Trampolines DIRECT

Owner's & User's Manual

Safety Information, Installation and Care & Maintenance Instructions.

Round Trampoline Range

Warning: Read this manual before assembling and using the trampoline.

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SAFE USE INFORMATION

There is no doubt trampolines can provide a lot of fun, entertainment, fitness and enjoyment, they also encourage the development of gross motor skills, an incentive and opportunity to participate in physical activity and an environment where a user can challenge themselves to find and test their limits. However, like many physical activities, trampoline use involves the potential risk of injury, especially if the trampoline is used incorrectly. Misuse and abuse of this trampoline is dangerous and can cause serious injury!

Injury surveillance and hospital records show that trampolines are a frequent contributor in injury cases. Children under 14 years of age account for about 90% of all trampoline-related injuries. 28% of the trampoline-related injuries were sustained by children under five years of age and more than a third of the injuries related to multi-users (Victorian Injury surveillance Unit – Hazard 75, Autumn 2013, page 3.).

Important Notes:

1. Injury data indicates that people can be severely injured if they land on an unprotected trampoline frame or springs or if they fall from a trampoline. Soft edge systems and pads covering the frame/suspension system are intended to minimize the risk of injury while enclosure systems are intended to stop people falling off the trampoline.
   Ensure pads and enclosures are attached to the trampoline prior to use.
2. Trampolines; being rebound devices, can propel the user to unaccustomed heights and into a variety of unexpected body movements and positions. The risk of injury increases when more than one person at a time bounces on a trampoline. Multiple users on the trampoline can collide unexpectedly and uncontrollably into each other with force. Weight variations between users can compound this and smaller children are particularly susceptible to increased risk of injury when jumping with adults and/or larger children, for example, a “double bounce” dramatically increases the energy transferred to the smaller body and children’s legs have been broken and severe spinal injuries have occurred as a result.
   Ensure only one person at a time bounces on the trampoline.
3. Children are often unable to identify hazards and do not have a well-developed ability to assess risk and may, if left unsupervised, be at more risk of injury.
4. Always supervise children when they are using the trampoline.
5. Overconfidence is a known precursor to higher risk taking which can lead to injury.
6. Learn the fundamental bounces first before trying more complex manoeuvres.
7. Inappropriate clothing can cause injury.
   Clothing should allow plenty of body movement without flapping loosely and becoming a distraction to the jumper.
8. Don’t wear any clothing that contains drawstrings, hooks, loops or anything that could get caught while using the trampoline which may cause entanglement or strangulation. Buckles, jewellery and belts should not be worn, as these may damage the trampoline mat or cause injury to the jumper if they become caught in the fabric of the trampoline. If you are a beginner, then you may want to wear a long-sleeved top and pants to protect yourself from scrapes and abrasions until you master control of bouncing and landing.
9. Shoes should be removed as they may damage the bed and increase the risk of injury.
10. Better design, good construction and improved safety features go a long way toward minimizing the hazards associated with trampoline use: however, trampolines need to be used, cared and maintained appropriately to ensure benefits of these features throughout the life of the product.

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Safe Use Instructions

To reduce the risk of injury while using the trampoline, develop household rules such as the following:

1. Do not allow children under 6 years on the trampoline.
2. Allow only one person on the trampoline at a time.
3. Active, competent supervision is essential – always supervise children while they are using the trampoline.
4. Ensure pads covering the frame/suspension system are securely attached at all times.
5. Ensure the enclosure is securely attached and in good condition at all times. Only use the trampoline with the enclosure entrance fully shut.
6. Check the trampoline before use and ensure it is in good condition. Replace any worn or broken parts. Use only parts that are recommended by the manufacturer.
7. Make sure the area around, underneath and above the trampoline is clear of objects that could interfere with the person jumping. Do not allow children, pets, toys or any other object to be present under the trampoline.
8. Adults should model safe use of trampolines when children are present.
9. Wear comfortable clothing that won't become entangled in the trampoline's components and become a strangulation hazard. Do not wear jewellery or drawstrings/cords that can catch on the trampoline and create a strangulation hazard. Remove shoes as they may damage the bed and increase safety risk.
10. Children should be educated by responsible adults to always "climb" on and off the trampoline in a controlled and careful manner and to never "jump or bounce" off (this is a dangerous practice when dismounting). Never use springs or suspension elements as "hand grips" when getting on or off the trampoline. Changing heights either up or down has its own set of risks to injury, so whenever getting on or off the trampoline; don't rush, take deliberate care and always use full 3-point body contact with the trampoline at all times.
11. Learn fundamental bounces and body positions thoroughly before trying more advanced manoeuvres. A variety of trampoline activities can be carried out by performing the fundamentals in various series and combinations, or performing one fundamental bounce after the other, with or without bounces between them. Review the "Basic Trampoline Bounces" section in this manual.
12. For further information or additional instructional material, contact the supplier. To learn more advanced trampolining skills, contact a suitable gymnastics/trampoline club.

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Safe Use Warning

Note: The warning label above is what your trampoline will have, except the model you have will also have the actual kg rating instead of the "X".

Basic Trampolining Instructions

This trampoline is a domestic trampoline, not a gymnastics trampoline. You will get the safest and best use from it by following these basic principles:

1. Do not attempt or allow somersaults on the trampoline. Landing on your head or neck while doing somersaults can cause serious injury, paralysis or even death.
2. Do not use the trampoline when wet. The mat will be slippery and make landing less sure.
3. Enclosure systems are designed to prevent users falling off the trampoline. Do not allow users to intentionally bounce toward or off the barrier, as this can unbalance the trampoline and continual impact may damage the enclosure.
4. Do not use the trampoline while under the influence of alcohol or drugs. Balance, perception and assessment of risk will be affected and may lead to injury.
5. Do not use the trampoline as a springboard onto or into another object e.g. another nearby trampoline, swimming pool etc. Use the trampoline only for trampoline style bouncing.
6. Focus your eyes on the edge of the trampoline. This will help control your bounce.
7. Stop your bounce by flexing your knees as your feet meet the trampoline bed. Learn this skill before you attempt any others.
8. Avoid bouncing too high. Stay low until you can control your bounce and repeatedly land in the centre of the trampoline.
9. Do not bounce immediately after a meal.

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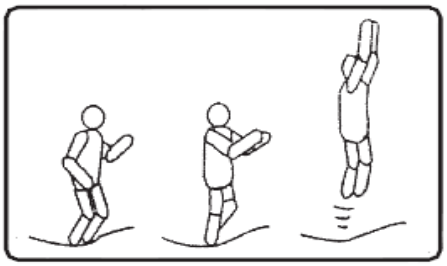
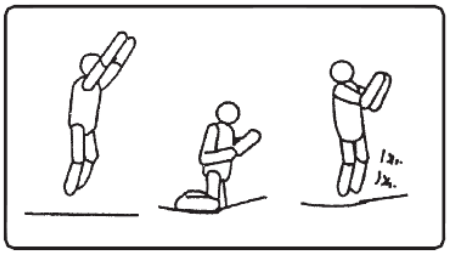
Basic Trampoline Bounces

The Basic Bounce



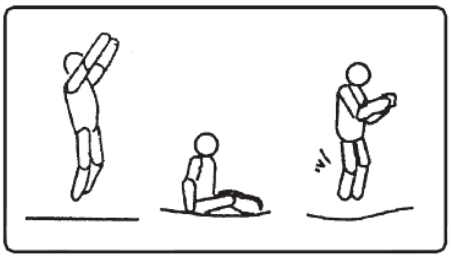
1. Start from the standing position with feet at shoulder width apart, head up and eyes focused on the mat.
2. Swing arms forward and up and around in circular motion.
3. Bring feet together while in mid-air and point toes downward.
4. Keep feet at shoulder width apart when landing on mat.

The Hand & Knee Bounce



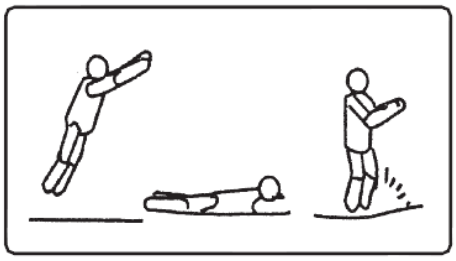
1. Start with the Basic Bounce and keep it low.
2. Land on knees while keeping back straight, body erect and using your arms to maintain balance.
3. Bounce back to the Basic Bounce position by swinging your arms up.

The Seat Bounce



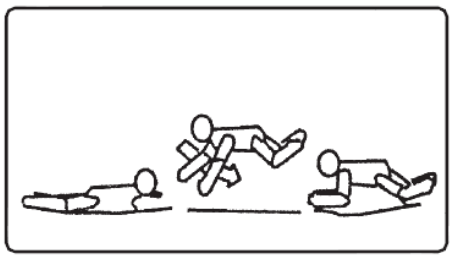
1. Land in a flat sitting position.
2. Place hands on mat beside your hips.
3. Return to erect position by pushing down on the mat with your hands.

The Frontal Bounce



1. Start with Front Bounce position.
2. Land in prone (face down) position.
3. Position and keep your hand and arms extended forward on the mat.
4. Push off the mat with arms to return to standing position.

The 180 Degree Bounce



1. Start with the Frontal Bounce position.
2. Push off with left or right hands and arms (depending which way you want to turn).
3. Maintain head and shoulders in the same direction and keep back parallel to mat with your head up.
4. Land in Prone position by returning the standing position by pushing up with your hands and arms.

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Trampoline User Lesson Plan

Before getting on and using the trampoline you should have read and understood all safety instructions. A complete discussion and demonstration of body mechanics and trampoline guidelines should occur between the supervisor and the student user as well.

The following lessons are suggested to learn the basic steps and bounces before moving onto more difficult complicated bounces, always start with low bounce heights.

Lesson 1

1. Mounting/Dismounting - Demonstrate safe technique for getting on & off the trampoline.
2. The Basic Bounce - Demonstration and practice.
3. Stopping your Bounce - Demonstration and practice of how to stop on command.
4. Hands & Knees - Demonstration and practice four-point landing and body alignment.

Lesson 2

1. Review and practice techniques learned in Lesson 1.
2. The Hands & Knee Bounce - Demonstration and practice. Learn how to do the Basic Bounce and back up before half twist to the left and right.
3. The Seat Bounce - Demonstration and practice. Learn the basic Seat Bounce then add a Hand & Knee Bounce, Hands and Knees Bounce, then repeat.

Lesson 3

1. Review and practice techniques learned from previous lessons.
2. The Frontal Bounce – To avoid mat burns and to teach the frontal bounce position, the user should be requested to assume the prone position (face down on the mat) while the supervisor checks for faulty positions that could cause an injury.
3. Start with the Hands and Knees Bounce and then extend body into prone position, land on the mat and return to feet (standing position).
4. Practice Routine – the Hands and Knees Bounce, Frontal Bounce, back to feet, the Seat Bounce, back to feet.

Lesson 4

1. Review and practice techniques learned from previous lessons.
2. The 180 Degree Bounce (half turn).
3. After completing the above lessons, the student user now has the foundation of Trampoline Bounces. Users should be encouraged to develop their own routines with the emphasis on staying in control. A game that can be played to encourage users to try and develop routines is “BOUNCE”. In this game, the first player starts with a manoeuvre then the second player must do the first players manoeuvre and add their own. The third player does the manoeuvres of player 1 & 2 and then adds a third manoeuvre. This continues until a player cannot do the routine; when a player makes a mistake, they receive a letter ‘B’. Continue until someone spells the word “BOUNCE”. The last person to spell this word is the winner. Even when playing this game, it is important for the players to perform their routines while staying in control and not try difficult or highly skilled bounces that have not been mastered. A certified trampoline instructor should be contacted to further develop your trampoline skills.

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TRAMPOLINE LOCATION

Correct Trampoline Positioning

For safe use of the trampoline please be aware of the following points when selecting a place for your trampoline;

1. Make sure the surface area is flat and level.
2. Make sure the surface is firm and stable to prevent the trampoline from tipping over.
3. Make sure the surface has impact attenuating properties such as grass or approved safety matting
4. Do not place the trampoline on concrete or similar hard surfaces as this will cause higher wear rates on the trampoline joints which can affect your warranty.
5. Keep a minimum of 5m overhead clearance when measured from the trampoline bed height to prevent users inadvertently contacting overhead hazards such as electric wires, tree limbs, clotheslines, and other possible hazards.
6. Maintain a minimum clearance of 1.5m on all sides of the trampoline. This area should not include hard surfaces (concrete, bitumen, brick, stone etc.) or recreational items (cubbies, swing sets, swimming pools) or other structures and equipment (electrical wiring, walls, fences) as these can cause serious injuries if users fall off the trampoline. This is also important due to the natural take up of weight if the users end up pushing or falling against the netting when the netting can be temporarily forced outside the natural trampoline frame circumference.
7. Make sure the position of the trampoline is not exposed to high winds
   Note: The surface area of the mat and the net makes the trampoline susceptible to high winds, the trampoline can become airborne and move uncontrollably and do major damage to itself or anything in its path. As an example, trampolines can become airborne and become entangled in power lines creating secondary hazards. For trampolines not sheltered from high winds then trampoline wind anchor kits may be suitable anchorage devices or for lower risk wind exposed areas then sandbags may be an option. For further suggestions on securing your trampoline contact your supplier.
8. Make sure the area has good lighting.
9. Do not locate the trampoline on top of other objects or store anything underneath the trampoline bed.
   Note: Children have been injured while bouncing on trampolines and landing on for example garden tools, bikes etc.
10. Make sure the position of the trampoline does not put users at risk from other hazards, e.g., recreational or road going vehicles, other people, pets, animals, etc.
11. Trampoline accessories that are specifically designed for use with trampolines whether sold with the trampoline or sold separately, (e.g., tents) do not eliminate any of the requirements above.

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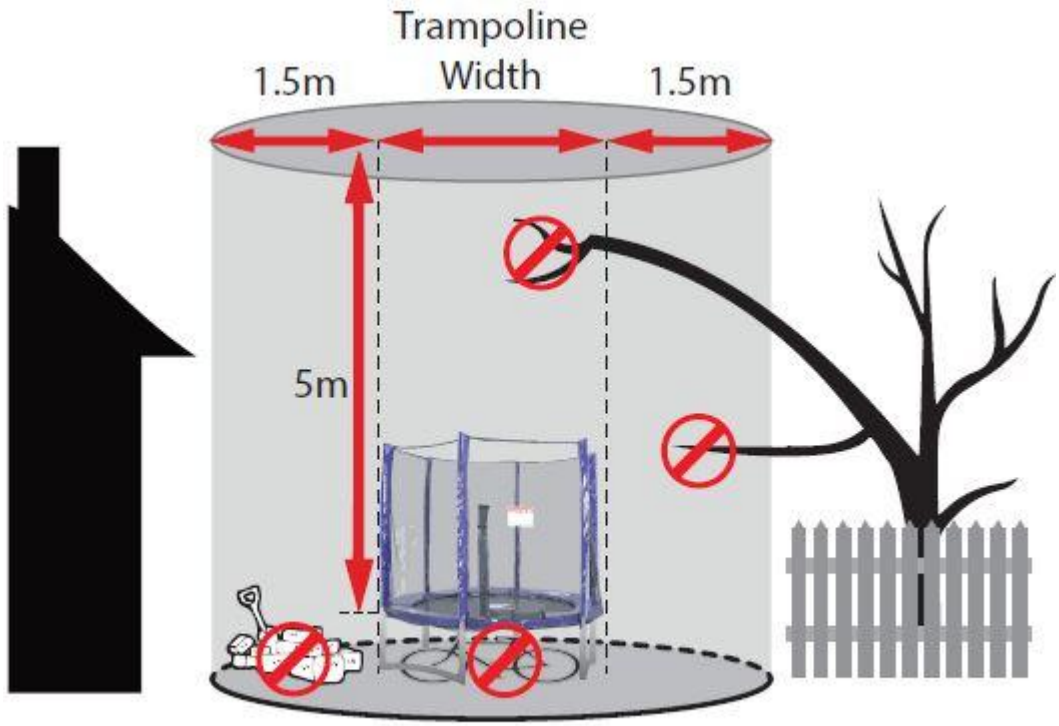
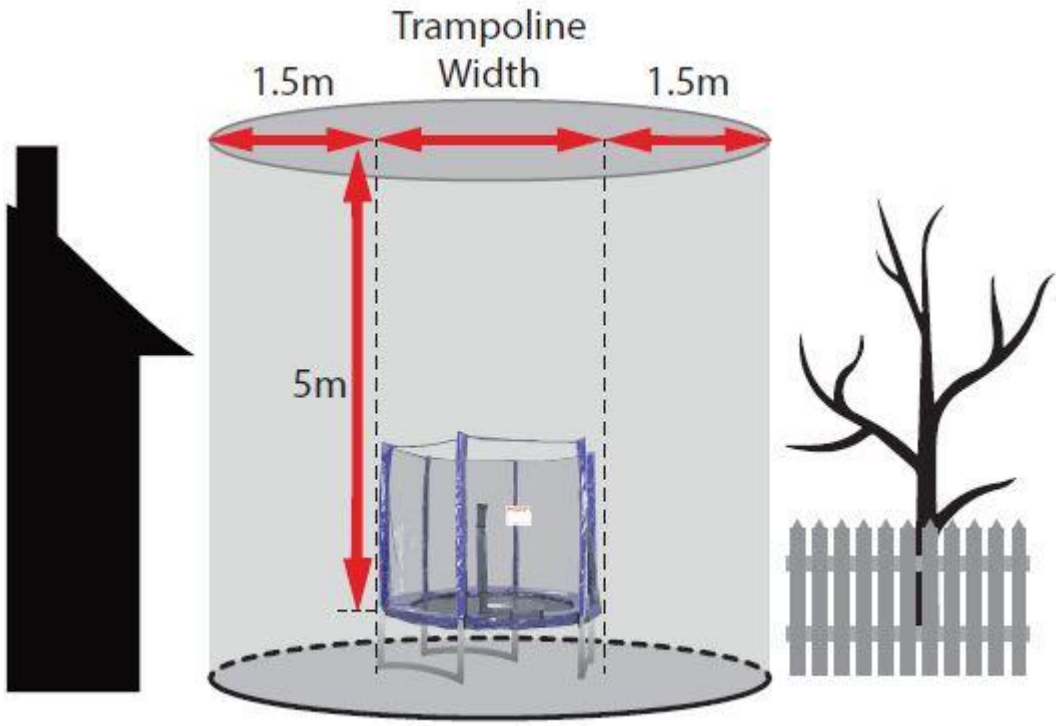
⚠WARNING ⚠

Carefully check the below trampoline positioning to prevent damage or injury.



Incorrect Installation



Correct Installation

Note: Images are Not to Scale

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TRAMPOLINE ASSEMBLY

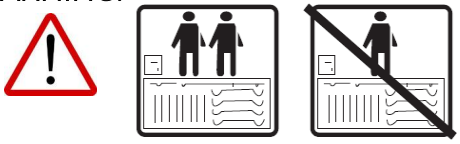
Before Assembling

Refer to PARTS LIST for descriptions and reference numbers. The assembly steps use these descriptions and part reference numbers for your convenience. Make sure you have all the parts listed. Contact your supplier to obtain any missing parts.

Parts List – Excluding the Net Enclosure Select your Trampoline Size

Ref No	Item Image	DESCRIPTION	8'	10'	12'	14'	15'	16'
1		TOP RAIL WITH LEG T-SOCKET	6	8	10	12	12	12
2		LEG EXTENSION	6	8	10	12	12	12
3		BOTTOM LEG RAIL	3	4	5	6	6	6
4		SPRING	48	64	80	84	96	108
5		MAT	1	1	1	1	1	1
6		SAFETY PADS (Inc. Bungee Set)	1	1	1	1	1	1
7		BOLT SET	1	1	1	1	1	1
8		SPRING TOOL	1	1	1	1	1	1
9		INSTRUCTION MANUAL (also includes repair kit, needle & thread)	1	1	1	1	1	1

WARNING:



Please wear suitable gloves to prevent any injuries to your hands from pinch points during assembly (especially when handling any metal parts). Minimum two people required to assemble this trampoline.

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Frame Assembly

Select your steel frame parts as per the layout diagrams shown in the following pages. All the parts with the same part **ref #** are interchangeable. Simply place all frame parts with the "spring" locating holes facing up, identify them prior to assembling. To connect the parts, slide the male end of the steel frame item into the corresponding frame part with the female end.

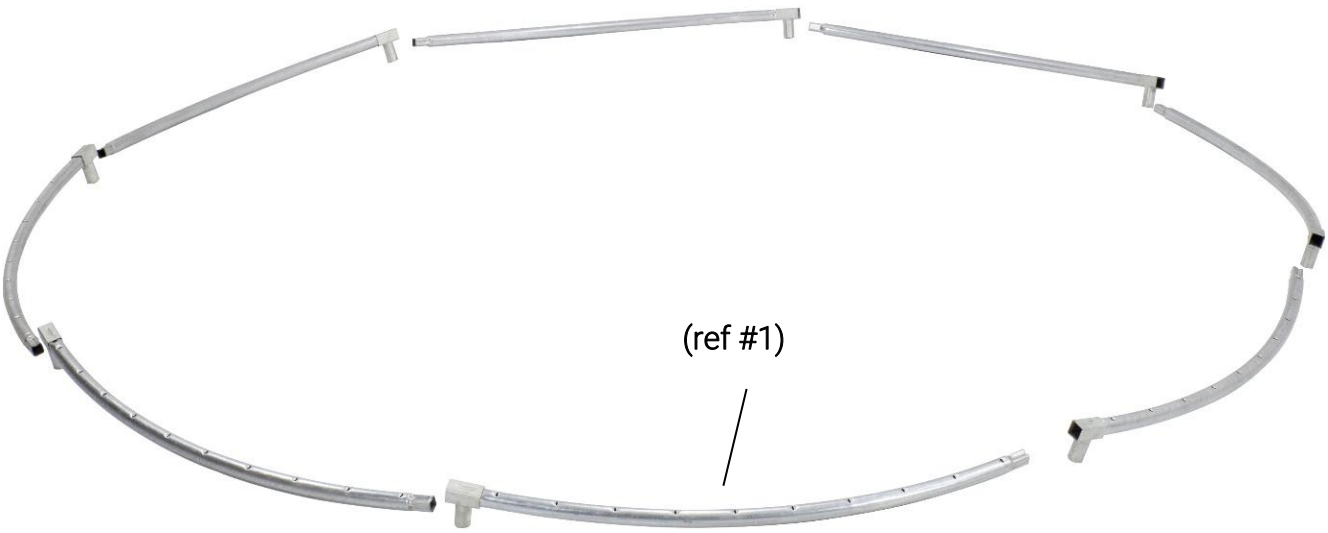
NOTE: For the sake of consistency, we use the same manual for all size round trampolines between 8ft to 16ft. Although the quantity of frame pieces, legs, springs and net poles will vary between sizes, the concept of assembly is the same for all sizes.

Assembly Tip: All steel joints can naturally move or rub a very small amount with each other when under load (during trampoline use). Whilst this small movement is normal, if the joints are dry they can sometimes create unwanted noise (typically as a "squeak"). The best way to prevent this is during frame assembly, you can use long life steel joint lubricant, for example, an "anti-seize" paste or "general use grease". This can be applied to each male end joint piece on the upper frame and all leg related joints prior to fitting. This also makes it easier to disassemble the trampoline if you ever have the need. Note: Avoid using spray lubricants such as "WD40" as they are a short-term lubricant and will quickly lose effectiveness.

Step 1 - Frame Ring Assembly

Lay out all the top frame rails **(ref #1)**, and simply insert the male end of one top rail into the female end of the next top rail (T-socket end). Repeat until the top ring is fully connected. You will attach the legs in the following step.

FRAME LAYOUT



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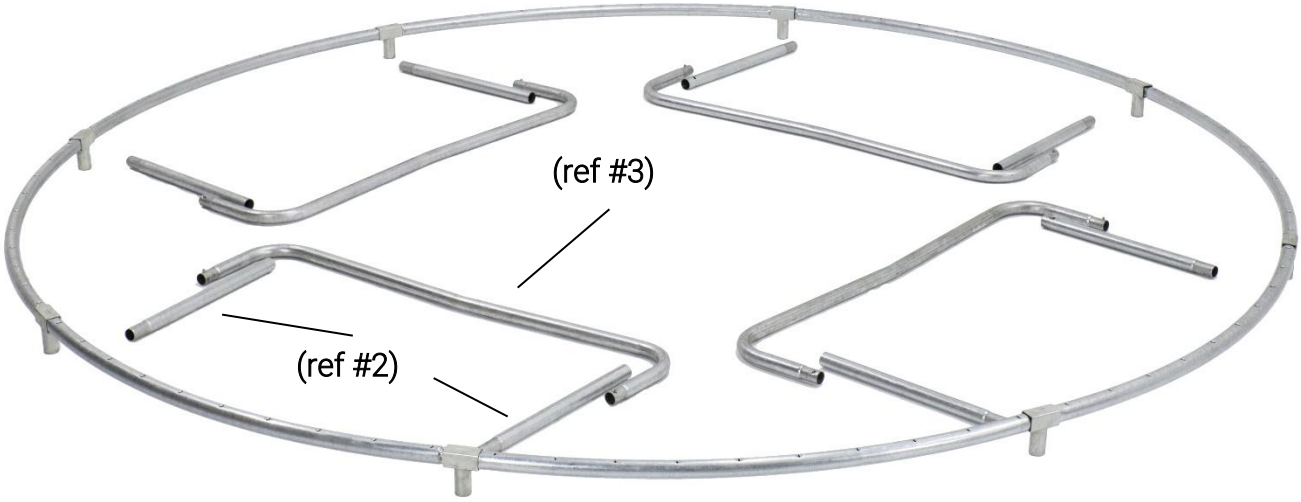
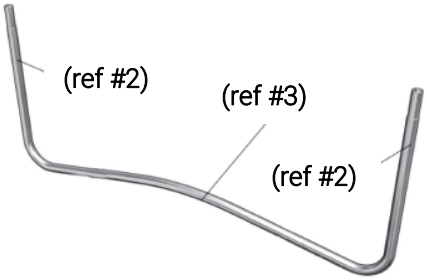
Step 2 - Leg Support Assembly

Lay out the bottom leg supports **(ref #3)** and the leg extensions **(ref #2)** as shown in the diagram below.





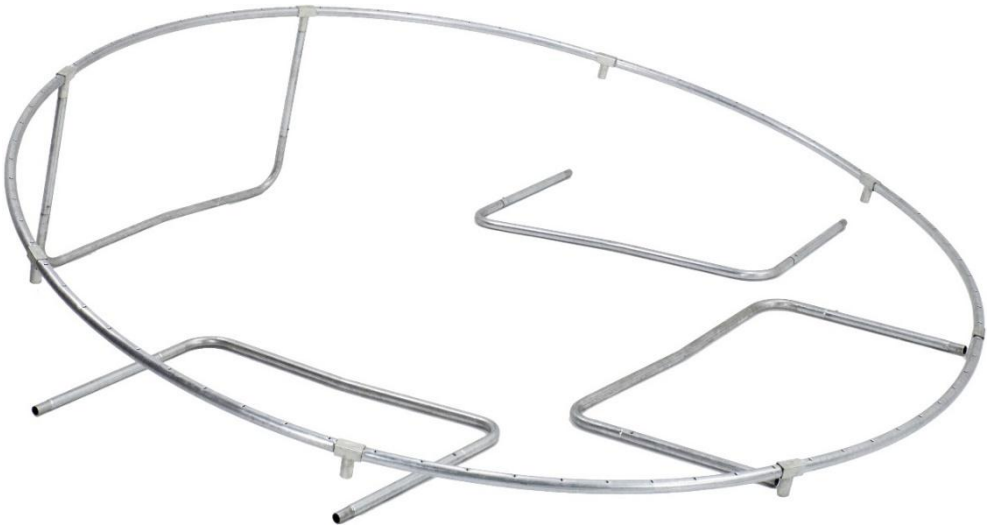
Slide the leg extensions **(ref #2)** onto the bottom leg support (**ref #3).**

Ensure the spring clip is fully engaged

Repeat until all leg support assemblies are done.

Step 3 - Complete Frame Assembly

At this stage, it is important to have two people to help. Have one person lift the top frame assembly from Step 1 to a standing position (roughly waist height), while the other person lifts the leg support assembly from Step 2 and aligns the male vertical leg extensions (ref #2) with two adjacent female T-sockets (ref #1) on the upper frame. Review the reference image on the previous page ensure the leg is in the correct orientation.



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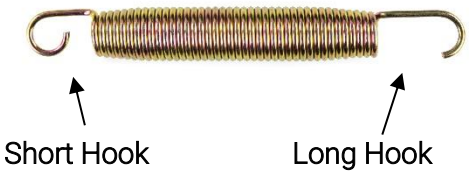
Step 3 - Complete Frame Assembly (cont.)

Repeat the previous step on the opposite side of the trampoline (ensure there are an even number of T-sockets between this and your first leg piece to ensure the spacing is correct). Then, attach the remaining leg pieces. Step 4 - How to use the Spring Tool

NOTE: The Frame will be held together securely once the mat and springs are installed

Step 4 - How to use the Spring Tool

WARNING: Before attaching any springs, read these instructions



Step 4.1

Identify the “short hook” and “long hook” ends of the spring

Step 4.2

Position the spring “short hook” into the corresponding mat V-ring, then use the spring tool and hook the “long hook” with the end of the spring tool.

Step 4.3

Pull the spring tool until the spring is attached to the frame hole, then disengage the spring tool leaving the spring in the assembled position.

WARNING: Please take care where your hands and other parts of the body are placed when pulling springs, be aware that you are placing stored energy into the spring and if the spring is not restrained correctly, it can cause injury to you or anyone else in the vicinity.

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Step 5 - Initial Mat Assembly

Before attaching any springs read “How to Use the Spring Tool” instructions.

NOTE: Do not use a partially assembled trampoline as a workbench to place unassembled parts. This can be tempting because it is a nice height to work from, however many parts are sharp enough during the assembly phase to cause cuts to the mat, pads and netting.

Mat Assembly Spring Installation Order

Initially we aim to only install just enough springs to hold the mat in position (only approx. 8 springs).

As a rule, especially earlier on in the spring fitting process, it is best to install one spring, count the holes in the frame and the corresponding number of mat V-rings to place the next spring 180° opposite. You now have the tension of one spring on one side balanced by one spring on the opposite side. Next, count again half way between the installed springs, install a spring there, and then again on the 180° opposite side of this.

Step 5.1

Layout the trampoline mat (ref #5) as shown in the diagrams below, by attaching four evenly spaced springs from the mat to the frame. The numbers in the diagram below show the correct sequence for attaching the springs.

Step 5.2

Once the first four springs are attached, repeat the process by finding the centre position between two installed springs, and copying the steps outlined in 1. for attaching the next four springs.

Stop when you have eight springs attached as shown in the second image.

Spring Assembly Tip: When installing springs, it is necessary to keep the tension on the mat balanced, this is because; (1) it prevents overloading & permanent over stretching of springs and mat stitching, (2) it takes a lot less effort and (3) no overloading means it’s safer. Please follow the spring installation order in the images below.

NOTE:

DO NOT install any more springs yet as the next step will integrate the net. The springs installed so far will need to be re-installed again during the net assembly process at Step 6.2

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Step 6 - Attaching the Net Base to the Mat

This step covers the attachment of the net base to the mat edge.

NOTE: It is important to perform this step before the remaining springs are attached to the trampoline otherwise you will end up having to fit all the springs twice.

Step 6.1

Place the net on to the mat as shown.

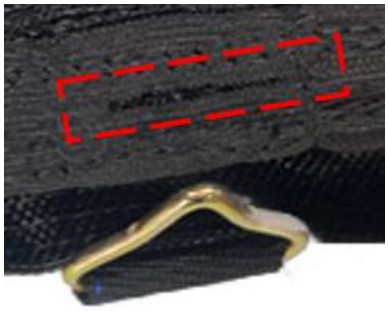
Assembly Tip #1: The net needs to face out, use the warning label as a guide, this is next to the entrance zip, you should be facing the warning label as you approach to get on the trampoline.

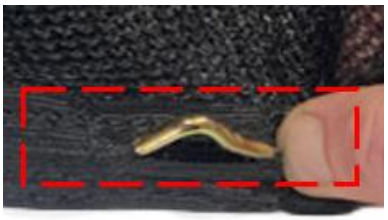
Assembly Tip #2: Position the net entrance (vertical zip) in between two leg assemblies as shown.

Assembly Tip #3: The zip is tested at the factory however before installing the net make sure the zip work smoothly. An application of a pure Silicon Spray from time to time is handy to maintain smooth zip function. (Do not use oil-based sprays as they attract grit e.g., WD-40)

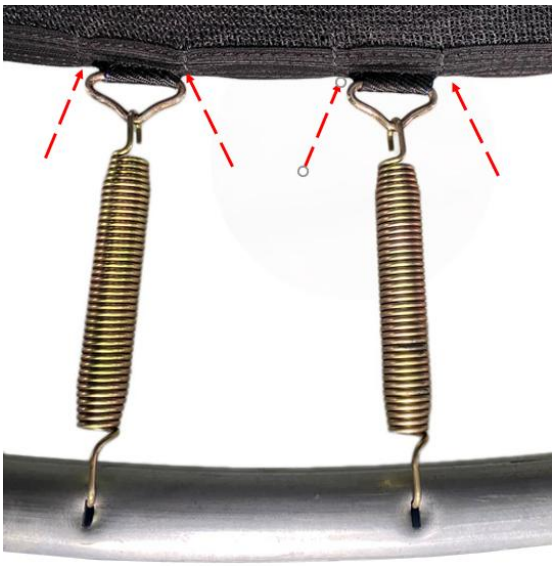
Step 6.2

Attach the net bottom to the mat edge by pushing each slit at the bottom of the netting material over each corresponding V-ring on the jumping mat. When you come to each one of the already fitted springs, carefully remove the spring, feed the slit over the V-ring and then re-attach the spring. This is important to stop the netting material from coming back off the V-rings prior to the end of assembly.





Note: Ensure all the net bottom slits are completely past the mat V-ring, so the bottom of the net perimeter sits flush with the jumping mat edge.



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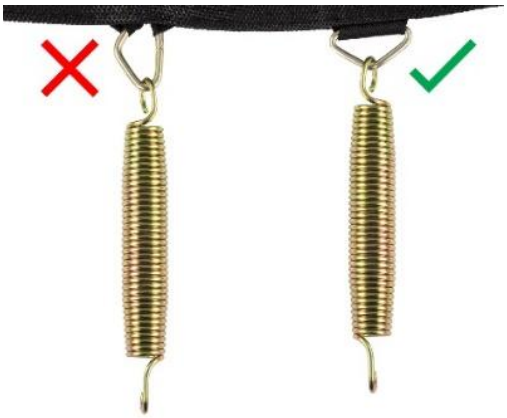
Step 7 - Finish Connecting the Net Base to the Mat

Step 7.1

Attach the remaining springs to the mat and frame using the same sequence as shown in **Step 5.** (Installing springs gradually opposite each other, this keeps an even tension on the mat and frame during assembly)



Step 7.2

It is important to check that all the mat V-rings have remained in the correct orientation. A V-ring can rotate in its hoop if an uneven or overload is applied when assembling (or later when the user lands on the extreme mat edge area). If the V-ring is left incorrectly rotated, the mat edge components will have uneven loads shortening the life of the mat and springs. This can simply be rectified by removing a spring, re-adjusting the V-ring, then re-installing the spring.

Step 8 - Install the Pad Assembly

Step 8.1

The pads come in one piece. Align the pad section seams/joins at every leg upright, as shown. This is important because the Net Poles will need to go through the holes in the pad later in **Step 9.1**.

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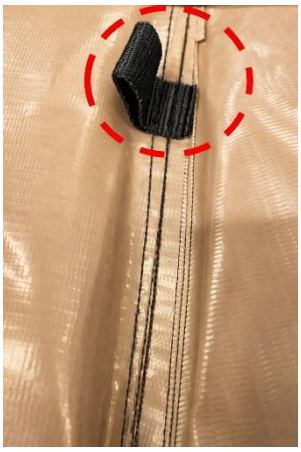
Step 8 - Install the Pad Assembly (cont.)



Step 8.2
Locate the pad black hoop at the underside pad inner edge.

Thread the bungee through the black hoop on the underside of the pad.

Stretch the bungee cord so it loops through the pad black hoop and both adjacent mat triangles, then connect the bungee ends together. Make sure the plastic head of the bungee cord is at right angles to secure the connection - as shown.

Work the plastic head of the bungee cord so it aligns in-between the two mat triangles as shown. Complete all pad inner attachment points.

Step 8.3
Use the bungees provided on the outer edge of the pad/outside frame.

Thread the bungee through the black hoop on the outer edge of the pad.

Then, rotate the bungee around the frame tube so that the head of the bungee is tucked out of sight underneath for a neat finish.

The safety integrity for the user is dependent on the safety pads remaining properly located over the frame so it is strongly advised to check the position of the pads prior to using the trampoline each time.

The trampoline is now ready for the rest of the net enclosure to be assembled.

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Step 9 - Net Enclosure Assembly (cont.)

Parts List - Net Assembly Only

Ref No	Item Image	DESCRIPTION	8ft	10ft	12ft	14ft	15ft	16ft
1		BOTTOM NET POLE	6	8	10	12	12	12
2		TOP NET POLE	6	8	10	12	12	12
4		SAFETY NET ENCLOSURE	1	1	1	1	1	1

IMPORTANT: Please ensure that the box contains all the trampoline net enclosure parts listed above. The table details the quantity of each part that you should have.

The net enclosure is an important safety device, ensure correct assembly.
Minimum two people are required to assemble this net enclosure.

Do not rush, some patience may be required.

Step 9 - Attaching the Net Poles

Step 9.1

Place all the bottom net poles into place, these go down through the hole in the pads into the main frame Tee-Joiner underneath.

Ensure the pole is fully down and seated with the Frame Tee-Joiner.

Step 9.2

Position the bolts through the Frame Tee Joiner, Upper Leg Upright and the bottom of the Net Pole. At this stage, loosely thread on the locknut, these will be tightened up later at Step 9.5.

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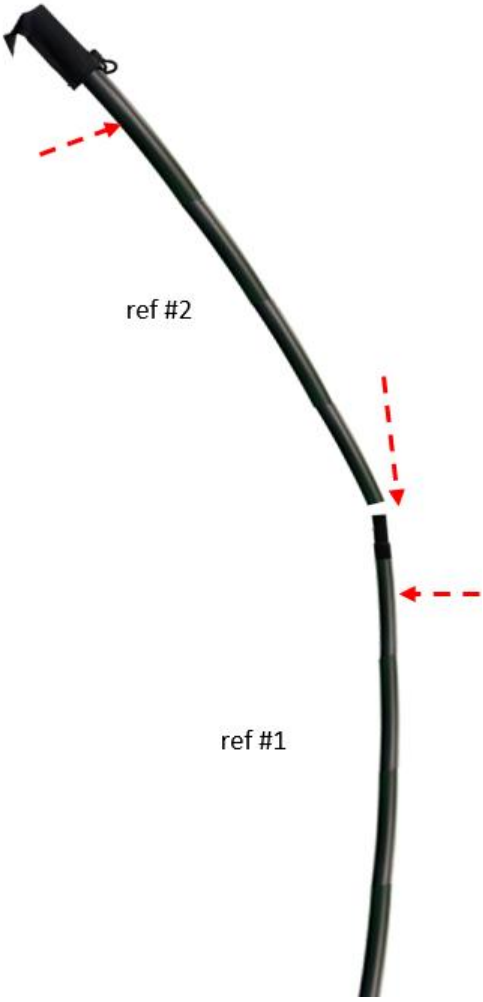
Step 9.2 cont.
All the lower net poles are now in place.

Step 9.3
Slide the Net Attaching Sleeve onto the top of the Top net pole. Check to make sure the attachment is not twisted. Insert the locking pin as shown.

NOTE: The Top Net Pole is NOT connected to the Bottom Net Pole at this stage. Take care when handling the pole sections that the pole ends do not accidently scrape nearby netting, mat or pads (prevent cuts)



Step 9.4
Sit the bottom of the Top Net Pole (ref #2) on to the top of the Bottom Net Pole (ref #1). If required have a second person push the lower net pole towards the centre of the trampoline while the first person pushes the top of the Top Net Pole outwards. You should now be able to stand the net pole as one assembly into the upright position.

Ensure the Net Pole Join spring clip head is fully engaged at the join

NOTE:
Depending on your height, you may decide to work from within the trampoline (remove footwear) or standing on the outside pads/frame or from the outside the frame with the aid of a ladder. Either way, take care not to fall.

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Step 9.5

Continue to do the same process at **Step 9.4** with the next adjacent net pole until all net poles have been completed.

Step 9.6

Now the net is fully assembled and in the desired position, check that all the Frame Tee Joiner bolts and nuts are done up firm. (avoid stripping threads: by not over tightening). Place plastic thread cap over the end of the exposed thread.

Inspect all aspects of the net and net poles to ensure they are attached securely and that the net zip operates smoothly.

Step 9.7

Install the ladder, this comes ready to fit.
Lift the pads up a little from the outer frame, do this directly in front of the zip entrance. Evenly place the ladder top hooks onto the frame rail, ensure the feet of the ladder are seated evenly on the ground, test climb before allowing the users to access and use the trampoline.

Assembly is complete

Well done, time to enjoy.

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MAINTENANCE & CARE

Maximum User Weight Limit

The trampoline and net enclosure has been designed to allow for the safe use by a single person at a time. It is recommended that the user does not exceed the maximum user weight rating as shown:

Trampoline Size	Maximum User Weight
8ft	90kg
10ft	100kg
12ft	130kg
14ft	130kg
15ft	130kg
16ft	130kg

Pre-Use-Checks

The pre-use checks in this manual will highlight any ongoing repairs required or items to be addressed that will preserve the life of the trampoline. See the following for some additional ongoing care tips.

Frame

The frame works best on a level surface; if the trampoline is used on a surface that's not level the frame will need to absorb uneven localised loads that could be above the design capacity. Keep the legs and net poles perpendicular to keep the loads evenly distributed.

Frame Corrosion

The steel parts are primarily protected from corrosion by a galvanised coating, this, however, can be affected by some substances e.g., some soils are very acidic, nearby swimming pool (residual chemicals) sea air (salt), the galvanised layer is by design a sacrificial coating and generally a scratch through this surface to the base steel will still be protected. Deterioration of a damaged area of the galvanised coating can be prevented further by applying a suitable aftermarket spray paint.

Bed (Mat) & Pads

Residual substances from dust storms, chemical spraying etc. on the trampoline surface can cause rapid wear or create an abrasive surface for the user. Simply wash off with cold water and let it dry before using the trampoline. Be aware if the pads are not in place the edge stitching on the mat becomes fully exposed to the sun's UV, reducing mat lifespan.

Bed (Mat) Use

The bed and suspension system are designed to last well if the majority of the jumping is primarily done in the centre, be aware that trampolines accessories like a basketball set can in some cases inadvertently cause concentrated use away from the centre of the bed.

Net Zip

A pure silicon lubricant spray applied to the zip section will keep the zip from binding up, take care not to overspray or drip onto other parts of the trampoline (creating a slippery surface).

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Date of Purchase

Record your purchase date here ……/……/……

NOTE: The trampoline components deteriorate naturally with use and time in the environmental conditions such as sunlight, rain, salt and heat. Also bear in mind that unexpected mishaps from misuse, extreme weather and other causes can have an immediate effect on the safe condition of the trampoline. It is important that you inspect the trampoline before each use and replace any worn, defective or missing parts before further use. Use only parts that are recommended by the manufacturer. Consider below when doing pre-use or regular maintenance checks.

Potential Hazards of Trampoline Components

Trampoline Frame	Trampoline Bed (Jumping Mat)	Frame Padding	Enclosure System (Safety Net)
Bending or fracture of the frame.	Punctures, holes, fraying, tears in the bed or edge system.	Padding partially or completely missing.	Missing enclosure (net/barrier).
Loose or un-sturdy framework.	Stitching or fabric deteriorating of the bed and/or its edge system.	Padding insecurely attached or not positioned correctly.	Improperly positioned or insecurely attached: a) net b) net poles c) net pole brackets d) net pole caps e) net upper rod
Sharp protrusions on the frame.	Sagging of the bed.	Punctures, frays, tears or holes in the padding.	Punctures, frays, tears, holes in the enclosure.
Broken, missing or over stretched springs.	Sharp protrusions in the suspension system elements e.g. damaged or broken springs.	Stitching or padding fabric deteriorating of the padding and/or its securing system.	Damage to net pole padding or net pole sleeve.
		Damaged or degenerated padding.	Stitching or fabric deteriorating of the enclosure and/or its securing system.
			Sagging of the netting.
			Bent, broken or sharp protrusions on the net poles.
			Broken or damaged enclosure entrance system.

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User Inspection Checklist

A trampoline in poorly maintained condition will increase your risk of getting injured. Please inspect the trampoline before each use, check for damaged or worn parts, for example;

Date of inspection: / /	✓ or X
Trampoline positioning	
Trampoline is positioned and stable and on a level surface	
Trampoline is positioned on a soft surface (e.g. well grassed)	
Trampoline is positioned a minimum of 1.5m away from hard surfaces and other potential hazards (e.g. walls, fences, clotheslines and trees)	
Adequate clearance is provided above the trampoline bed (minimum 5m)	
The space under the trampoline is clear of objects (e.g. bikes, mower, garden tools, toys)	
Trampoline Frame	
Frame is in good condition (e.g. not bent or broken, no rust or corrosion)	
Legs are inserted fully, secure and locked in position	
Joints are in good condition (e.g. no signs of stress, cracks, rust or corrosion)	
Frame does not present sharp protrusions or edges	
Trampoline Suspension System	
Suspension system is in good condition (e.g. springs are not over stretched or damaged, not bent or broken, no rust or corrosion)	
Suspension system is complete (e.g. all springs are present and connected)	
Suspension system does not have sharp protrusions or edges	
Trampoline bed (jumping surface)	
Bed is in good condition (e.g. no punctures, tears, holes, sagging or other damage)	
Fabric and stitching of the bed is in good condition	
Padding (where required)	
Padding is correctly installed and securely attached to exposed framework & mat edges	
Padding is in good condition (e.g. no punctures, tears, holes or other damage)	
Stitching of padding fabric and securing is in good condition	
Enclosure	
Enclosure and supports are correctly installed, securely attached and in good condition	
Enclosure Pole Connection are installed and securely attached	
Enclosure is in good condition (e.g. no punctures, tears, holes, sagging or other damage)	
Stitching of the enclosure is in good condition	
Enclosure support structure does not present sharp protrusions	
Enclosure entrance is in good condition and not broken or damaged	
Enclosure zips (if installed) close the entrance securely and freely	

Any items marked "X" requires maintenance, repair or modification (e.g. repositioning etc.) Refer to the instruction manual or contact the supplier for further information.

WARNING: If any of the above problems are present or any additional problems arise that could cause the user any harm then the trampoline should not be used until the problem is rectified.

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