non-slip.
  - A responsible adult must always supervise children.
  - Always jump in a controlled, safe manner – if at any point you feel out of control slow down or stop bouncing.
  - Learn fundamental bounces and body positions before trying more advanced skills.
  - No somersaults - go to a properly organised club if you want to try more complicated moves.
  - Do not jump for too long without a break – accidents are more likely if you are tired.
  - Never allow the use of bouncing to exit the trampoline.
  - Never go under the trampoline when someone else is jumping.
  - When you come to put the weather cover on to the trampoline, please ensure that the safety net and padding are removed, and stored away. This will then enable you to secure the weather cover down on the trampoline. The trampoline is not to be jumped on or used for any reason whatsoever when the cover is on the trampoline.
  - If moving the trampoline, only if this is absolutely necessary, ensure there are at least four people evenly spaced around the trampoline, and that you all lift and move the trampoline together.
  - When there are high winds, please take down the safety net to avoid the trampoline lifting and causing any damage. Anchor kits are available to secure trampolines to the ground to avoid this happening.
  - Safety enclosures are not designed to be jumped into.
  - Please avoid having any bonfires/fires/fireworks/naked flames near the trampoline, sparks/embers can fly around which can then cause burns/holes on trampolines.
  - As a company we promote the use of safety nets, as we sell packages rather than trampolines only. Please note this is at your own risk if you wish to not use the net.
  - Some customers enquire about putting their trampolines into the ground, unfortunately we cannot advise further on this and you do so at your own risk.
  - If you need to clean your trampoline, please be aware of what you use, in case this may cause corrosion to any items. Water and a mild detergent i.e. washing up liquid will be suitable.

# Trampoline Parts

Reference Number	Part Image.	Description	7X10FT	8X12FT	9X14FT
1		Straight top rail with leg sockets	2	2	2
2	 (7X10FT 8X12FT) (9X14FT)	Bended top rail with leg sockets	2	2	2
3		Frame connect tube	0	4	4
4		Vertical legs Extension	8	8	8
5		Bottom rail	4	4	4
6	 (7X10FT 8X12FT) (9X14FT)	Corner tube	4	4	4
7		Trampoline mat, stitched with v rings	1	1	1
8		Galvanized springs	68	88	94
9		Spring loading tool	1	1	1
10		Trampoline safety pads	1	1	1

# Trampoline Assembly

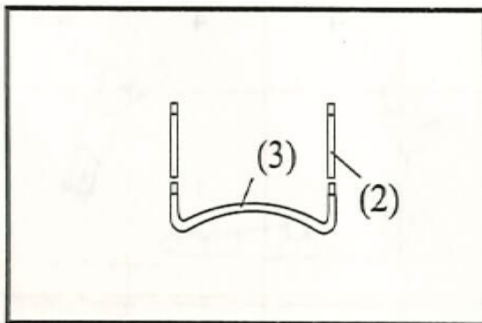
## Step 1 – Laying Out The frame



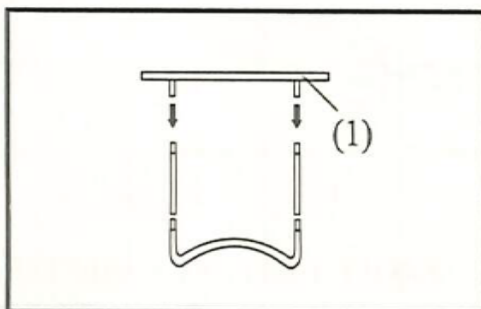
- Lay the parts of the frame out on the ground as above ready for you to assemble the trampoline. You will have several copies of each part – these are all interchangeable apart from the corner frame pieces which have a left/right hand orientation and need to be placed in the correct place on the trampoline.

## Step 2 – Assembling The Frame

- To begin with slot the parts of the rim frame together by sliding the thin end of one tube into the larger opening of the next frame tube.
- Next slot the vertical leg extensions (2) into the bottom rails (3) to assemble the legs.



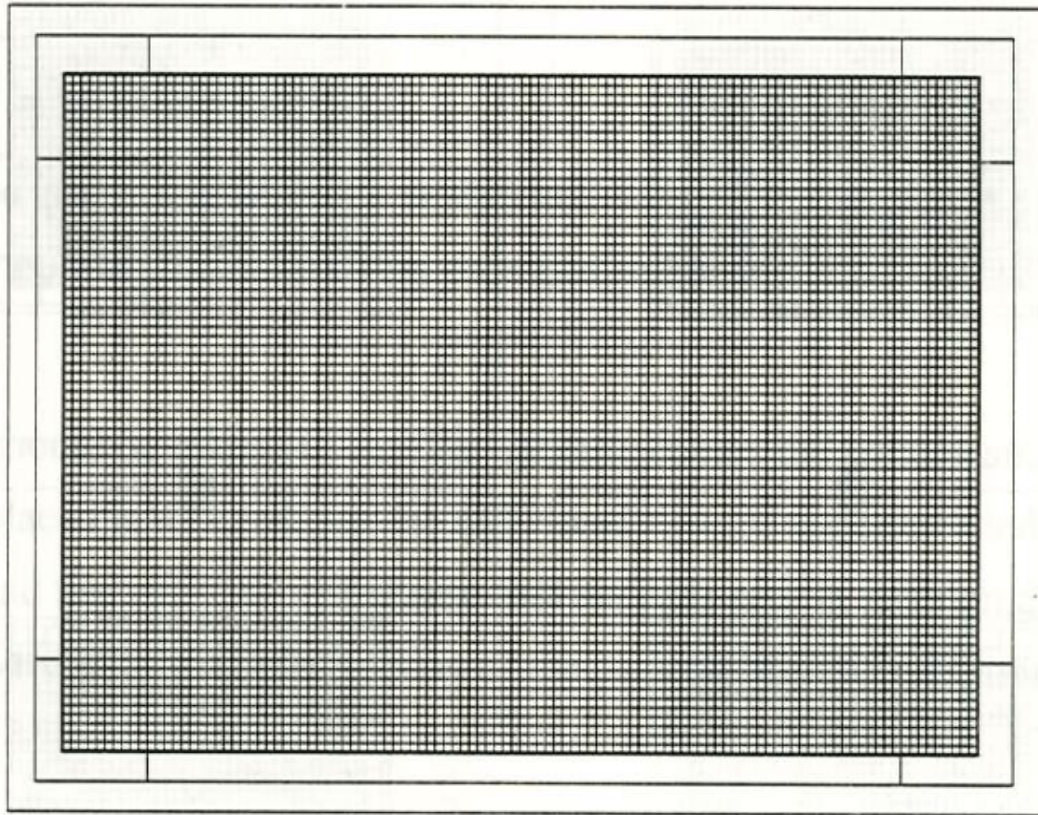
- Lift up the frame on one side and attach the upright tubes into the bottom of the leg sockets (1) on the frame tubes. Then work around the frame fitting the rest of the tubes (it will help to have 2 people holding the frame on the opposite side while you do this). Then attach each of upright tubes into its socket using the screws provided.



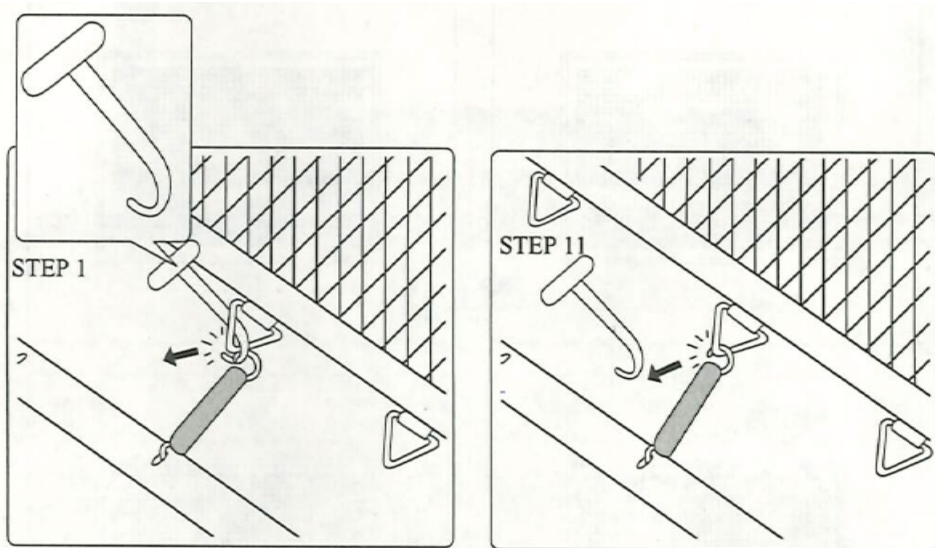


### Step 3 - Attaching The Jump Mat

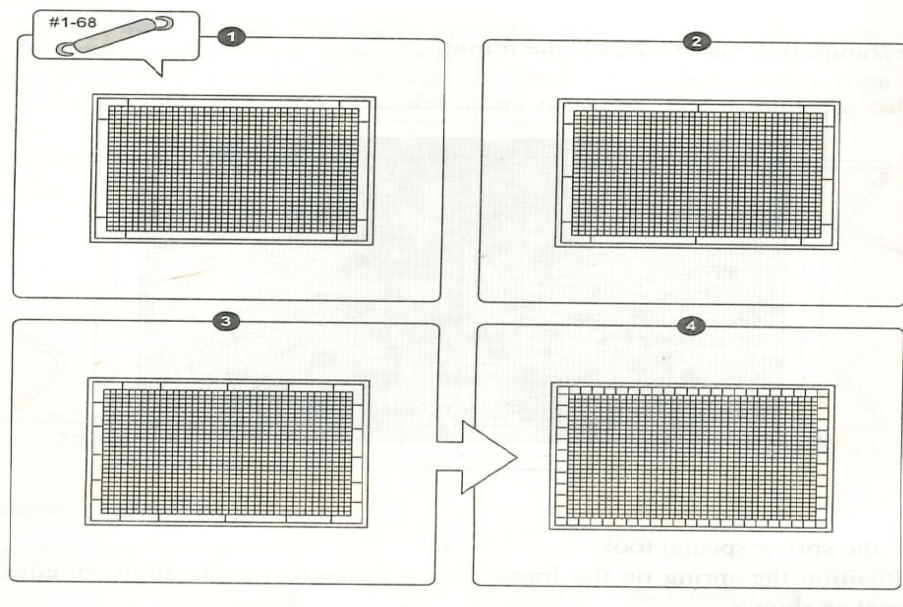
- Lay out the jump mat inside the frame:



Hook up the first 8 springs to the mat and the frame as in the above diagram.

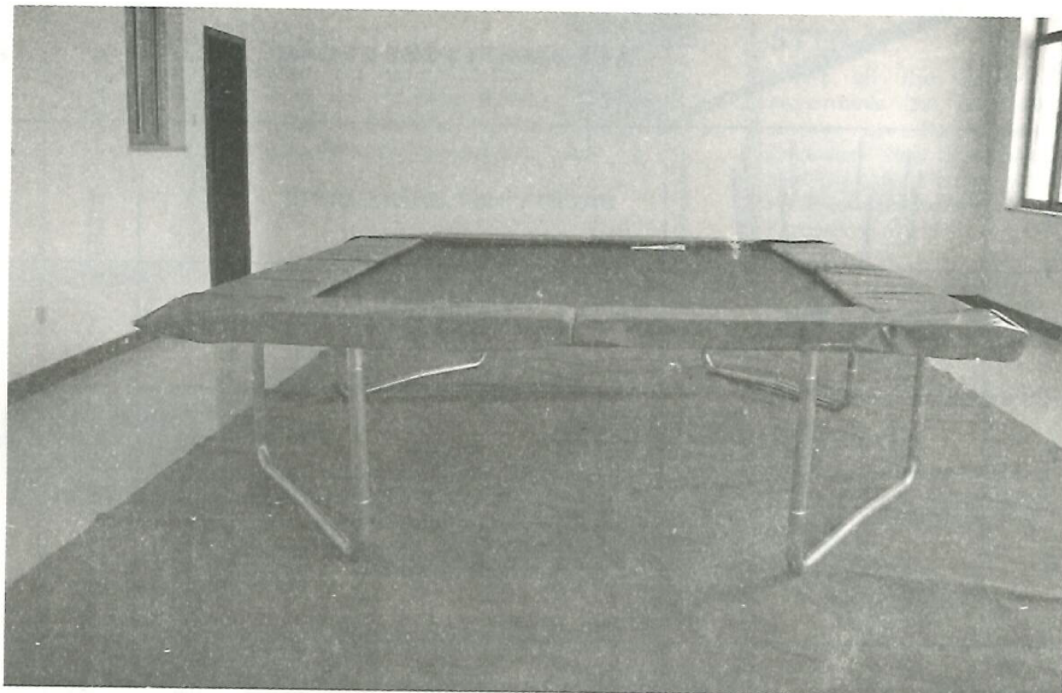


Pick a starting point and go round the trampoline 4 times attaching springs as per the diagram below each time. You will probably need to move the springs you put on first to line them up with the correct hole. : At this point the trampoline will start to produce a great deal of tension. Fit the springs with care not to pinch your fingers. It will help to use the spring tensioning tool, and you may wish to use gloves for protection.



#### Step 4 – Attaching The Safety Padding

The padding should be placed on the trampoline as per the diagram below. Ensure it covers the springs and the edge of the frame. Once you are happy with the position of the padding pass the ties under the edge of the frame and tie securely to the upright poles, make sure the padding is secure and in the correct position once you have finished.





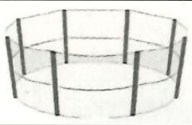

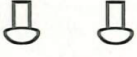





Your trampoline is now complete. Please note that the trampoline is under a high degree of tension and the frame needs to stay level, otherwise the tension from the springs can distort or even damage the frame. Do not try to move the trampoline unless with enough people all the way round the frame to ensure it remains flat, and make sure once it has been moved that everything remains level and well fitted and that the legs are at 90 degrees to the top frame.

# Safety Net Assembly

With your trampoline safety net you should have the following parts:

REFERENCE NO.	PART IMAGE.	DESCRIPTION	7X10FT	8X12FT	9X14FT
1		BOTTOM SAFETY POST & FOAM	8	8	8
2		U BOLT ASSEMBLY (INC U BOLT, 2 WASHERS, 2 SPACERS AND 2 NUTS)	16	16	16
3		PLASTIC SPACER	16	16	16
4		TOP SAFETY POST & FOAM	8	8	8
5		SAFETY NET ENCLOSURE	1	1	1
6		TOOLS	1	1	1
7		NUTS	8	8	8
8		SAFETY CARD	1	1	1

To assemble your safety net follow these steps:

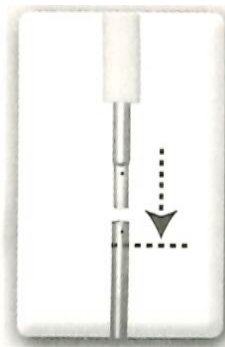
1. Use one of the U-bolt assemblies to clamp the bottom safety post to one of the upright frame tubes (near the bottom of the frame). Make sure you place a plastic spacer between the two poles. Only tighten the nuts by hand for now.



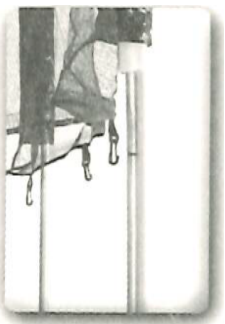
2. Use another U-bolt assembly and plastic spacer to clamp the bottom safety pole to the frame near the top of the trampoline leg as per the diagram below. Once you are happy with the placement of the safety pole tighten the nuts fully using the tools provided. Repeat steps 1 and 2 for all the legs of the trampoline until you have attached all 8 bottom safety poles.



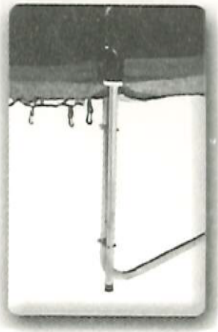
3. Take the top safety poles and slot each one into a bottom safety pole until all 8 safety poles are full height.



4. Making sure the net is lined up so that the entrance is on the long side of the trampoline, slide each of the sleeves on the net over the safety poles. The net should now be taught and held in place by the poles. Be careful to ensure the foam padding for the poles is pushed right down on the poles as far as the green Safety padding, thus protecting the pole fully.



5. Using the clips on the bottom of the safety net, pass them under the frame and clip the net on to the corresponding v-ring on the jump mat underneath the padding.



6. Your EXTERNAL trampoline safety enclosure is now installed. Please remember to close the entrance with both the zip and hooks securely before jumping begins.

# Trampoline Instructions

Misuse and abuse of the trampoline is dangerous and can cause serious injuries.

Focus your eyes on the edge of the trampoline. This will help control your bounce.

Avoid bouncing for too long. Do not bounce when tired.

Stop your bounce by flexing your knees as your feet come in contact with the trampoline bed. Learn this skill before you attempt any others.

Climb on and off the trampoline, do not jump. It is a dangerous practice to jump from the trampoline to the floor or ground when dismounting, or onto the trampoline when mounting. Always use two hands on the frame getting on and off the trampoline. Never use springs or suspension elements as 'hand grips'.

Learn fundamental bounces and body positions thoroughly before trying more advanced skills. A variety of trampoline activities can be carried out by performing the basic fundamentals in various series and combinations, or performing one fundamental after the other, with or without bounces between them.

Avoid bouncing too high. Stay low until you can control your bounce and repeatedly land in the centre of the trampoline.

Do not use the trampoline as a springboard to other objects. Use the trampoline only for trampoline style bouncing.

Keep objects away that could interfere with the person jumping.

For further information or additional instructional materials, contact your nearest trampoline club.

It is advisable not to bounce immediately after a meal.

Do not attempt knee drops as these can cause injury if you attempt this skill without some experience or personal instruction.

Your clothing should allow plenty of body freedom, but no flapping shirts or skirts to distract your concentration.

No buckles or jewellery should be worn, as these could damage the trampoline mat and cause injury to you.

Do not wear shoes while bouncing on the trampoline.



# Trampoline Skills

## Bouncing

The most important thing about bouncing is that it should be done with control in the centre of the bed. The basic bounce should always begin low. High, reckless bouncing should never be allowed.

### The stop bounce

This technique allows the jumper to gain control by stopping quickly. It is achieved by keeping the feet in contact with the bed, and absorbing the rebound of the trampoline with the knees and waist. This skill should be the first skill learnt and should be employed whenever you feel out of balance, or land away from the centre area.

To learn the stop bounce:

- (a) Stand in centre of the bed with your feet about hip-width apart.
- (b) Attempt about three easy bounces, keep them low and controlled.
- (c) Focus your eyes towards the perimeter of the trampoline while bouncing in order to keep your balance.
- (d) Stop the bounce by bending at your knees and hips on contact with the bed.

### Arm action

Arms are very important for proper control and lift. Whenever you go up, your arms go up. They go up to a set position about shoulder height and shoulder width. They should remain in this balanced position until you start down. Then they circle down and slightly behind the hips, ready to lift again as you bounce up (see Figure B1).

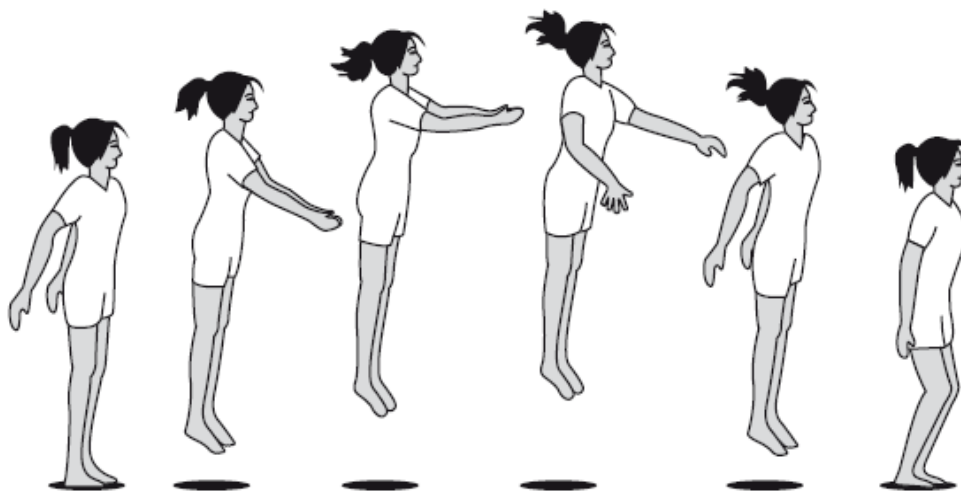


FIGURE B1 ARM ACTION

## Bounce variations

Figures B2, B3 and B4 show three variations, the tuck, the pike, and the straddle pike respectively. These should be assumed at the top of the bounce, before resuming the normal landing position on your feet.



FIGURE B2 TUCK



FIGURE B3 PIKE



FIGURE B4 STRADDLE PIKE

Practice these simple variations and concentrate on perfect form. Make sure that your toes are pointed and fingers are straight.

These are simple variations to the basic bounce and are very important for gaining experience in coordinated movement.

## Basic Landing Positions

### General

Positions for all drops: seat, hands and knees, and front, should first be practiced on the ground, then in a stationary position, and only then on the trampoline bed.

Drops should be performed after 'priming' the trampoline bed. Priming is done by bending your knees and pushing down repeatedly on the trampoline bed, thereby setting the bed in motion. The feet stay in contact with the bed during the entire priming motion.

### The seat drop

To learn the seat drop:

- (a) From the standing position, prime the bed several times.
- (b) Pick up your feet at the top of the last bounce, and sit down. You should land so that your body is in a sitting position with legs straight out in front and your toes pointed.

Hands should be on the bed next to your hips. Fingers should be together and pointed toward the toes.

- (c) Push on the bed with your hands to rebound up to your feet (see Figure B5).

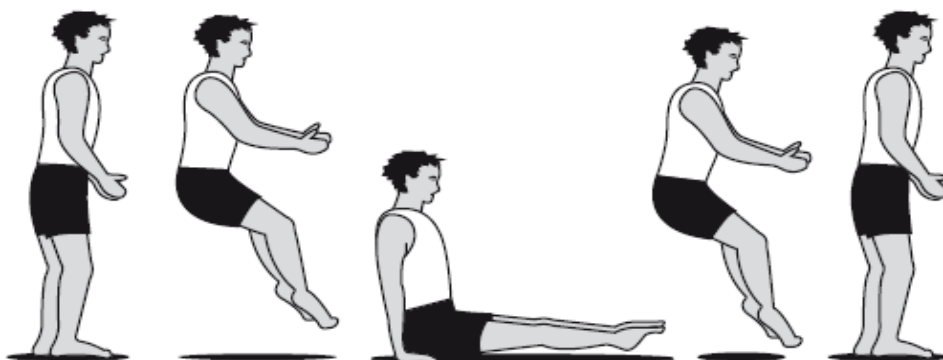


FIGURE B5 SEAT DROP

### The hands and knees drop

To do this drop properly, there should be just as much weight on your hands as on your knees. Your back should be about approximately parallel to the bed. Knees and hands should land simultaneously, with the middle of the body landing in the centre of the trampoline. Hands should be directly under the shoulders. Knees should be directly under the hips. Your toes should be pointed.

To learn the hands and knees drop:

- (a) Get down on your hands and knees on the bed. Make sure you have weight on both your hands and your knees. Do not sit on your heels.

(b) Remain in this position and try to bounce. Do not rock back and forth between the hands and knees, but develop an even landing on all four points.

(c) From the standing position, prime the bed several times. Lift upward with your hips, reach forward with your hands, and land on all fours. Look slightly in front of your hands on landing. Push to rebound to your feet (see Figure B6).

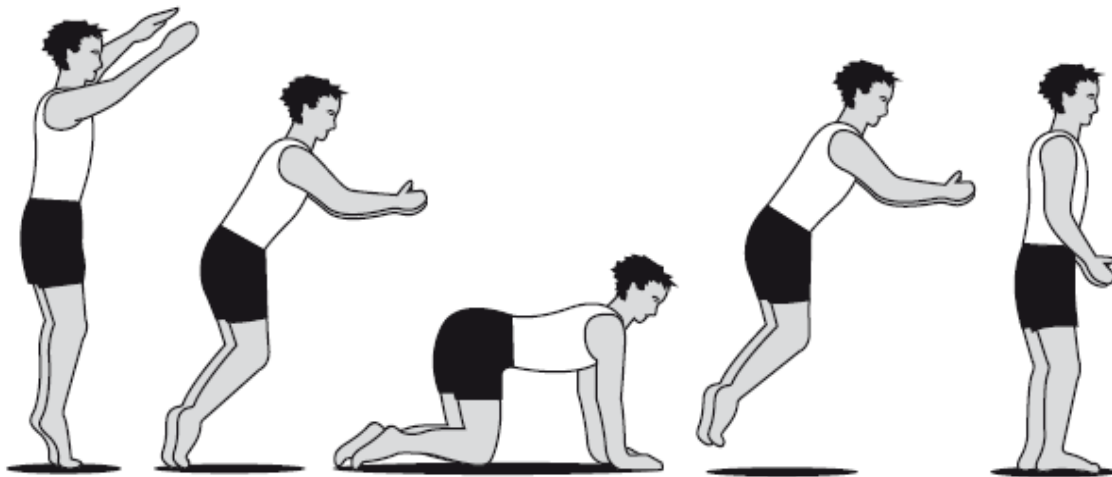


FIGURE B6 HANDS AND KNEES DROP

### The front drop

Contact with the trampoline bed should simultaneously take place with your hands, elbows, chest, stomach, hips, and knees. Knees should be bent.

You must come down level. If the landing is made first on your chest and arms, they will rebound before your knees hit which will result in a straining action on your back. If this type of landing is made with a travelling, diving approach there is a chance that your elbows may become skinned. If the landing is made so that your knees and hips hit first, then they will rebound and your shoulders and face will land heavily.

#### Step 1:

(a) Start from the hands and knees drop position.

(b) As you rebound from the hands and knees, stretch so that you land on your stomach. From this position, rebound to your hands and knees.

#### Step 2:

(a) Start from a standing position with knees bent so that your upper body is low and close to the trampoline bed.

(b) Prime the bed several times.

- (c) Lift hips gently upward and backward.
- (d) Land in contact with the bed as described in Step 1.
- (e) Push with your hands to return to the feet.

*Step 3:*

- (a) Start from a straight standing position.
- (b) Prime the bed several times.
- (c) Perform skill as in Step 2 (see Figure B7).

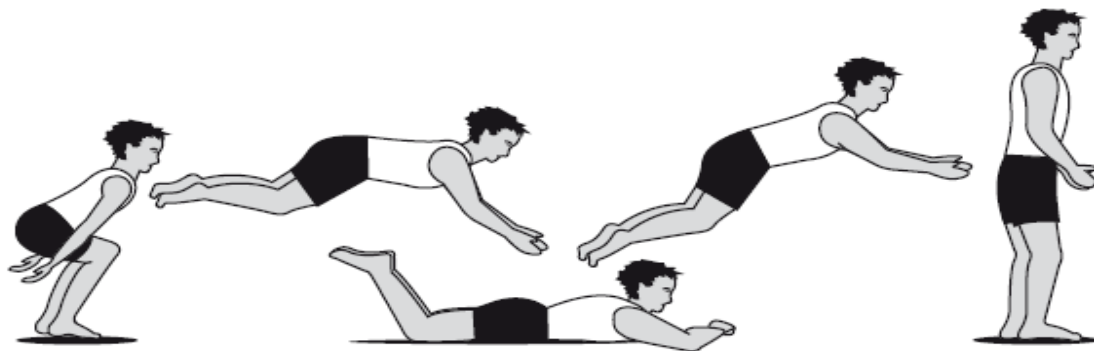


FIGURE B7 FRONT DROP

## **SERIES OF DROPS**

Once you have mastered the individual bounce variations and drops, practice them in sequence. For example: Seat drop–Hands and knees drop–Front drop, or Seat drop–Front drop–Hands and knees drop–Seat drop.



## Beginning twisting

### General

Figures B8, B9, and B10 will show you a few of the many possible twisting variations of the basic landing positions.

### Seat drop—Half twist—Seat drop (AKA: Swivel hips)

*Step 1:*

- (a) Perform a seat drop.
- (b) Push down on the bed with your hands and come to a stand with the arms stretched overhead.

*Step 2:*

- (a) Perform the movement in Step 1. As you rebound up to your feet, move one shoulder in the direction you want to twist.
- (b) Finish standing with arms stretched overhead, facing the opposite direction (180 degree twist completed).

*Step 3:*

Perform as in Step 2. Just before contacting feet with the trampoline bed, lift your legs to land in a sitting position (see Figure B8).

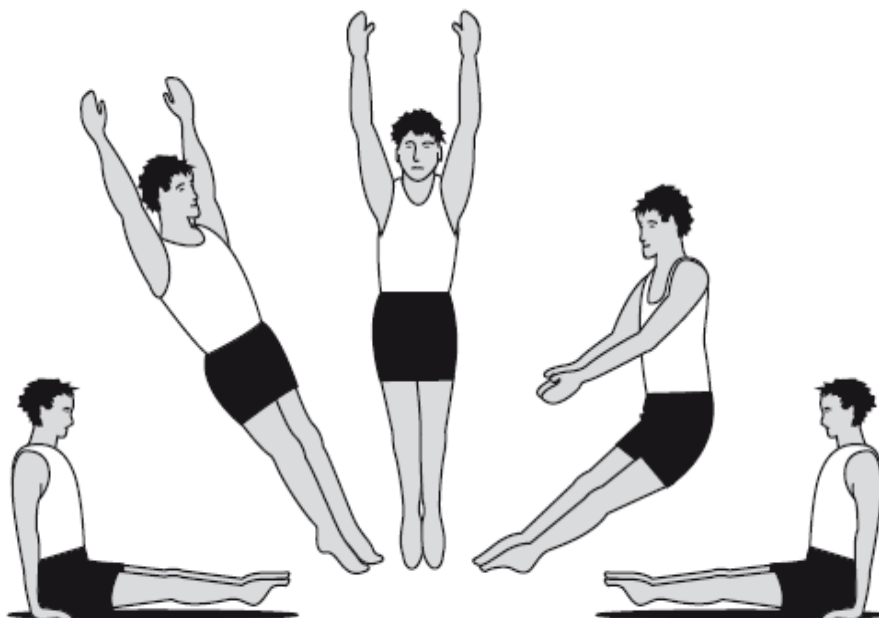


FIGURE B8 SEAT DROP—HALF TWIST—SEAT DROP

### **Front drop—Half twist—Front drop (AKA: Turntable)**

#### *Step 1:*

- (a) Begin in a hands and knees position, with hands forming the apex of a triangle, like in a front drop.
- (b) Prime the bed in this position.
- (c) Push backward with your hands and extend your body to land in the front drop position.
- (d) Repeat several times in succession: Hands and knees drop—Front drop—Hands and knees drop—etc.

#### *Step 2:*

Perform the movement as in Step 1. However, do it at twice the speed so as to bring your knees inward, under your hips and out again without touching your knees on the bed.

#### *Step 3:*

Perform the movement as in Step 2. Push sideways on the trampoline bed so that your body rotates.

#### *Step 4:*

From a standing position, prime the bed, then perform a front drop. Push sideways, as in Step 3, and complete a 180 degree turn, finishing in a front drop facing the opposite position (see Figure B9).

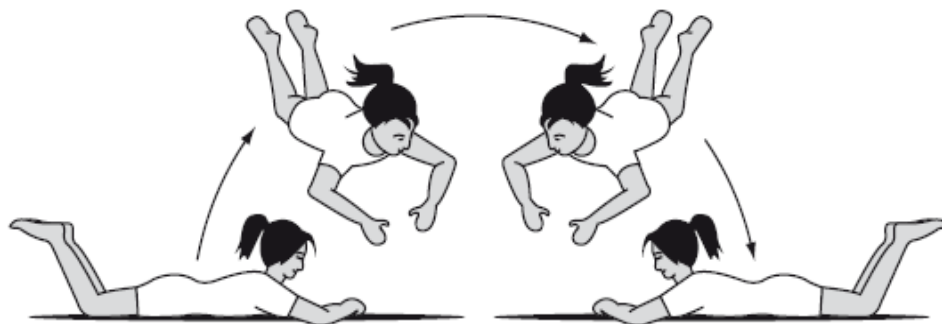


FIGURE B9 FRONT DROP—HALF TWIST—FRONT DROP

### **Seat drop—Full twist—Seat drop (Full barrel roll)**

Perform this as you would a half barrel roll but keep moving your shoulder in the direction of the twist so that you finish in the seat drop position.

During the twist, hands should be placed by your sides, with your body held straight (see Figure B10).

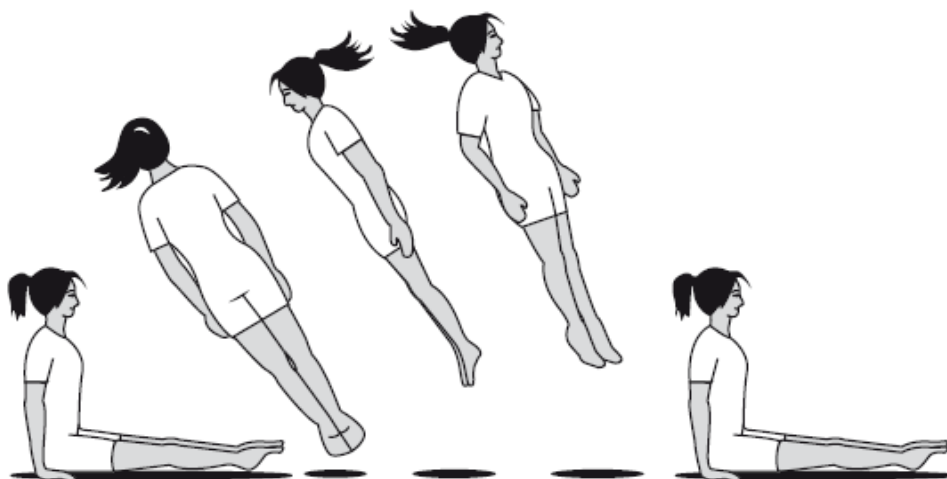


FIGURE B10 SEAT DROP—FULL TWIST—SEAT DROP

## Additional Twisting

You can combine a twist with each of the basic landing positions (see Paragraph B3). You can twist after the landing position.

Example: Seat drop— $\frac{1}{2}$  twist—feet

You can add more twists. Remember to practice and perfect the smaller twists before moving on to larger twists.

You can also perform a series of twists.

Example: Swivel hips—perform several in a row, all twisting in one direction, or alternating directions.