



Owner's & User's Manual

Safety Information, Installation and Care & Maintenance Instructions.

Rectangle Trampoline Range



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

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SAFE USE INFORMATION

There is no doubt that 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. Children sustained 28% of the trampoline-related injuries 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, pg. 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 minimise 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 before 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. Smaller children are particularly susceptible to increased risk of injury when jumping with adults and 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 minimising 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.

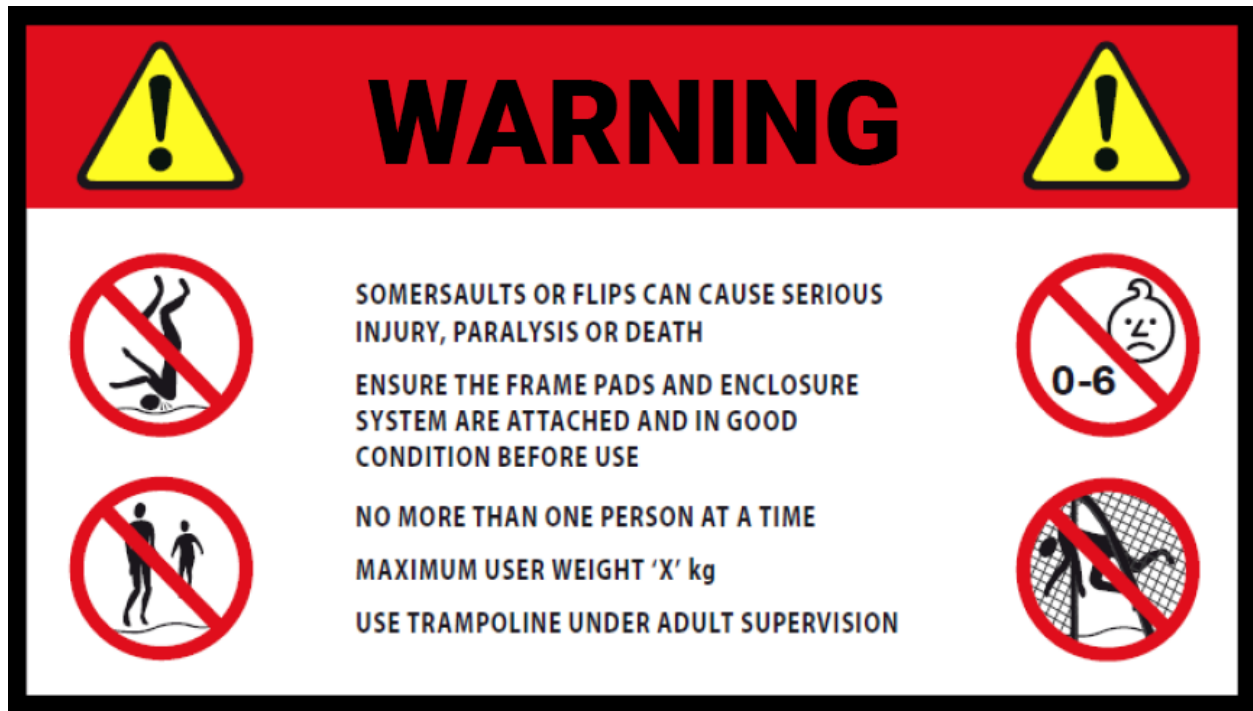
Reducing the Risk of Injury

While using the trampoline, develop household rules such as the following:

1. Do not allow children under the age of 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 the 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 risk of injury.
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 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.

Safe Use Warning

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



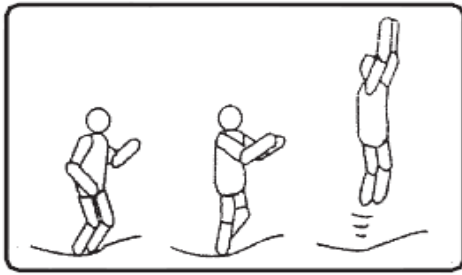
Basic Trampolining Instructions

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 safe.
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.

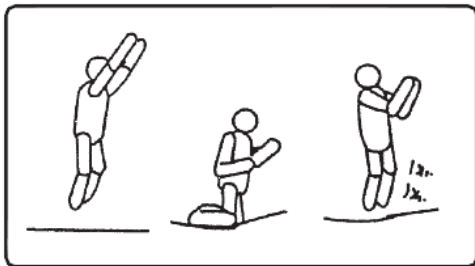
Basic Trampoline Bounces

The Basic Bounce



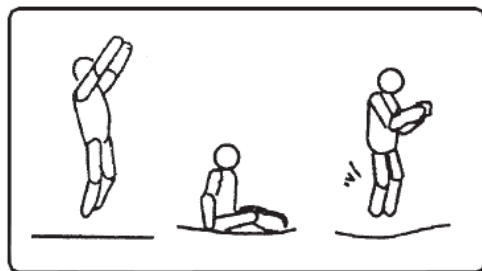
1. Start from the standing position with feet at shoulder width apart, head up and eyes focused on the mat.
2. Swing arms forward, up and around in circular motion.
3. Bring feet together while in mid-air and point toes downward.
4. Keep feet at shoulder width apart when landing on mat

The Hands & Knee Bounce



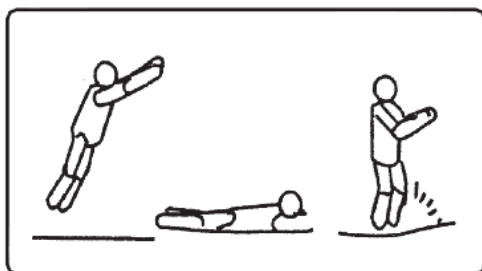
1. Start with the Basic Bounce and keep it low.
2. Land on knees while keeping back straight, body erect and using your arms to maintain balance.
3. Bounce back to the Basic Bounce position by swinging your arms up.

The Seat Bounce



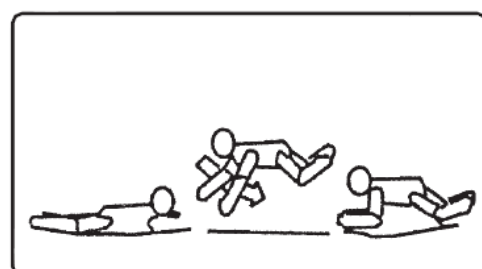
1. Land in a flat sitting position.
2. Place hands on the mat beside your hips.
3. Return to an erect position by pushing down on the mat with your hands.

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 a prone position by returning the standing position by pushing up with your hands and arms.

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.

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 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 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 player's 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 develop your trampoline skills further.

TRAMPOLINE LOCATION

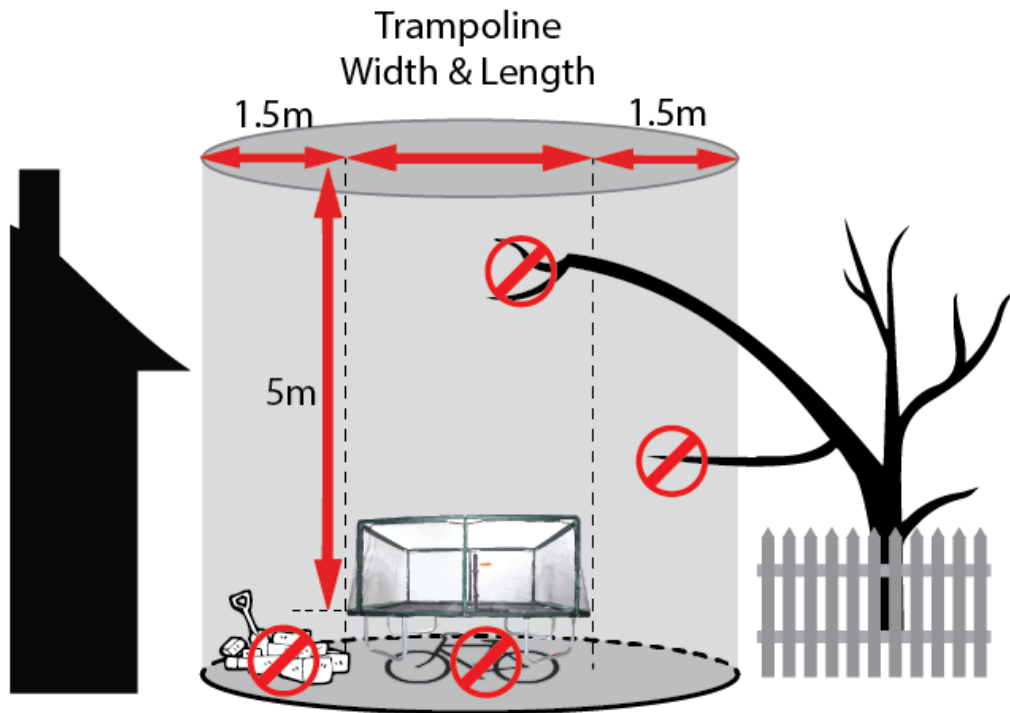
Correct Trampoline Positioning

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

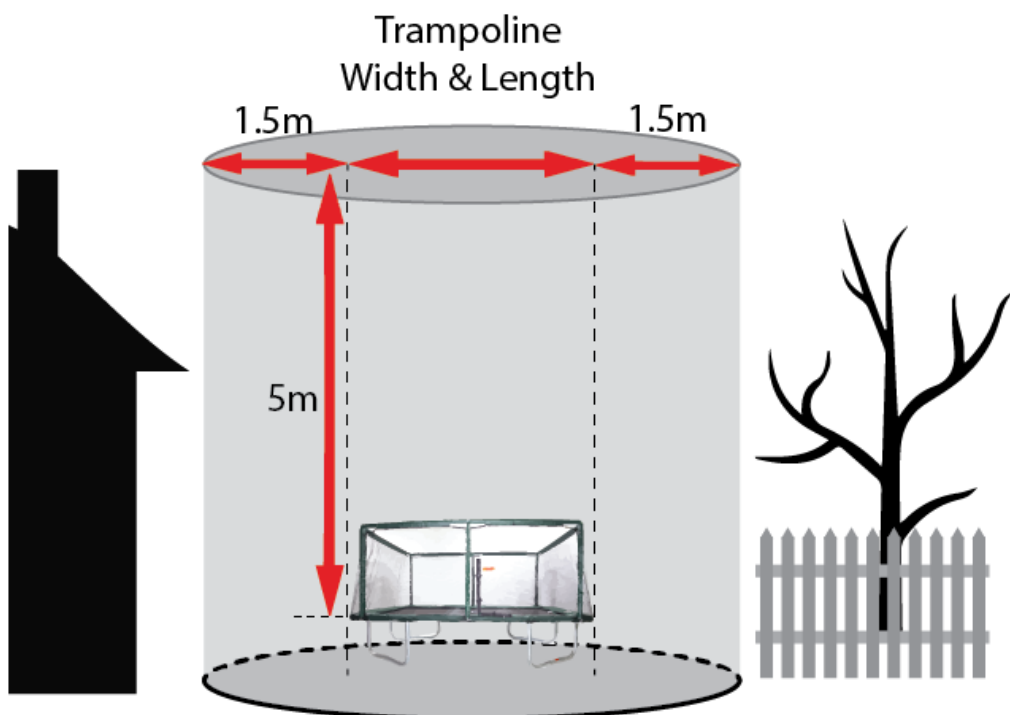
1. Make sure the surface area is flat and level.
2. Make sure the surface is firm and stable to prevent the trampoline from tipping over.
3. Make sure the surface has impact attenuating properties such as grass or approved safety matting.
4. Do not place the trampoline on concrete or similar hard surfaces 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.), recreational items (cubbies, swing sets, swimming pools) or other structures and equipment (electrical wiring, walls, fences, washing lines). 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 make 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 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 garden tools, bikes, etc.
10. Make sure the position of the trampoline does not put users at risk from other hazards, for example recreational or road 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.



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



Incorrect Installation



Correct Installation

Allow around two to three hours and choose a level, clear area as per the above image surrounding the trampoline on every side

Note: The above images are not to scale.

FRAME, JUMPING MAT AND SAFETY PADS ASSEMBLY

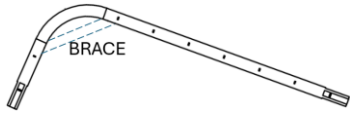
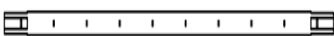
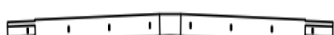
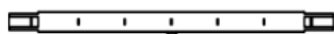
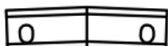
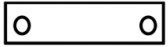
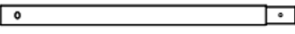
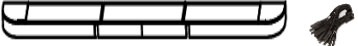
Before Assembling (All Sizes)

Check you have every part listed below for your size. If anything is missing, contact your supplier.

Ref # convention: the assembly steps identify parts by Ref # and name. A letter after the number marks a variant – 1A and 1B are the two frame-corner orientations. Always quote the full ref, as A and B recur across corners (1A/1B), connectors (3A/3B/3C/3D) and leg bottoms (5A/5B).

Parts List (Excluding the Net Enclosure)

Follow your Trampoline Size

Ref #	Item Image	Part Name	7x10ft	8x12ft	9x14ft
1A 1B		Frame Corner (1A & 1B orientation similar concept to RHS & LHS)	2 x 1A 2 x 1B (no brace)	2 x 1A 2 x 1B (no brace)	2 x 1A 2 x 1B (with brace)
2A		Frame Rail - Short End (7x10ft & 8x12ft straight, 9x14ft curved)	2 (1058mm)	2 (1440mm)	2 (1040mm)
2B		Frame Rail - Long Side (slight curve)	2 (1105mm)	2 (1180mm)	2 (946mm)
2C		Frame Rail - with Socket (straight; 2 per long side)	-	-	4
3A		Frame Connector - A	-	-	4
3B		Frame Connector - B	-	-	4
3C		Frame Connector - Straight	-	-	4
3D		Frame Connector - 4-Way	8	8	-
4		Leg Extension	8	8	8
5A 5B		Leg Bottom (5A & 5B refers to where the spring clips go into the leg holes, 5A & 5B holes are at different angles)	2 x 5A 2 x 5B	2 x 5A 2 x 5B	2 x 5A 2 x 5B
6		Jumping Mat	1	1	1
7A		Pad - Long Side (inc. bungees)	2	2	2
7B		Pad - Short End (inc. bungees)	2	2	2
8		Spring	60	72	78
9		Spring Tool	1	1	1
10		Ladder	1 2 Step	1 3 Step	1 3 Step
11		Owner's & User's Manual (includes repair sewing kit)	1	1	1

Tools You Will Need (All Sizes)

Work gloves, a rubber mallet, and the spring tool (ref 9) supplied with your trampoline. No other tools are required; the frame is a push-fit assembly.



Warning: Wear suitable gloves to prevent injuries to your hands from pinch points during assembly, especially when handling metal parts.



Warning: Do not use a steel hammer on the frame. If parts will not push together by hand, use a rubber mallet. If you don't have a rubber mallet, then use something in between a steel hammer and the frame like a block of wood.

Handy Tips (All Sizes)

Quiet joints: Steel joints can move or rub slightly under load, and dry joints may squeak. Apply a long-life steel joint lubricant such as an anti-seize paste or general-purpose grease to each male end before fitting. This also makes the trampoline easier to dismantle later. Avoid spray lubricants such as WD-40; they lose effectiveness quickly.

Stubborn joints: Align the parts and push them together by hand as far as you can, then tap home with a rubber mallet. If a joint will not close, check the male end for metal burrs and remove any you find.

Sort first: Sort the frame parts by Ref # before you start and keep the "A" and "B" variants in separate piles. Assembly errors on a rectangle frame come from trying to fit the parts out of sequence or the wrong orientation e.g. a frame curve the wrong way or mixing A and B parts.

Step 1 - Frame Layout (All Sizes)

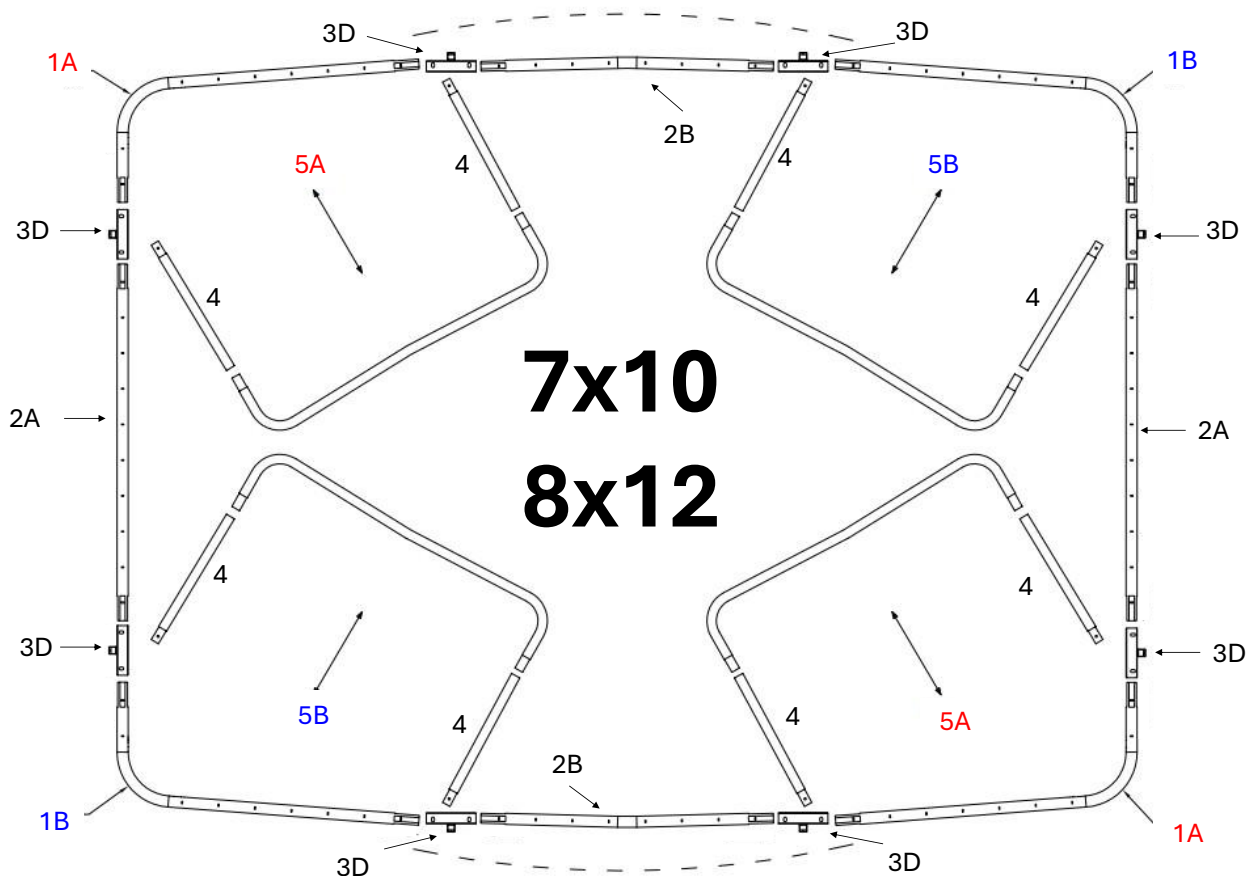
Lay the frame parts out on the ground as shown in the layout diagram for your trampoline size, with the spring holes facing up. The same Ref # parts are interchangeable, except the "A" and "B" variants.

Note: When the frame is laid out correctly, the two "A" corners (ref 1A) sit diagonally opposite each other, and the two "B" corners (ref 1B) do likewise. The matching leg bottoms (ref 5A and 5B) go with the corresponding (ref 1A or 1B) corner, so the hole angles and the spring clip heads align.

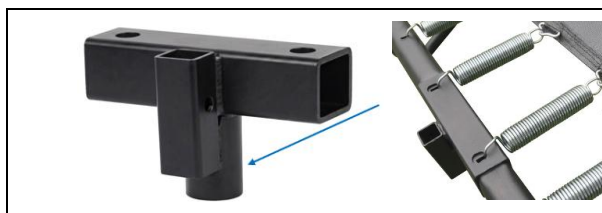
Note: Every frame connector has offset spring clearance holes, that must face the outside of the frame (for ease of fitment, correct clearances and to handle the designed frame loading). This applies to all three sizes — the 4-way connectors (ref 3D) on the 7x10ft and 8x12ft, and connectors 3A, 3B and 3C on the 9x14ft. Check each connector against the detail below before completing each join.

Note: Our rectangle trampolines have an engineered 'Power Curve Frame' that gives extra bounce and strength. The jumping stresses flowing back to the frame are considerable, especially on the long sides, and the design allows for this — so assemble the frame exactly as shown. The long sides will show a noticeable curve prior to assembly; this straightens up a lot when the mat is fully installed.

7x10ft & 8x12ft Frame Layout

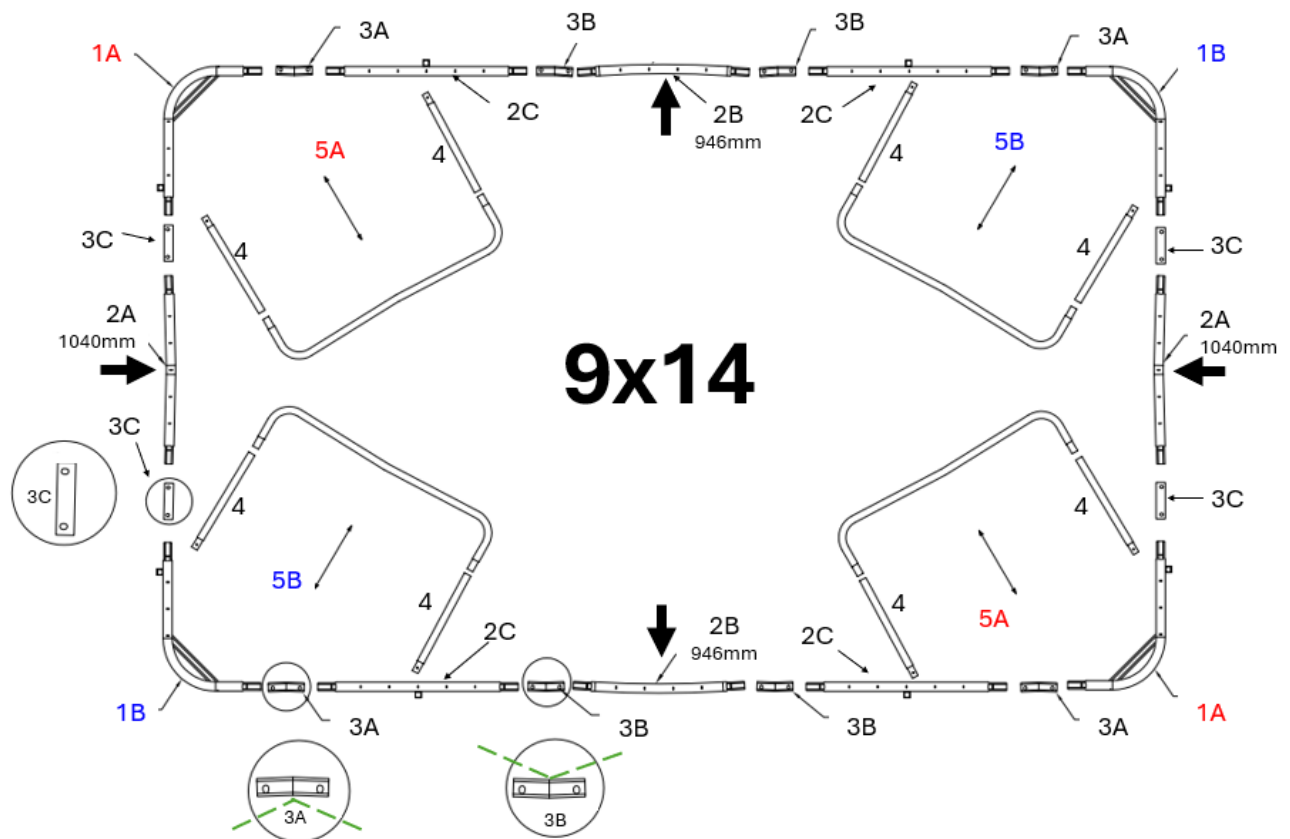


Frame Connector Orientation - 7x10ft & 8x12ft



7x10ft & 8x12ft Frame Connectors (ref 3D): the net pole socket faces the outside of the frame.

9x14ft Frame Layout

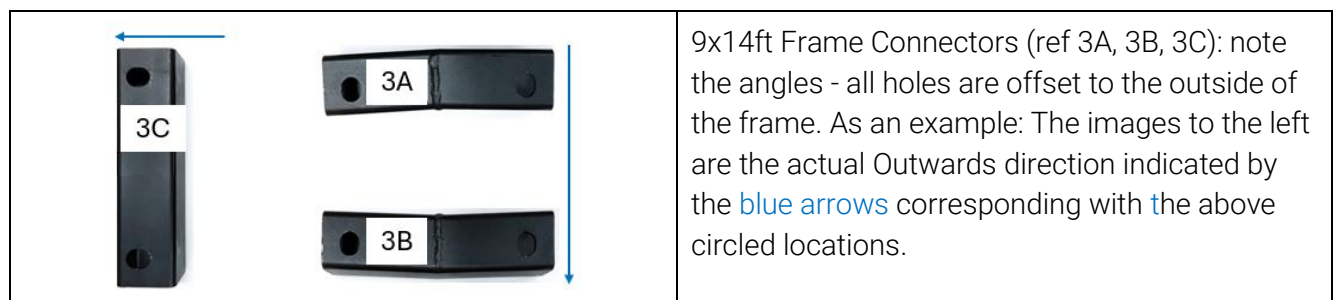


Note:

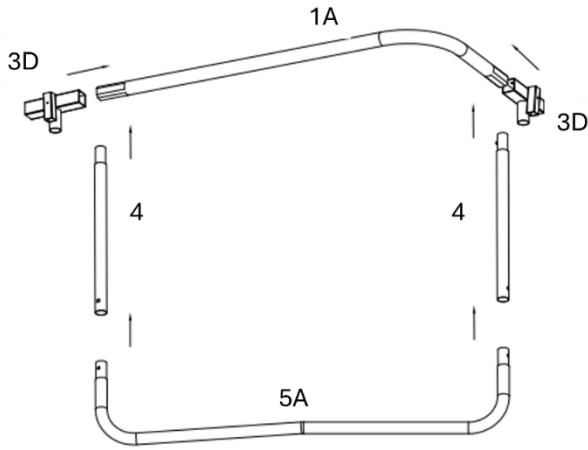
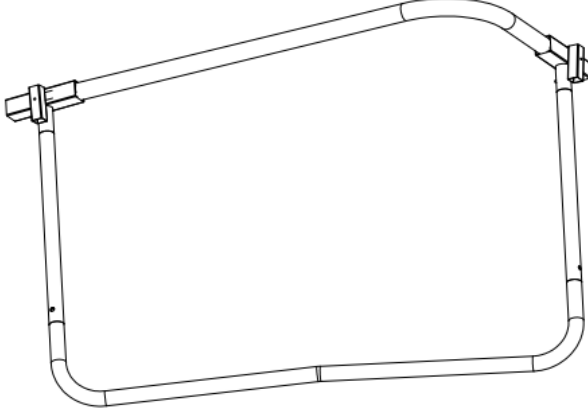
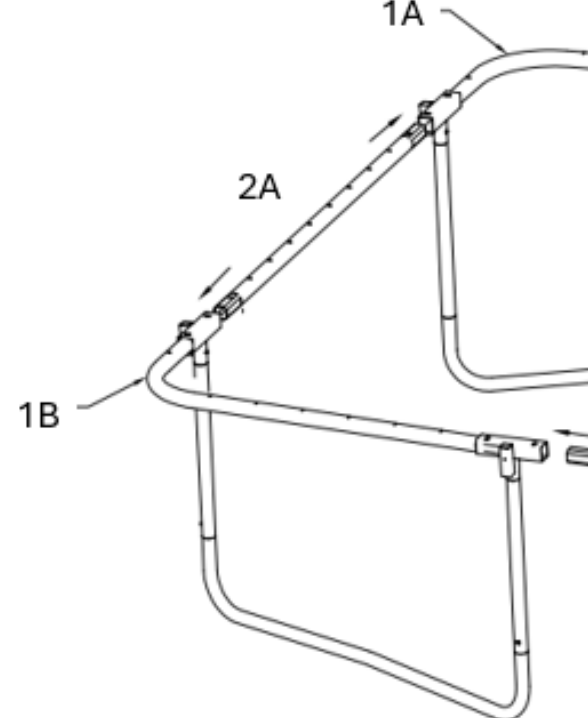
The 9x14ft frame is the only size with more than one rail per side.

Each long side runs 3A – 2C – 3B – 2B – 3B – 2C – 3A, with the curved centre rail (ref 2B) between the two socket rails (ref 2C). Each short end runs 3C – 2A – 3C.

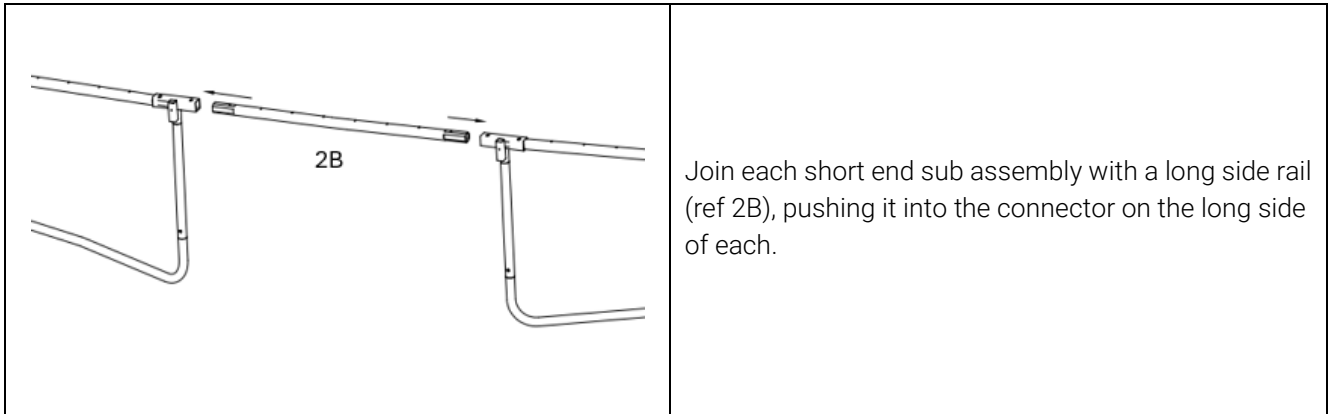
Frame Connector Orientation - 9x14ft



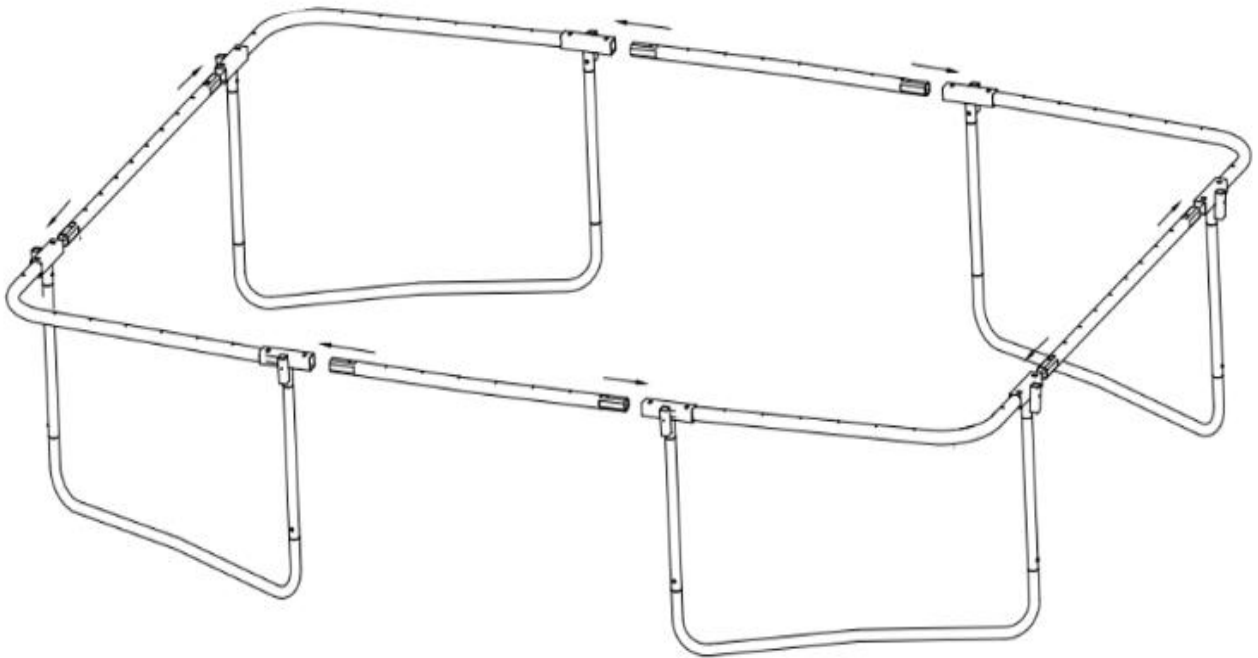
Step 2 - Frame Assembly (7x10ft & 8x12ft)

	Take a frame corner (ref 1A) and push a 4-way connector (ref 3D) onto each of its two open ends.
	Take a leg bottom (ref 5A) and push both leg extensions (ref 4) into it, checking that the spring clip is fully engaged at each join. Connect the top of each leg extension into the underside of a 4-way connector (ref 3D), again checking that the spring clip is fully engaged. Repeat for the remaining three corners, pairing leg bottom 5A with corner 1A and 5B with corner 1B, so the matching (e.g. 1A-1A) corners finish diagonally opposite.
	Join two corner assemblies with a short end rail (ref 2A), pushing it into the connector on the short side of each corner. Repeat for the other short end.

Step 2 - Frame Assembly (7x10ft & 8x12ft) - Continued

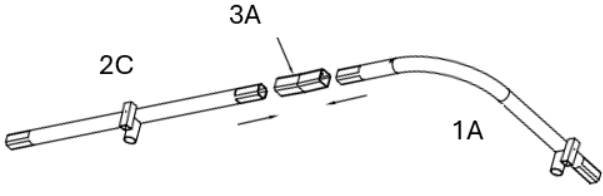
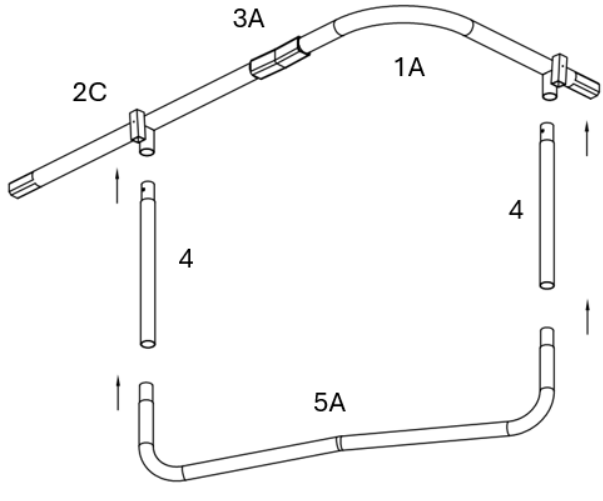
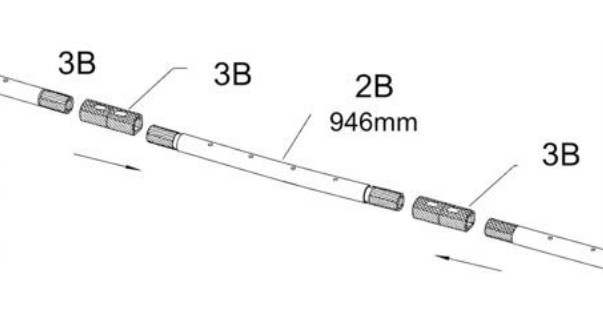
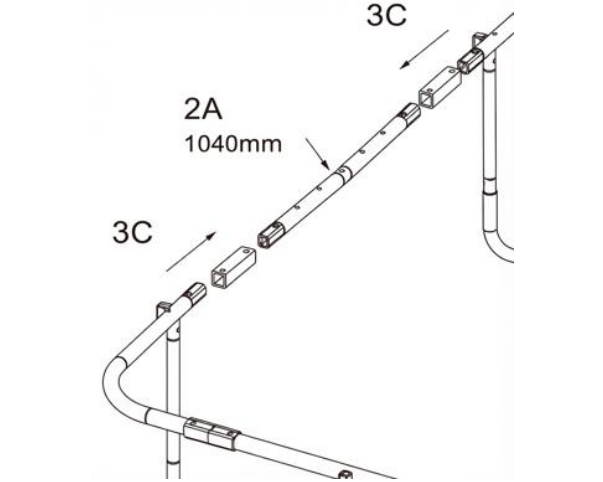


Fit the opposite long side remaining rails to close the rectangle, checking the frame is square and stands level on its legs before tapping any joint fully home.



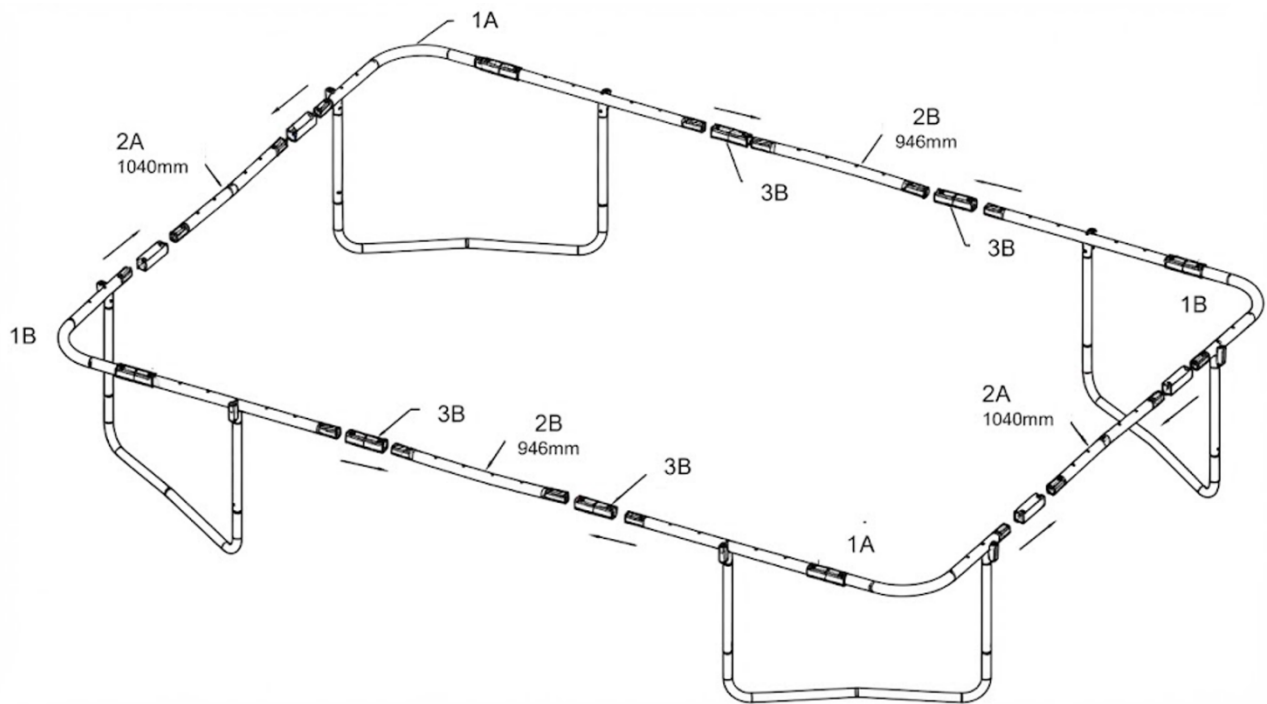
7x10ft & 8x12ft: with the frame closed, go to Check the Frame (All Sizes) at the end of Step 3 before fitting the mat.

Step 3 - Frame Assembly (9x14ft)

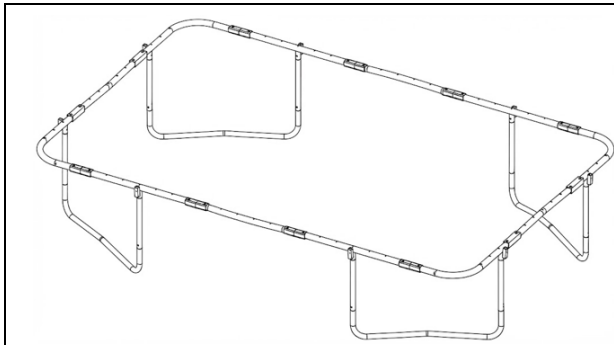
	Take a frame corner (ref 1A) and push a 3A connector onto its long-side end, then push a socket rail (ref 2C) into that connector. Note: Ensure the frame connector orientation follows the important notes at the start of Step 1
	Take a leg bottom (ref 5A) and push both leg extensions (ref 4) into it, checking that the spring clip is fully engaged at each join. Connect the top of each leg extension into the underside of the connectors, again checking that the spring clip is fully engaged. Repeat for the remaining three corners, pairing leg bottom 5A with corner 1A and 5B with corner 1B, so the matching corners finish diagonally opposite.
	Complete each long side by joining the two socket rails with a 3B connector, the curved centre rail (ref 2B, 946mm) and a second 3B connector. Note: The centre of frame rail 2B curves outwards, away from the centre of the mat – the opposite way to the short end rails. Note: Ensure the frame connector orientation follows the important notes at the start of Step 1
	Build each short end by pushing a 3C connector onto the short-end leg of each corner, then joining the pair with a short end rail (ref 2A). Note: The centre of frame rail 2A curves inwards, towards the centre of the mat – the opposite way to the long side rails.

Step 3 - Frame Assembly (9x14ft) - Continued

Join the sides and ends together to close the rectangle, checking the frame is square and stands level on its legs before tapping any joint fully home.



Check the Frame (All Sizes)



With the frame standing on its legs, check that all eight legs sit flat on the ground and that the frame does not rock.

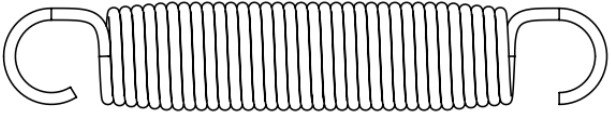
Re-seat any joint that has not pushed fully home. Tap any remaining joints home with a rubber mallet, then check every spring clip is engaged before moving on to the mat.

Warning: The assembled frame is heavy. If it needs repositioning, lift it with two people rather than dragging it, and keep fingers clear of the leg sockets and connector joints.

Step 4 - Fit the Jumping Mat, Springs & Net Bottom (All Sizes)

The springs are fitted under tension and get progressively harder to stretch as you work around the frame. Work in the order shown in the spring sequence below – it keeps the mat centred and spreads the tension evenly, so the last springs are no harder to fit than the first.

Warning: Springs are under high tension and store energy. Always use the spring tool (ref 9) and never stretch a spring towards your face. Keep children away from the trampoline while springs are being fitted or removed.

	Tight hook end goes onto the mat edge triangles. More open hook end goes into the frame.
	Lay the jumping mat (ref 6) inside the frame, centred, with the mat edge triangles facing outwards and the stitched edge lying flat. Hook one end of a spring (ref 8, the most curled end) into a triangle, with the open side of the hook facing down and outwards from the mat. Hook the spring tool (ref 9) through the free end of the spring, pull outwards and drop the hook into the matching hole in the frame rail. Engage the spring into the slot before releasing the tool. Angle the tool slightly downwards as you pull. Note: Press down lightly on the body of the spring with your other hand as you pull the spring. This helps the frame hook end engage with the slot, and if you slip the spring will disengage in a more controlled manner.

Spring Sequence (All Sizes)

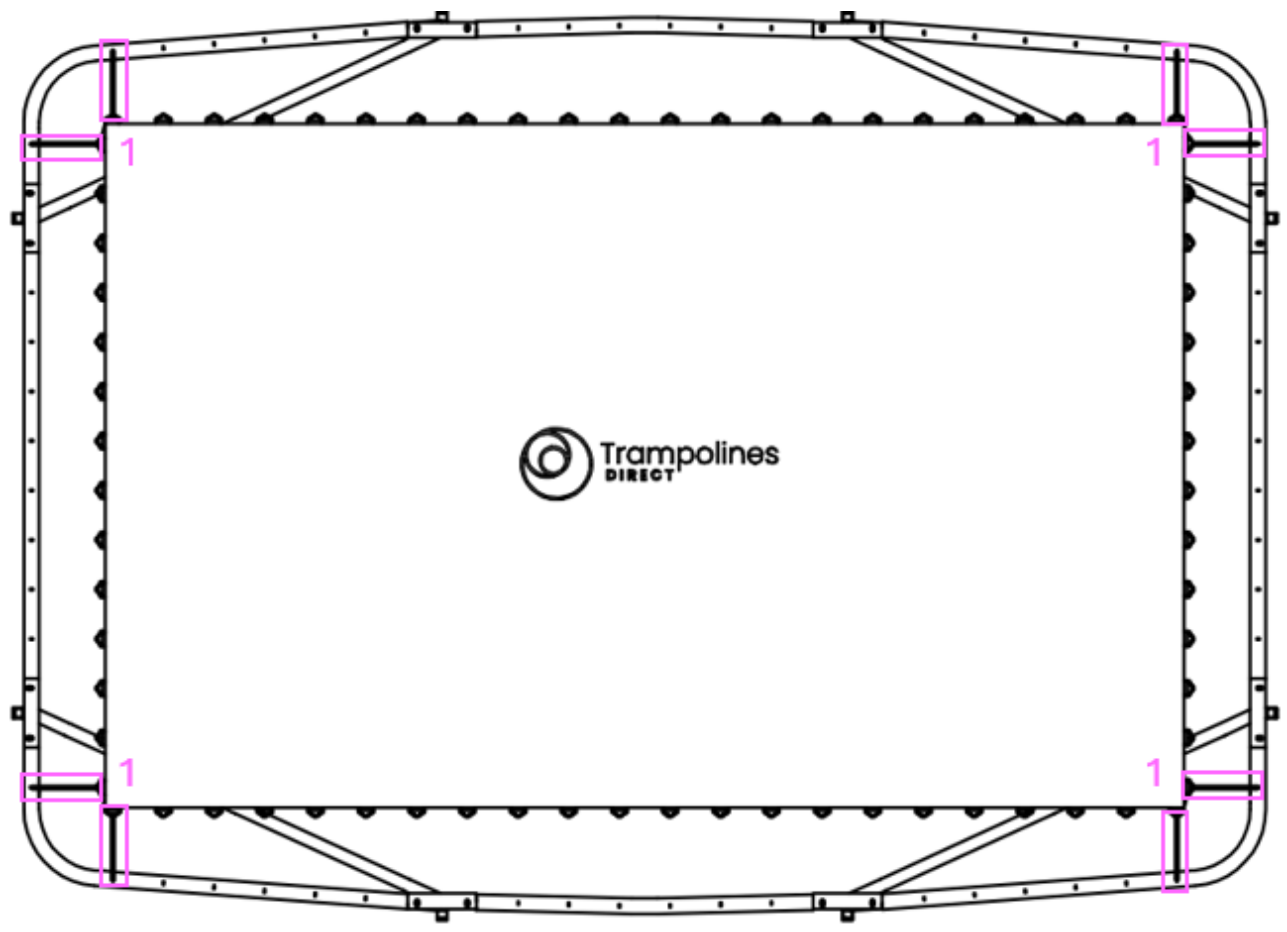
Here is a **summary** of the mat, springs and the net bottom, which are all assembled at the same time:

- Place the mat carefully on the ground within the frame, with the logo facing your preferred direction.
- Place net on top of the mat and align the vertical zip with the middle of the long side
- Align the net bottom and mat corners, as indicated by the small red tags on the net bottom
- Fit 2 springs at each corner. The mat now provides a platform to place the net on.
- Push the first (7x10ft) / second (8x12ft, 9x14ft) mat triangle through the bottom of the net slits.
- Fit a further spring either side of each corner, eight in total.
- Push through all the other mat triangles.
- Fit the rest of the springs.

Note: To prevent cuts in the mat, do not stand on the mat.

Follow below for a more **detailed** breakdown of the assembly sequence.

Step 4 - Fit the Jumping Mat, Springs & Net Bottom (All Sizes) - Continued



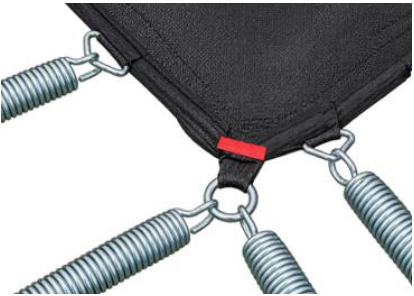
Install the first spring at all corners

An extra person is handy, two working opposite each other can speed the process up.

Note: Different size trampolines can have different corner configurations, see following detail

	All Sizes - Align the net entrance (vertical Zip) to the centre of the long side of the trampoline frame. Image Indicative only - to show alignment of net entrance with the long side (as not assembled at this stage) Note: Net Enclosure parts list is just prior to Step 5, the net is ref item N1.
	All Sizes - Align each net bottom corner (has red tag at the bottom of the net) with each mat corner.

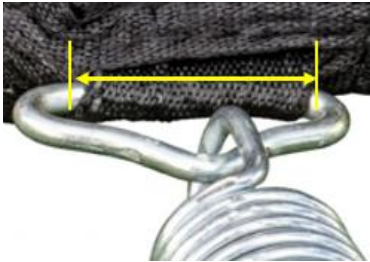
Step 4 - Corner Detail - 7x10ft & 8x12ft only

	7x10ft & 8x12ft - locate the Round Ring at the very corner of the mat Note: This step can also be done last if you prefer to start with the first mat triangle locations first, ensure the Round Ring and red tag remain in alignment.
	7x10ft & 8x12ft - insert the Round Ring through the bottom slit of the net at the red tag location. Extend the Round Ring all the way through. Attach 2 springs to the Round Ring, then repeat for all corners.
	7x10ft & 8x12ft - On the first mat edge triangle, push/pull the triangle outwards through the bottom of the net slit and connect a spring. Repeat for either side of each corner.
	7x10ft & 8x12ft - view of the mat corner with the Round Ring and the mat triangles through the bottom of the net slits.
	7x10ft & 8x12ft - should end up looking like this at all corners.

Step 4 - Corner Detail - 9x14ft only

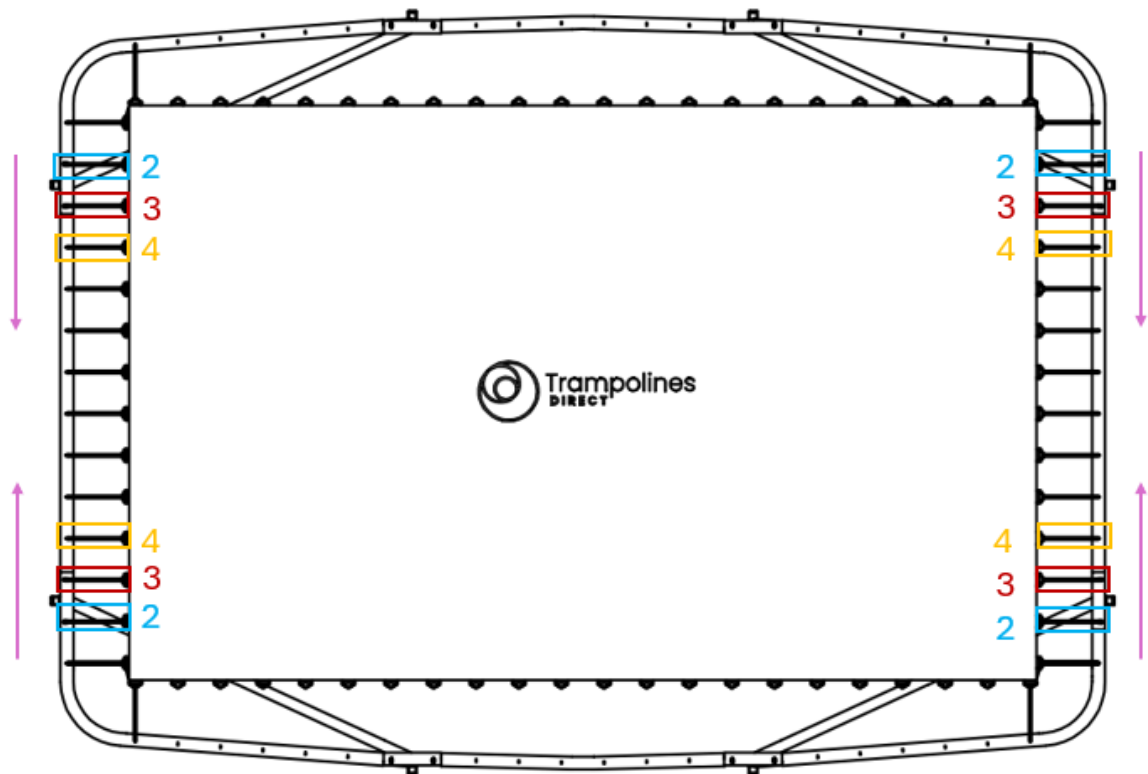
	9x14ft only - push the triangle out through the net slit, then install a spring either side of the corner. Note: 9x14ft - doesn't have a Round Ring in the corner.
	9x14ft only - should end up looking like this. Repeat for each corner so the first mat triangles are all in place either side with a spring fitted. Then repeat this process to fit each 2nd spring from each corner.
	9x14ft only - should end up looking like this at all corners. (no Round Ring), two mat triangles & springs are adjacent to the very corner point of the mat.

All Sizes – at this stage a total of 16 springs are fitted at the corners.

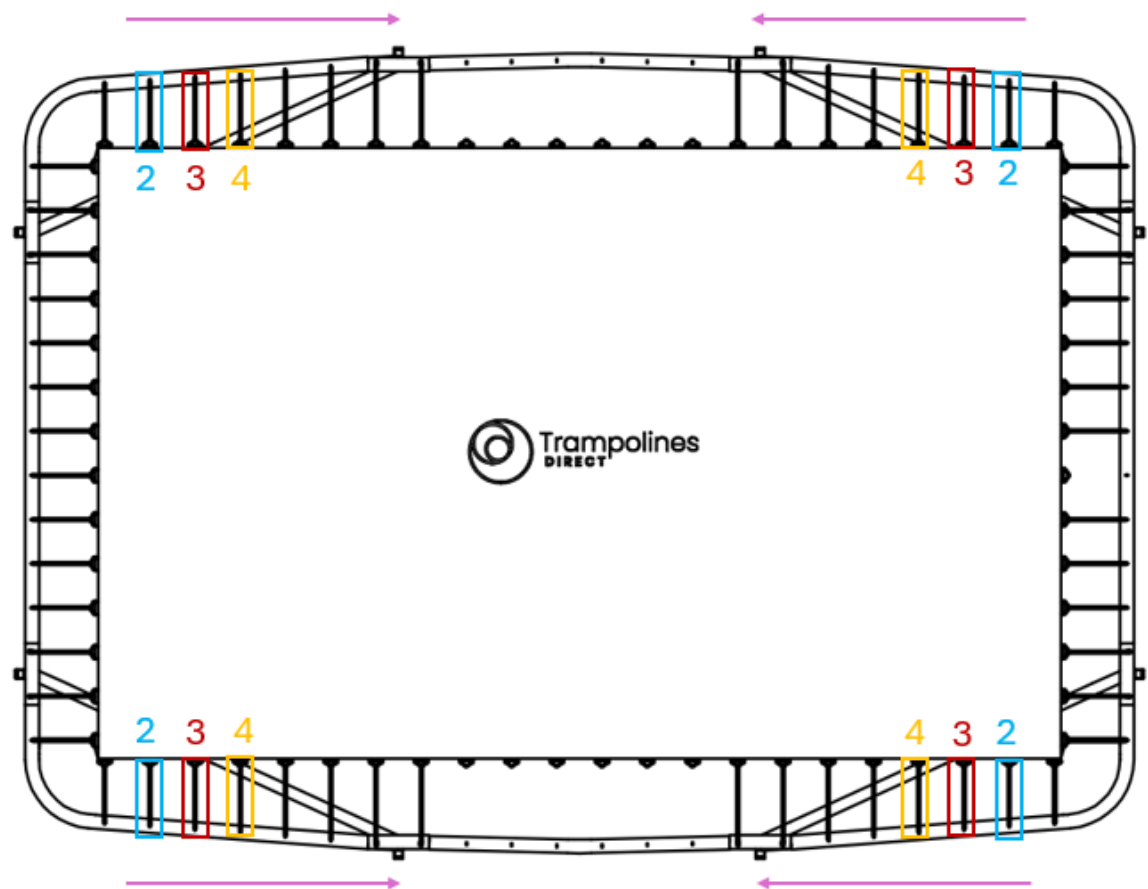
	Working from one end to another, fit all triangles through the net slits, no need to fit springs as you go at this stage. Then fit the rest of the springs by following below, for even loading of springs, mat and the frame.
	Ensure all black hoops are spread evenly across the back section of the mat triangle; this helps prevent breakages.
	Check regularly that every mat triangle is correctly oriented – a triangle can rotate in its hoop during assembly, or when a user lands on the mat edge. Left rotated, it loads the mat edge unevenly and shortens the life of the mat and springs.

At this stage the trampoline looks the same as the corner-spring photo earlier in this step and now with all the mat triangles through the net slits, springs still only at the corners.

Step 4 - Fit the Jumping Mat, Springs & Net Bottom (All Sizes) - Continued

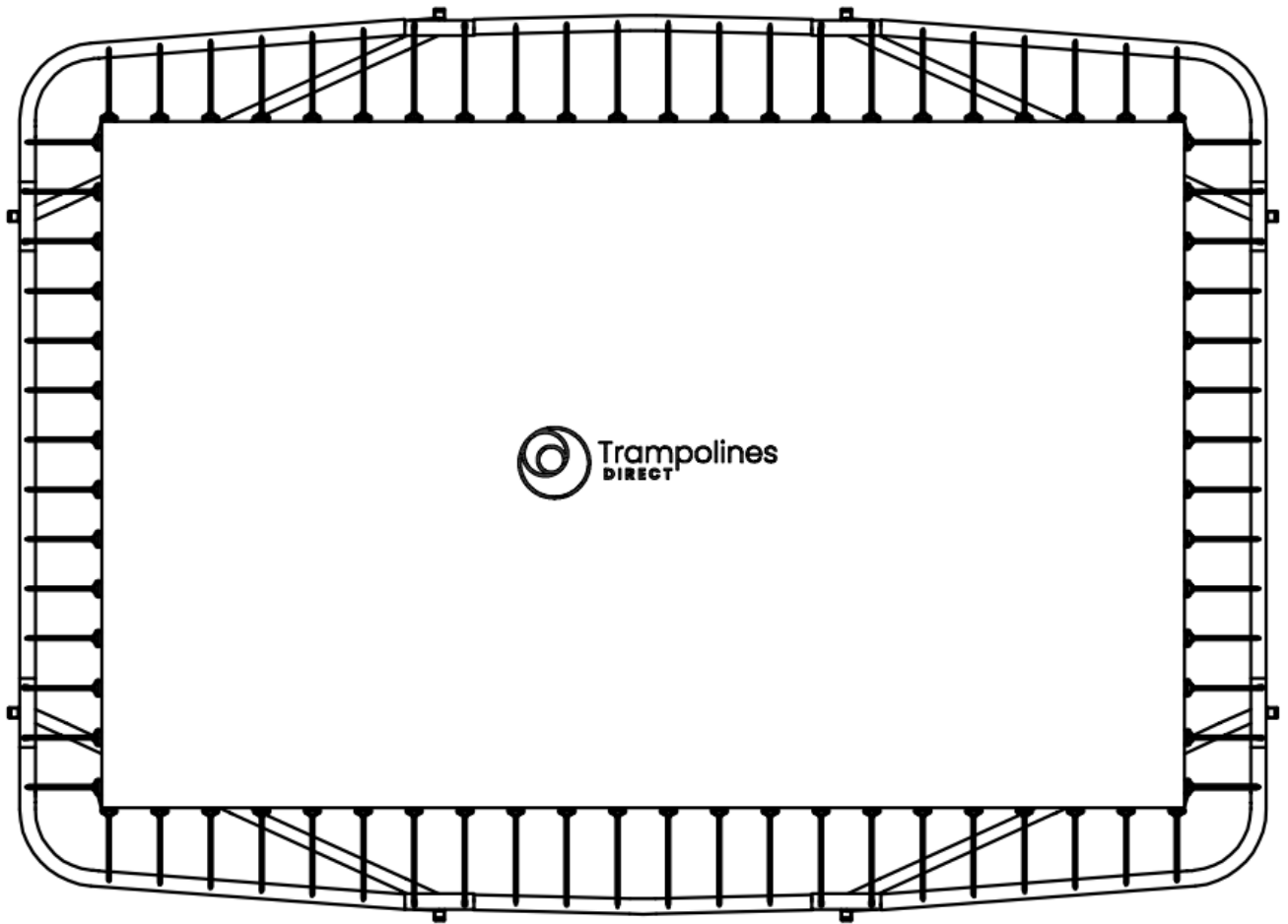


Short Ends - install springs in opposite pairs, working each pair from a corner towards the middle.



Long Sides - repeat the same opposite-pair sequence, working from each corner towards the middle.

Step 4 - Fit the Jumping Mat, Springs & Net Bottom (All Sizes) - Continued



All Springs now fitted

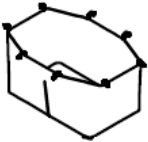
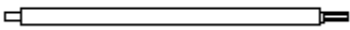
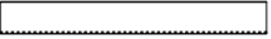


This is how it will look at this stage with mat, springs and bottom of net attached.

Note: Spring counts differ by size — 7x10ft has 60, 8x12ft has 72 and the 9x14ft has 78. Every hole in the frame takes a spring, so you should not finish with spare holes or springs, check prior to using. Ensure the springs are connected to the right mat edge triangle, so they pull nice and square, not on a side angle.

Assembling the Net Enclosure (All Sizes)

Parts List - Net Enclosure (All Sizes)

Ref #	Item Image	Part Name	7x10ft	8x12ft	9x14ft
N1		Net Enclosure	1	1	1
N2		Net Pole with Foam - Lower	8	8	8
N3		Net Pole with Foam - Upper	8	8	8
N4		Net Pole Sleeve	8	8	8

Entrance Location (All Sizes)

Note: 7x10ft, 8x12ft, 9x14ft — the entrance can only go on the long side.

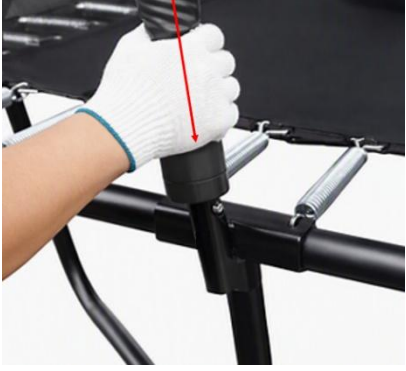
Step 5 - Assemble the Net Enclosure (All Sizes)

	Lay out all Net Poles (ref N2 and N3). Join a Lower and an Upper Net Pole to make each Net Pole Assembly, checking that the spring clip is fully engaged.
	Slide a Net Sleeve (ref N4) over every Net Pole Assembly. The Net Pole sleeves are the same at each end so can go one either way.

Step 5 - Assemble the Net Enclosure (All Sizes) - Continued

	Slide the Upper Net Pole Socket over the top of the Net Pole Assembly.
	Align the Net Pole Socket Eyelet with the hole in the top of the Net Pole Assembly.
	Make sure this is all the way in and fully engaged. Leave the Net Pole Assembly leaning against the trampoline frame for now.
	Check the pin is fully seated.
	Do this for all Net Pole Assemblies.

Step 5 - Assemble the Net Enclosure (All Sizes) - Continued

	Align the Lower Net Pole end spring clip with the hole in the Net Pole socket Insert a Net Pole Assembly into each Net Pole Frame Socket.
	Ensure the spring clip has fully engaged (popped out of the socket hole). Repeat for each Net Pole Assembly.



The net enclosure is now fully assembled

Step 6 - Fit the Safety Pads (All Sizes)

The pads come in four pieces — two long side pads (ref 7A) and two short end pads (ref 7B) and overlap at the corners so no springs are left exposed.



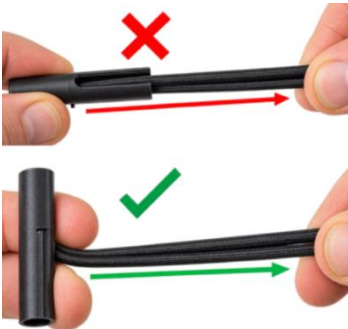
Lay the two long side pads (ref 7A) over the springs on the long sides.

	Place the two short end pads (ref 7B) on to the frame short ends, in between the net and the net poles, so the pads completely cover the springs and the frame rail.
	Bring the short end pad up to the corner, alongside the long side pad already in place.
	Lift the corner sleeve flap on the long side pad to open it.

Step 6 - Fit the Safety Pads (All Sizes) - Continued

	The short end pad end goes inside the long side pad corner sleeve, it's important that the short pad does not sit on top or underneath, it goes inside.
	Push the short end pad all the way home inside the sleeve.
	Ensure the short end pad is fully inside the long side sleeve, smoothed out and flat.

Fitting the Pad Bungees (All Sizes)

	Note: The bungee head is held in by a fine lip inside the plastic toggle, so if pulled in line with a reasonable amount of force (as per the first image) then it's possible to pull the bungee right out. It can be refitted, but it's better to avoid doing this in the first place. So, if stretching the bungee cord with a reasonable amount of force during installation it is better to pull with the head at right angle to the bungee cord (as shown in the second image).
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Pad - Mat Edge, install the "Inside Bungees" (All Sizes)

	Working around the trampoline, on the inside underside edge of the pads, pass each bungee through the re-enforced hoop.
	Continue further by threading through the two closest mat edge triangles.
	Engage the bungee head as shown to ensure the bungee holds the pads down in position. Complete for all the inside bungees.

Pad - Frame Edge, install the "Outside Bungees" (All Sizes)

	Working around the trampoline, pass each bungee through the black hoop on the underside outer edge of the pads.
	Thread through with even lengths either side of the hoop. Then pull both ends to extend the bungee around the frame.
	Thread through the head of the bungee through the other loop end of the bungee, turn the head to complete the connection, as per image. Then rotate the bungee around the frame tube a bit further, so the bungee head is tucked more to the inside out of the way.

Finish by checking the pads sit flat with no gaps at the corners, or exposed framework that may affect the user.



Warning: Never use the trampoline with the safety pads removed, damaged, or not covering the springs and frame. The pads are a required safety component.

LADDER INSTALLATION



The ladder provided is an important safety device, ensure correct installation.
Remove when not in use if you do not want access while you are not present (unsupervised)

Ladder Location (All Sizes)

The ladder is placed in line with the net entrance, the centre of the ladder lines up with the vertical zip.

7x10ft, 8x12ft, 9x14ft – the net entrance and hence the ladder, can only go on the long side.

Step 7 - Attaching the Ladder (All Sizes)

Lift the outer pads section up, enough to allow the ladder top hooked sections to access the frame

Place the ladder top hooks directly onto the trampoline frame.

Ensure both ladder feet are evenly loaded onto firm ground.

Note: Do not install the ladder top hooks over any part of the padding.



Note: The ladder should have even fitting with all contact points on the frame and the ground, the ladder should not rock side to side.

If you have accessories, then continue building.

If you are in a windy area, please consider installing a wind anchor kit.



Well done!

Time to enjoy

CARE AND MAINTENANCE INSTRUCTIONS

Maximum User Weight Limit

The trampoline and the net enclosure have 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
7x10ft	130kg
8x12ft	150kg
9x14ft	150kg

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. The galvanised layer is, by design, a sacrificial coating and a scratch through this surface to the base steel will still be protected. Any 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 most of the jumping is primarily done in the centre. Be aware that trampoline 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).

Net Pole Foam

Be aware that sharp objects and full sunlight can cause deterioration over time.

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.
Loose or un-sturdy framework.	Stitching or fabric deteriorating of the bed and its edge system.	Padding insecurely attached or not positioned correctly.	Improperly positioned or insecurely attached; net, net poles net pole brackets net pole caps
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 its securing system.	Damage to net pole padding or net pole sleeve.
		Damaged or degenerated padding.	Stitching or fabric deteriorating of the enclosure and its securing system.
			Sagging of the netting.
			Bent, broken or sharp protrusions on the net poles.
			Broken or damaged enclosure entrance system.

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, 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	
Pole caps (where required) 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 harm then the trampoline should not be used until the problem is rectified.