

# PlayActive

outdoor toys for kids

## TRAMPOLINE USER MANUAL



If you require any trouble shooting assistance or help on assembly please view our tutorial videos available on our website.

[www.playactive.net](http://www.playactive.net)

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read and follow all warnings, precautions, and instructions in this manual before assembling and using the trampoline enclosure.

1. The owner and supervisors of the trampoline are responsible to make sure all the users are aware of practices specified in this manual.
2. Trained spotter supervision is recommended.
3. Keep the trampoline on a level surface.
4. The trampoline is to be used on lawn and possibly bark wood chip or sand. The trampoline must not be placed on concrete.
5. Adequate overhead clearance is essential. A minimum of 8m from ground level is recommended. Provide clearance for wires, tree limbs, and other possible hazards.
6. Maintain a free space of minimum 2500mm on all sides of the trampoline. This area should not include concrete, bitumen, brick, or other hard surfaces as these can cause serious injuries. Note: For trampoline with enclosures, the free space may be reduced to 1500mm.
7. Lateral clearance is essential. Place the trampoline away from walls, structures, fences, and other play areas. Maintain a clear space on all sides of the trampoline.
8. Use the trampoline in a well lit area. Artificial illumination may be required for indoor or shady areas.
9. Secure the trampoline against unauthorized and unsupervised use. If an access ladder is used, it should be removed when the trampoline is not in use.
10. Inspect the trampoline and trampoline enclosure before each use. Make sure the frame padding is correctly and securely positioned. Replace any worn, defective, or missing parts.
11. Remove any obstructions from beneath the trampoline.
12. The trampoline is designed for a maximum user weight of 150kg. Trampolines greater than 500mm in height are not recommended for children under six years of age.
13. Allow only one person on the trampoline at any time. Used by more than one person at the same time can result in serious injury.
14. Misuse and abuse of the trampoline is dangerous and can cause serious injuries.
15. Focus your eyes on the edge of the trampoline. This will help control your bounce.
16. Avoid bouncing for too long. Do not bounce when tired.
17. 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.
18. 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'.
19. 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.
20. Avoid bouncing too high. Stay low until you can control your bounce and repeatedly land in the centre of the trampoline.
21. Do not use the trampoline as a springboard to other objects. Use the trampoline only for trampoline style bouncing.
22. Keep objects away that could interfere with the person jumping.
23. For further information or additional instructional materials, contact your nearest trampoline club.
24. It is advisable not to bounce immediately after a meal.
25. Do not attempt knee drops as these can cause injury if you attempt this skill without some experience or personal instruction.
26. Your clothing should allow plenty of body freedom, but no flapping shirts or skirts to distract your concentration.
27. No buckles or jewellery should be worn, as these could cause damage to the trampoline mat and cause injury to you.

28. Do not wear shoes while bouncing on the trampoline.
29. Use the trampoline and trampoline enclosure only with mature, knowledgeable supervision at all times.
30. Injury may result from encountering the frame or falling through the springs while getting onto or off the trampoline or while jumping. Stay in the centre of the bed when jumping. Do not use the trampoline without the frame pad securely in place to cover the frame. The frame pad is not designed or intended to support weight of the user. Do not step or jump directly onto the frame pad.
31. The trampoline is a rebounding device that propels the user to unaccustomed heights and into a variety of body movements. Rebounding off the trampoline, striking the frame or springs, or improperly landing on the bed may cause injury.
32. Do not attempt or allow somersaults. This can result in a broken head, neck, back or leg. Landing on the head or neck can cause serious injury, paralysis, or death, even when landing on the middle of the bed.
33. Do not use a trampoline while under the influence of alcohol or drugs. These substances impair reaction time, judgement and physical coordination.
34. Do not jump on the trampoline while holding an object, particularly one that is sharp or breakable.
35. Bounce only when the surface of the bed is dry. Wind or air movement should be calm to gentle. The trampoline must not be used in gusty or severe winds.
36. The trampoline enclosure is to be used only as an enclosure for the trampoline.
37. Do not attach anything to the netting that is not a manufacturer approved accessory or part of the enclosure.
38. Wear clothing free of drawstrings, hooks, loops or anything that could get caught in the netting.
39. Enter and exit the trampoline enclosure only at the door designed for that purpose.
40. Do not attempt to crawl under the netting.
41. Do not attempt to jump over the netting.
42. Do not intentionally rebound off the netting.
43. Keep all frame and heat sources away from the product.
44. The trampoline frame and the enclosure are made of metal. They are not grounded, and they will conduct electricity. Therefore, an electrocution hazard exists.
45. Keep objects away which could interfere with the user. Maintain a clear area around, above and under the trampoline.
46. Do not use the trampoline without the enclosure.
47. Do not use the trampoline when wet.
48. Do not jump onto or off the trampoline.
49. Do not allow any activity underneath the trampoline.
50. Do not use the trampoline without mature, and knowledgeable supervision.
51. The following conditions could represent potential hazards:
  - (i) *Missing, improperly positioned, or insecurely attached frame padding.*
  - (ii) *Punctures, frays, tears or holes worn in the bed or frame padding.*
  - (iii) *Deterioration in the stitching or fabric of the bed or frame padding.*
  - (iv) *Broken or stretched springs.*
  - (v) *A bent or broken frame.*
  - (vi) *A sagging bed.*
  - (vii) *Sharp protrusions on the frame, padding or suspension system.*
  - (viii) *Damaged or degraded padding.*

## **BEFORE YOU BEGIN**

Thank you for selecting a PlayActive trampoline. Our trampolines are designed and crafted to provide many years of fun and fitness. This trampoline comes equipped with warnings and instructions for the assembly, care, maintenance, and use of the trampoline. This information must be read by all trampoline supervisors and users before any person is allowed to jump and use the enclosure on the trampoline.

If you have questions after reading this manual, please call 0845 834 0408, To help us assist you, please mention the name of the product when calling.

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## **TRAMPOLINE SAFETY INFORMATION**

In trampoline use, as in all active recreational sports, participants can be injured. However, there are steps that can be taken to reduce the risk of injury. In this section, primary accident patterns are identified and the responsibilities of supervisors and jumpers in accident prevention are described.

### **ACCIDENT CLASSIFICATION**

**Somersaults (flips):** Landing on your head or neck, even in the middle of the trampoline bed, increases the risk of a broken back or neck, which can result in paralysis or death. Such events can occur when a jumper makes an error trying to perform a forward or backward somersault (flip). Do not perform somersaults (flips) on this backyard trampoline.

**Multiple Jumpers:** More than one jumper on the trampoline increases the chance of a jumper becoming injured by losing control of his or her jump. Jumpers may collide with one another, fall off the trampoline, fall on or through the springs, or land incorrectly on the jumping mat. The lightest weighing jumper is the jumper most likely to be injured.

**Mounting and dismounting:** The trampoline bed is several feet from ground level. Jumping off the trampoline to the ground or any other surface may result in injury. Jumping onto the trampoline from a roof, deck or other object also represents a risk of injury.

Smaller children may need assistance getting onto or down from the trampoline. Climb carefully onto and off the trampoline. Do not step onto the springs or frame pad. Do not grasp the spring cover to pull yourself onto the trampoline.

**Striking the frame or springs:** Injury may result from encountering the frame or falling through the springs while jumping or getting onto or off the trampoline. Stay in the center of the jumping mat when jumping. Make sure to keep the spring cover in place to cover the frame. The frame pad is not designed nor intended to support the weight of the trampoline user. Do not step or jump directly onto the frame pad.

## CARE

Do not allow pets or animals on the trampoline or inside the enclosure, as claws may snag and pull bed material or damage the frame pad or netting.

The trampoline/enclosure is intended to be used by one person at a time weighing 150 kg (which is the maximum load) or less.

The user should be either barefoot, wearing socks, or wearing gymnastic shoes.

Street shoes or trainers should not be worn on the trampoline. The user should remove all sharp objects from his or her person that may cause injury or damage to the bed. Heavy, sharp, or pointed hard objects should not contact the bed.

Appropriate shoes should be worn inside the enclosure to reduce wear to the bed.

## MAINTENANCE

Your trampoline is manufactured using quality materials and crafted to provide you and your family with many years of enjoyment and exercise. Proper maintenance and care will help to prolong the life of the trampoline and reduce the possibility of injury.

Prolonged exposure to harsh weather, especially poor wet weather will shorten the life of the trampoline / enclosure fabric. For longer fabric life store the trampoline / enclosure when not in use. Store in a dry area to prolong the life of the fabric and sewing. Remove the enclosure from trampoline during harsh weather conditions or during long periods of non-use.

The following guidelines should always be observed.

Inspect the trampoline / enclosure before each use, and replace any worn, defective, or missing parts. The following conditions could represent potential hazards and increases the danger of personal injury:

- *a missing, improperly positioned, or insecurely attached frame pad, netting, enclosure tubes, foam sleeves*
- *punctures, frays, tears, or holes worn in the bed, frame pad, netting, foam sleeves.*
- *deterioration in the stitching or fabric of the bed, frame pad, netting*
- *ruptured or missing springs*
- *a bent or broken frame, leg, enclosure tubes*
- *a sagging bed, netting*
- *sharp protrusions on the frame, suspension system, enclosure tubes.*

If any of these conditions exists, the trampoline should be disassembled or otherwise protected against use until the condition is remedied.

## REMOVING AND STORING THE TRAMPOLINE/ ENCLOSURE

Make sure that the trampoline/enclosure is dry before removing and storing it. Use caution while removing the tubes due to the weight of the tubes.

Once the enclosure is removed from the trampoline, remove all items from the trampoline bed. Make sure that the bed is clean and that it has no tears or holes. Store the trampoline/enclosure in a safe, dry location.

## SPECIAL CONSIDERATIONS

It is possible for the trampoline/enclosure to be blown about by high wind. If you anticipate high winds, the trampoline/enclosure should be moved to a sheltered location, disassembled, or tied down to the ground with ropes, stakes or trampoline anchors.

## MOVING THE TRAMPOLINE

Please avoid moving the trampoline, this may bend while moving. We advise dismantling the trampoline if you need to move it. Do not attempt to dismantle the frame sections, legs or bases before the enclosure, jumping mat and springs have been removed.

## CAUTIONS

- No clothes with hooks, spikes or protruding sharp parts should be worn on the trampoline.
- The trampoline must be set up on flat ground and non-slippery surfaces.
- Trampolines are jumping devices enabling the user to jump to unusual heights as well as into a multiplicity of body movements. Jumping into the trampoline, hitting the frame, or incorrect landing on the trampoline can lead to injury.
- Users should be familiar with this manual. The manual contains correct assembly instructions, selected precautionary measures as well as recommendations of trampoline maintenance and getting the best and longest use out of your trampoline.
- It is the responsibility of the owner of the trampoline that all users of the trampoline are informed about the precautions.
- Never use near water.
- Beware of moving parts that could catch your arms or legs.
- Do not stock foreign objects in the trampoline.
- Do not allow anyone or any object to go under the trampoline whilst someone is jumping on the mat. The jumping mat is flexible and downwards force created by someone jumping can cause serious injury to a person.
- Implement all safety rules and make yourself familiar with the information in the manual.
- The trampoline should only be used if the mat is clean and dry. Worn or damaged jumping mats should be immediately replaced.
- Objects which could be dangerous to the user should be removed from the area.
- Avoid unauthorized and unsupervised use of the trampoline.
- Do not use the trampoline under the influence of alcohol or drugs.
- Learn the fundamental jumping techniques thoroughly before trying difficult jumps. See manual for jumping techniques.
- Climb on the trampoline and do not jump on it directly. Do not use the trampoline as a jump board for other items.

## TRAMPOLINE ENCLOSURE SAFETY

The information on this page and on the Trampoline safety page identifies important precautions. The precautions are not all-inclusive, because an enclosure can be used in ways that this manual cannot cover completely.

To prevent pinches and cuts during enclosure use, a frame pad must be installed on the trampoline. (See the trampoline manufacturer's instructions.) The frame pad must be installed before the enclosure is erected. The frame pad reduces the chance of injury from accidental contact with the springs and frame.

### USING THE ENCLOSURE SAFELY

#### Adult Supervision of Children

Children using a trampoline with a trampoline enclosure must be supervised by adults. Young children must be supervised constantly. Adults must pay particular attention to:

- things that children bring into the enclosure.
- children's activities inside the enclosure.
- conditions inside the enclosure while children are using it.
- the way children get into and out of the enclosure.

Additional details of safe enclosure use are described below.

Electrocution Hazard Associated with the metal frame of the trampoline and enclosure.  
The trampoline and enclosure frames are made of metal. They are not grounded, and they will conduct electricity. Lights, electric heaters, extension cords, and household electrical appliances are not permitted in or on the trampoline or enclosure.

#### Hazards Associated with Entering & Exiting the Trampoline Enclosure.

A trampoline enclosure installed on a trampoline is raised off the ground. The height of the enclosure increases the risk of a fall when a jumper is entering or exiting the enclosure. Young children in particular may have difficulty getting into and out of the enclosure. To reduce the risk of falling, help young children to get into and out of the enclosure.

Enter and exit the trampoline enclosure only through the door of the enclosure (the opening in the netting walls). The trampoline jumping mat and the netting walls of the enclosure are separate pieces; jumpers, particularly young children, must not exit the enclosure by going out between the jumping mat and netting walls. Trying to exit this way poses a risk of strangulation from being caught between the trampoline frame and the netting walls.

Darkness increases the chances of a fall when a jumper is entering or exiting the enclosure. Do not use the trampoline unless adequate lighting is provided.

#### Hazards Associated with Animals and Sharp and Breakable Objects

To avoid damage to the trampoline enclosure and the trampoline, do not allow pets or other animals inside of the enclosure. The Claws and teeth of animals can damage the netting. Do not jump on the trampoline while holding or wearing a sharp or breakable object.

#### Hazards Associated with High Winds

A trampoline with an enclosure can be moved or blown over by high winds, potentially injuring anyone in its path or anyone inside of the enclosure. If you anticipate high winds, take down the enclosure netting and stake / anchor the trampoline frame to the ground or alternatively dismantle the trampoline.

#### Placing the Trampoline in a Safe Place

There must be at least 8m of clear, open space above the trampoline jumping mat. Do not place or store anything under the trampoline.

To avoid injury, the trampoline must be kept away from objects and possible hazards including electric power wiring, tree limbs, and fences. Do not place the trampoline near any other recreational devices or structures such as a swimming pool or swing set.

The trampoline must be placed on a level surface before use, and the area around the trampoline must always be well lit.

#### For the supervisor

Be familiar with the information in this manual and enforce all of the safety rules. Help new users and all users to use the trampoline and enclosure safely.

All trampoline users must have someone watch them, regardless of the skill or age of the user.

Secure the trampoline against unauthorized and unsupervised use. Keep the trampoline free of objects that could interfere with the jumper.

This trampoline and enclosure is not recommended for use by children under 6 years of age or by anyone weighing more than 150kgs which is the maximum load.

Use the trampoline only when the mat is clean and dry. Inspect the trampoline and enclosure prior to each use and replace any worn or damaged parts. Use only when the enclosure netting has no holes, the clamps are tightly secured to the tubes and the frame, and the netting is properly suspended.

#### For the Jumper

Do not attempt to jump over the netting. Do not intentionally rebound off the netting. Do not hang from, kick, cut, or climb on the netting. Wear clothing that is free of drawstrings, hooks, loops or anything that could get caught in the netting.

#### How to Enter and Exit the Trampoline Enclosure

Enter and exit the trampoline enclosure only through the door in the netting. To enter the enclosure, first unfasten the plastic clips on the door and unzip the zippers. Place one knee on the frame pad and climb head first through the door. Refasten the plastic clips and close the zippers. To exit the enclosure, first unzip the zippers on the door and unfasten the plastic clips. Sit on the mat of the trampoline and climb feet first through the door. Use the ladder safely to the ground. Close the zippers and refasten the plastic clips.

# USE AND INSTRUCTIONAL MATERIAL

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## OVERVIEW OF TRAMPOLINE USE

The first periods of trampoline use should focus on learning fundamental body positions and practising the eight basic bounces that are described on the following pages.

During this learning period, jumpers should practice these basic techniques and perfect them. Braking, or checking the bounce, should be taught first and stressed as a safety measure. Jumpers should brake their jump whenever they start to lose balance or control. This is done by simply flexing the knees upon landing and absorbing the upward thrust of the bed. This enables the jumper to stop suddenly and avoid losing control.

In trampoline use, the take off point and landing point of a good, controlled jump are in the same spot. An exercise is considered learned only when a jumper is able to perform consistently. Jumpers should never proceed to any advanced step until they can perform all previous techniques consistently.

Allow each jumper a brief turn on the trampoline. Extended bouncing exposes an overtired user to an increased risk of injury. Longer runs tend to lessen the interest of others waiting to jump.

Clothing should consist of a t-shirt and shorts. Jumpers should wear regulation gymnastic shoes or heavy socks, or they may jump barefoot. Street shoes or tennis shoes should not be worn on the trampoline. Beginning jumpers may wish to wear loose-fitting protective clothes, such as a long-sleeve shirt and jogging bottoms / sweat pants, until correct landings are mastered. This will reduce the chance of mat burns from improper landings on elbows and knees. No hard-sole shoes should be worn, as they cause excessive wear on the trampoline bed.

Mounting and dismounting properly should be a strict rule from the beginning. Users should climb onto the trampoline by placing their hands on the frame and stepping or rolling up onto the frame, across the springs and onto the bed. Do not step directly onto the frame pad or grasp the frame pad when mounting or dismounting the trampoline. Users should always place their hands on the frame while mounting or dismounting. To dismount, jumpers should walk to the side of the bed, bend over and place one hand on the frame, and then step from the bed to the ground. If you have installed the optional ladder, it's rungs can be used to mount or dismount. Always face the ladder and place your hands on the frame. Make sure your foot had secure contact with the ladder rung when using it.

Reckless bouncing should not be permitted. All skills should be learned at moderate heights. Control, rather than height, should be emphasized. Jumpers should be forbidden to practice alone and unsupervised.

# Instruction program and model lessons

These instructions contain information on basic skills (see paragraph 2), landing positions (see paragraph 3), and how to perform series of drops. The instructions are ordered according to difficulty.

## Basic Skills

### Bouncing

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

#### 1. 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 center area.

To learn the stop bounce:

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

#### 2. 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.

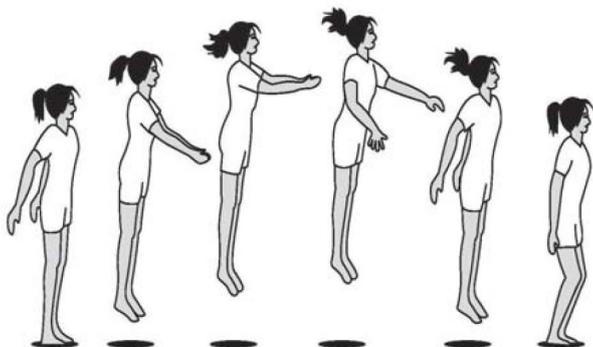


Figure 1, Arm Action

## 3. Bounce Variations

Figure 2, 3, 4 show three variation, 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 2, Tuck



Figure 3, Pike



Figure 4, 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 (see paragraph 1. The Seat Drop), hands and knees (see paragraph 2. The hands and knees drop) and front (see paragraph 3. The front drop), should first be practiced on the ground, then in a stationary position, and only then on the trampoline bed.

Drop 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.

#### 1. The Seat Drop

To learn the seat drop:

- From the standing position, prime the bed several times.
- 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.
- Push on the bed with your hands to rebound up to your feet (see Figure 5).

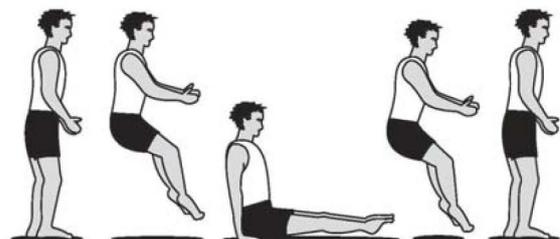


Figure 5, Seat drop

### 3. 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:

- 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.
- 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.
- 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 6).

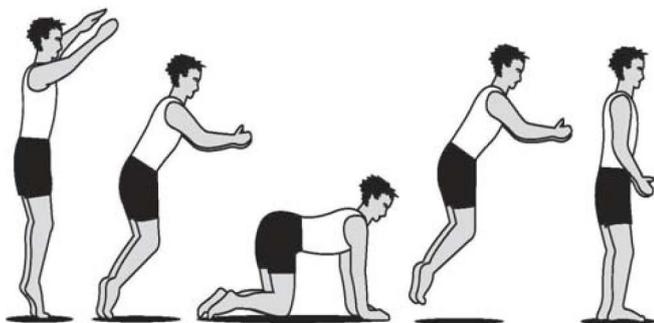


Figure 6: Hands and knees drop

### 4. 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:

- Start from the hands and knees drop position.
- 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:

- Start from a standing position with knees bent so that your upper body is low and close to the trampoline bed.
- Prime the bed several times.
- Lift hips gently upward and backward.
- Land in contact with the bed as described in Step 1.
- Push with your hands to return to the feet.

Step 3:

- Start from a straight standing position.
- Prime the bed several times.
- Perform skill as in Step 2 (see Figure 7).

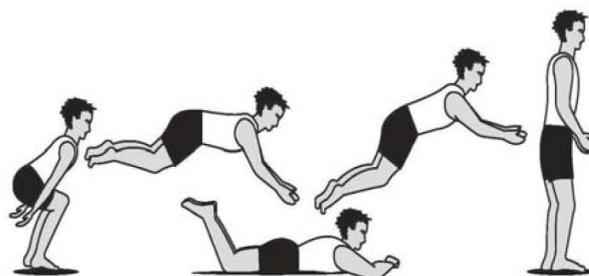


Figure 7: Front drop

## SERIES OF DROPS

### 1. Sequencing

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.

### 2. Beginning twisting

General

Figures 8, 9, and 10 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:

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

Step 2:

- Perform the movement in Step 1. As you rebound up to your feet, move one shoulder in the direction you want to twist.
- 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 8).

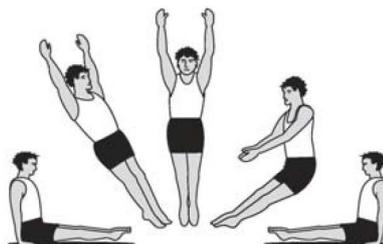


Figure 8: seat drop - half twist - seat drop

*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 9).

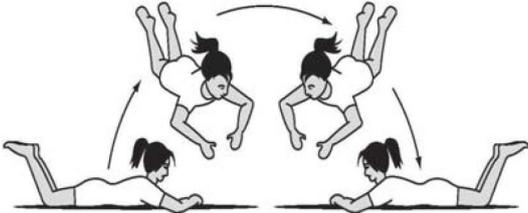


Figure 9: Front drop - half twist - front drop

*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 10).

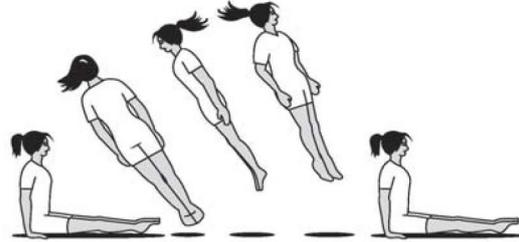


Figure 10: Seat drop - full twist - seat drop

**ADDITIONAL TWISTING**

You can combine a twist with each of the basic landing positions (see Paragraph 3). You can twist after the landing position.

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

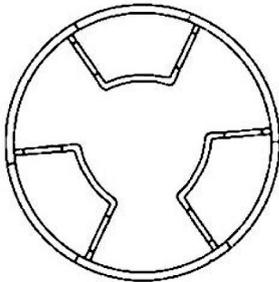
You can add more twists. Remember to practice and perfect the smaller twists before moving on to larger twists.

You can also perform a series of twists.

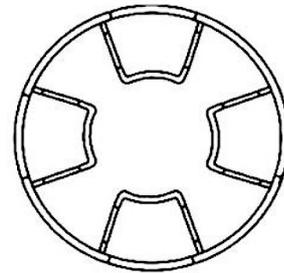
Example: Swivel hips—perform several in a row, all twisting in one direction, or alternating directions.

## Trampoline Parts List

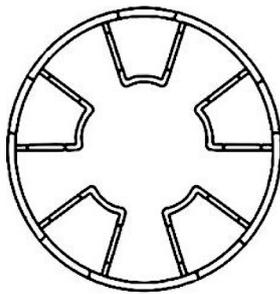
No.	Item	6'	8'	10'	12'	13'	14'	15'	16'
A	Rail Tube A	6	0	0	0	0	0	0	0
B	Rail Tube B	0	3	3	4	4	4	5	6
C	Rail Tube C	0	3	3	4	4	4	5	6
D	Vertical Leg	0	0	6	8	8	8	10	12
E	W Shape Leg	3	3	3	4	4	4	5	6
F	Jumping Mat	1	1	1	1	1	1	1	1
G	Spring Cover	1	1	1	1	1	1	1	1
H	Spring	36	48	60	72	80	80	90	108
I	Assembly Tool	1	1	1	1	1	1	1	1
J	Screw (Nut & Bolt)	6	6	6	8	8	8	10	12



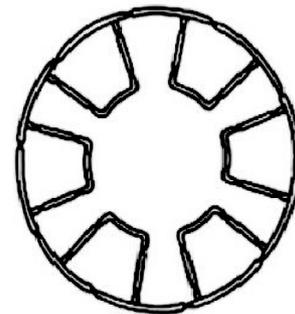
**6', 8' & 10' trampoline (3 legs)**



**10', 12', 13' & 14' trampoline (4 legs)**



**14' & 15' trampoline (5 legs)**

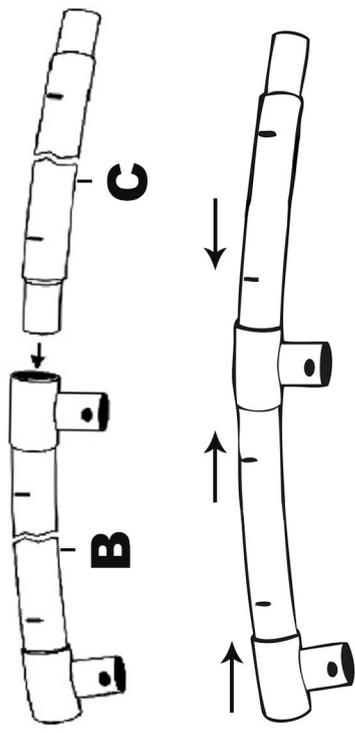
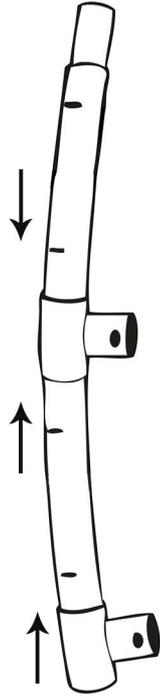
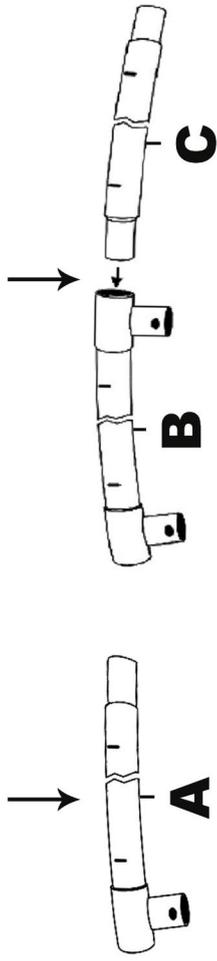


**14', 15' & 16' trampoline (6 legs)**

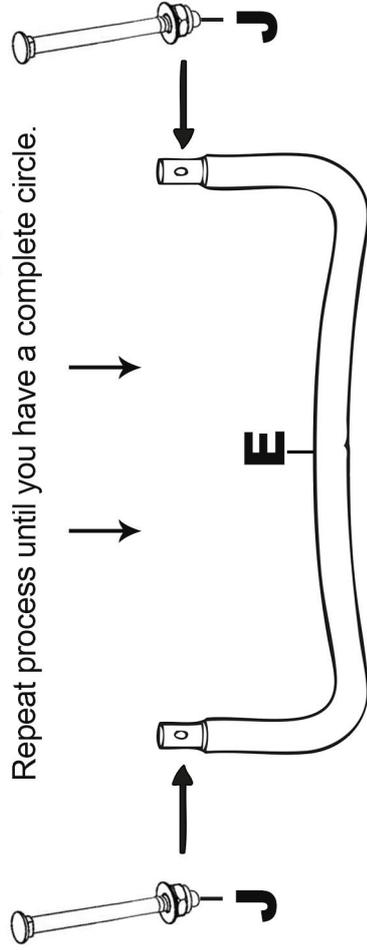
### 6FT ASSEMBLY

### 8FT ASSEMBLY

### 10FT, 12FT, 14FT, & 16FT ASSEMBLY

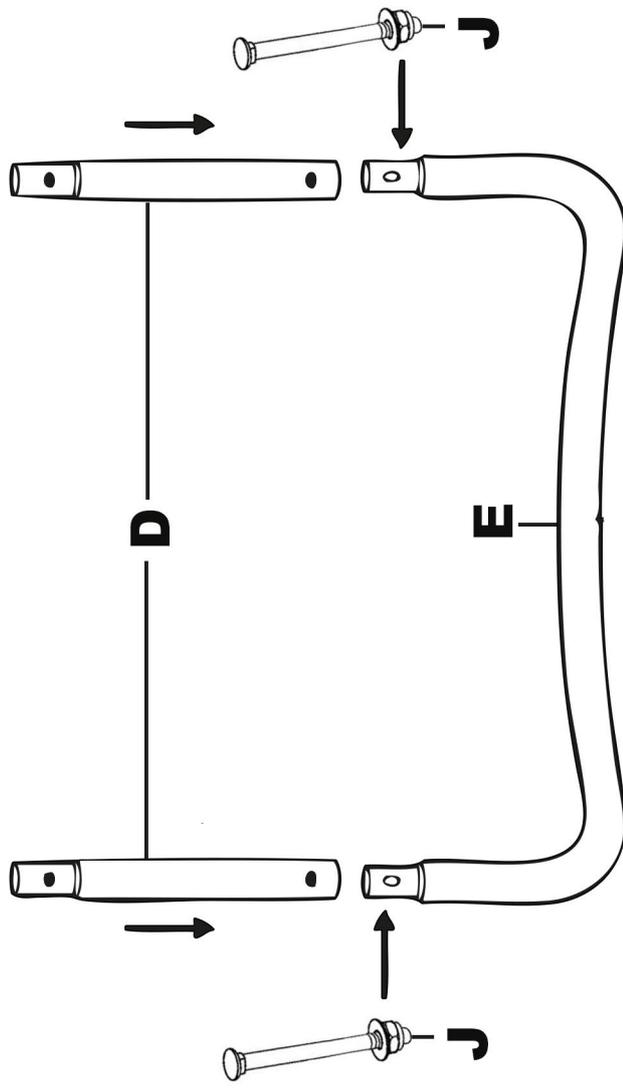


6FT & 8FT DO NOT need Verticle Legs (D)

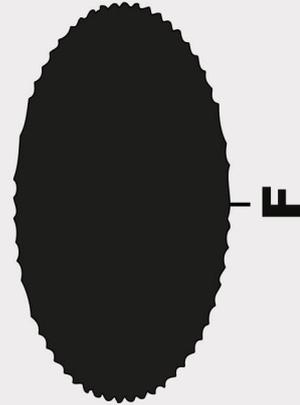
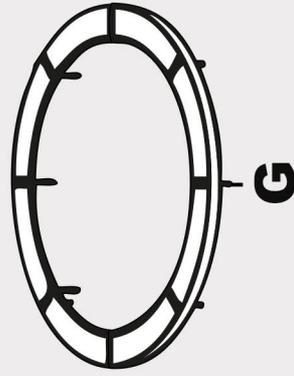


Repeat process until you have a complete circle.

Repeat process until you have a complete circle.



THESE PARTS RELATE TO ALL SIZES



**TIP**

Ensure PART J (Nut & Bolt) has the hexagonal nut facing inside the circle when assembling this part.

**TIP**

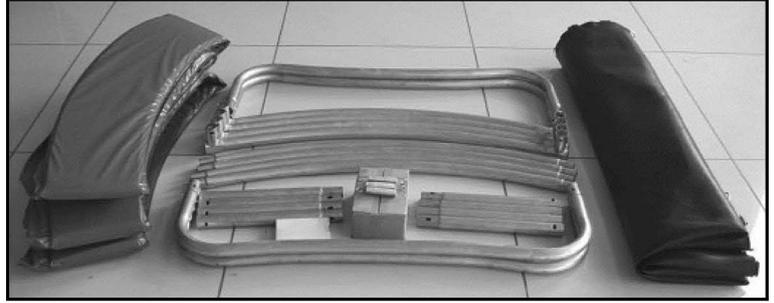
# Assembling The Frame

Please refer to the parts list to identify the parts.

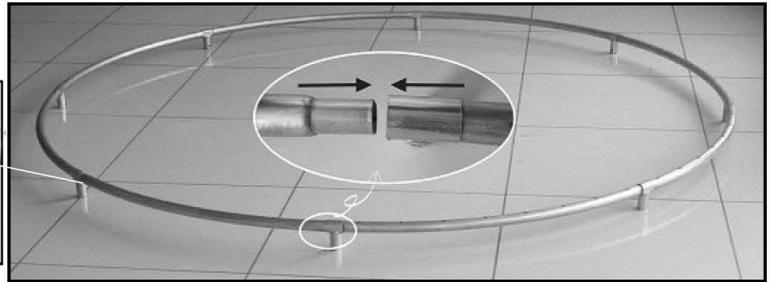
**ATTENTION!** The assembly of the trampoline should be performed by two adults in good physical condition. We recommend wearing appropriate shoes, clothing and gloves.

Depending on trampoline size the pictures below may differ slightly from yours. However the general assembly of the trampoline will be 90% the same.

- 1 Lay out your trampoline parts ensuring you have the correct amount of parts (using the parts list for reference).

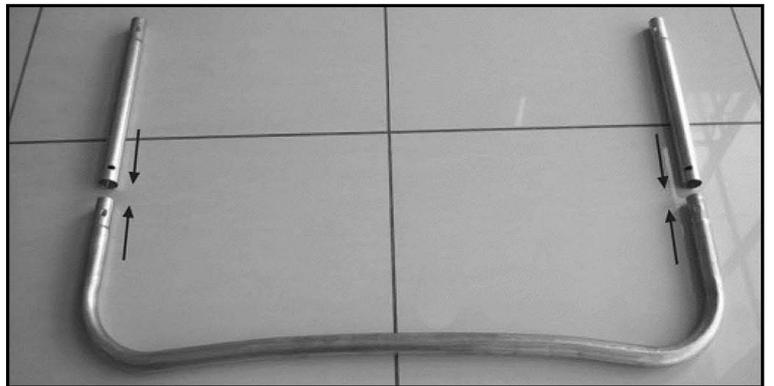


- 2 Connect the rail tubes together to form a big circle. When assembling ensure the T-bolt is fully tightened on top.

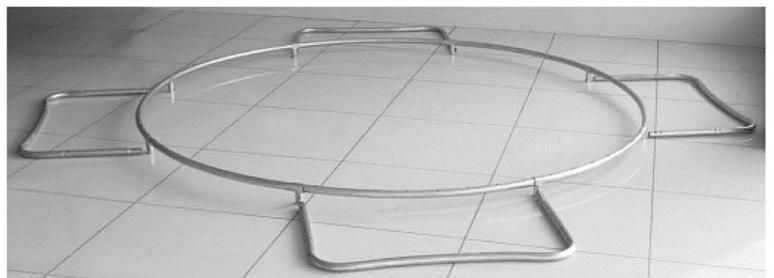


- 3 Add the **Vertical Legs** on to the **W Shape legs**.

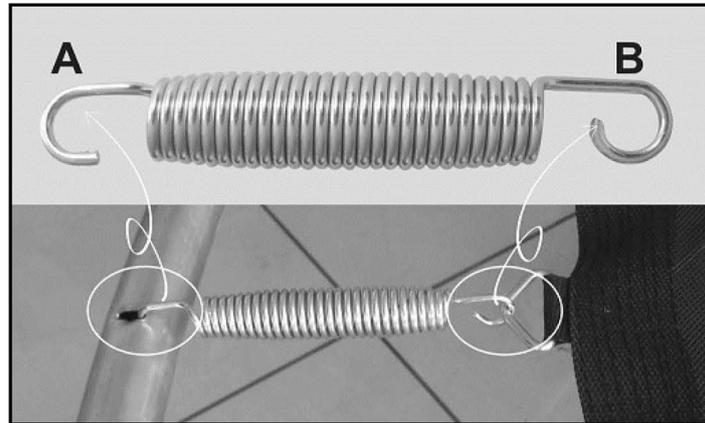
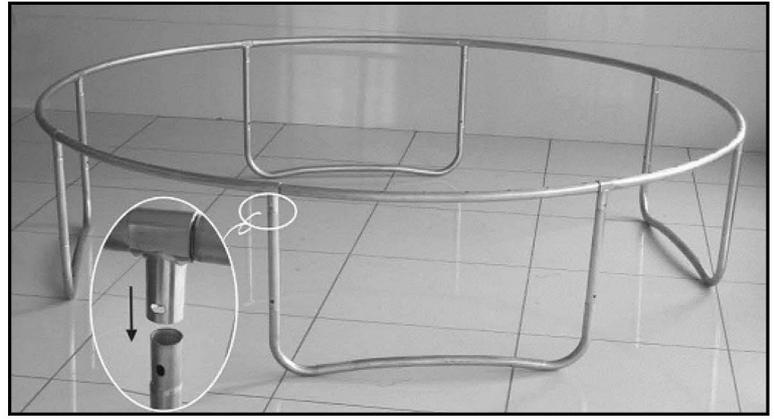
**NOTE:** If you have a 6FT or 8FT you will not have part "Vertical Legs". With the 6FT and 8FT the frame sits directly on the W Shape Legs, no Vertical Legs needed.



- 4 Line up the legs in their corresponding positions.



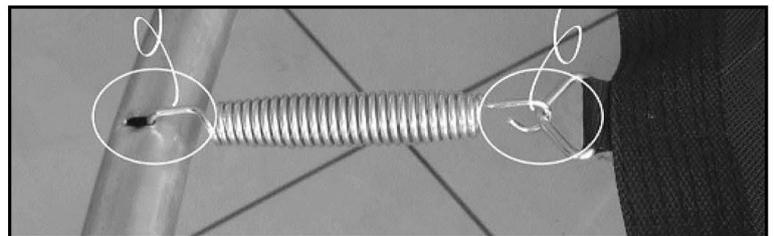
- 5 Slot all legs into frame as shown.



- 6 Take Spring (H) and insert end 'A' into rail tube.



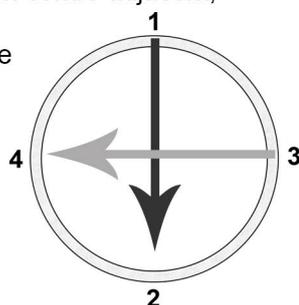
- 7 Put end 'B' of the spring into trampoline jumping mat rings.



- 8 The placement of the next spring must be on the opposite side of the frame, then centre adjacent, then opposite. It must be done this way so the tension of the springs is spread equally.

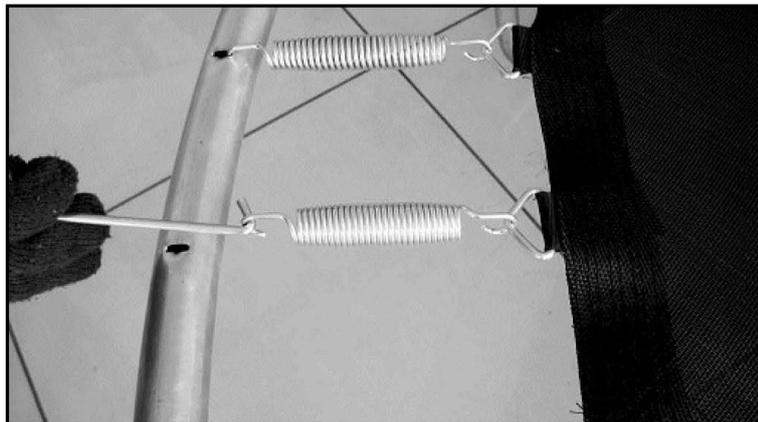
**TOP TIP!**

*If you imagine a clock, the first four springs would be set at 12, 6, 3 and 9.*



9

Use the tool to attach the springs if necessary. Mind your hands during the assembly avoiding bruises or abrasions. We recommend wearing protective gloves with assembling the trampoline and attaching the trampoline springs.



10

Keep adding springs on opposite sides until all springs have been attached to the frame and jumping mat rings.



11

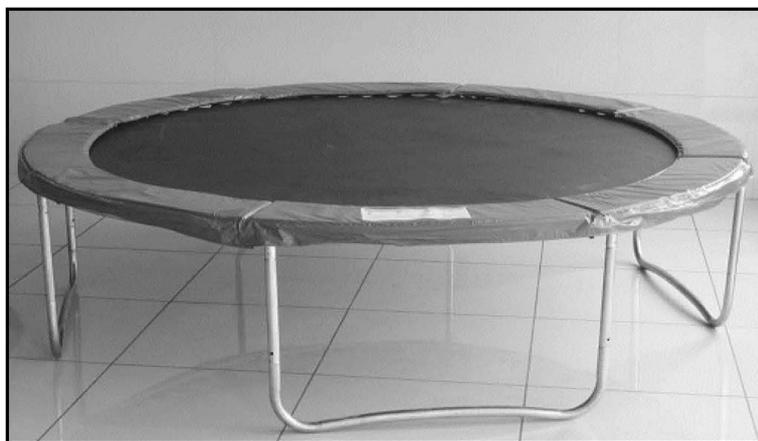
Place spring cover (G) over the springs and frame.

**TOP TIP!**

*If you leave the spring cover in poor weather (rain, snow and frost) for long periods of time this can become brittle and damaged.*

*If the trampoline is left unused specifically through winter months we strongly advise storing the spring cover inside, somewhere dry and away from damp.*

*With proper care and storage the spring cover's life will last past other economy spring covers.*



12

Using the spring cover straps attached to the spring cover, tie to the springs.

**TOP TIP!**

*Ensure you do not tie to the springs tight, if these straps are too tight they can tear and damage the spring cover.*

*When tying the strap leave some movement around the spring. Eliminating the risk of spring cover damage.*

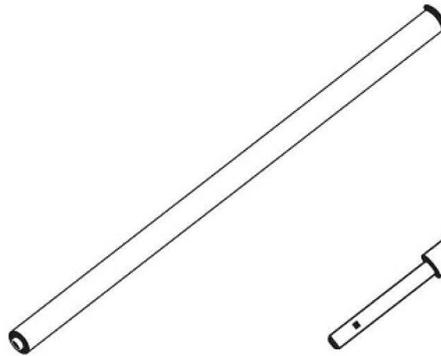


# Safety Net Parts List

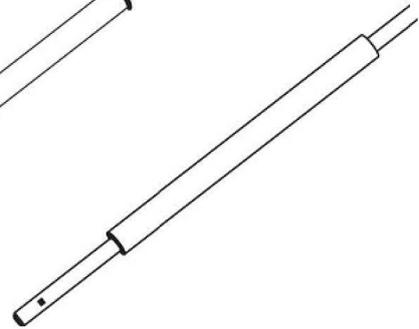
No.	Item	6'	8'	10'	12'	13'	14'	15'	16'
A	Safety net	1	1	1	1	1	1	1	1
B	Upper pole	6	6	6	8	8	10	10	12
C	Lower pole	6	6	6	8	8	10	10	12
D	Spacer	12	12	12	16	16	20	24	24
E	Nut & Bolt	12	12	12	16	16	20	24	24
F	Spanner	1	1	1	1	1	1	1	1



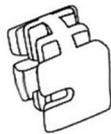
↑  
A



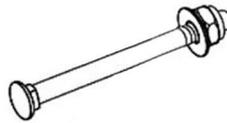
↑  
B



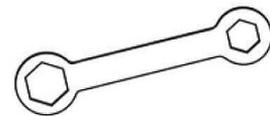
↑  
C



↑  
D



↑  
E



↑  
F

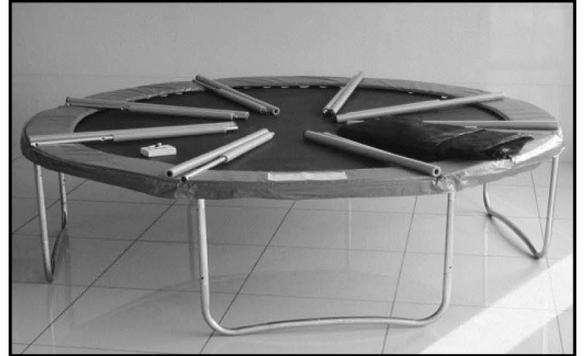
## IMPORTANT

Enclosure **must** be fitted as this adds stability to the trampoline.

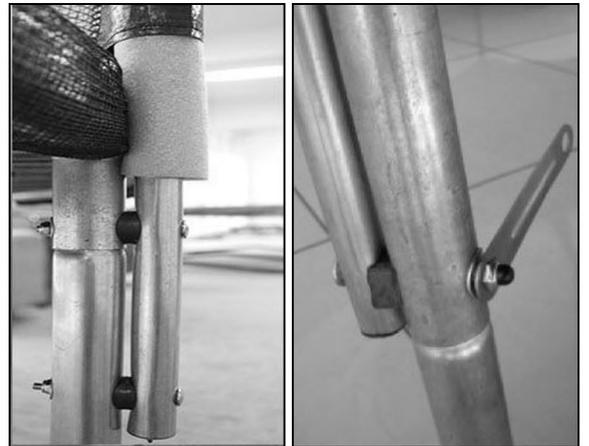
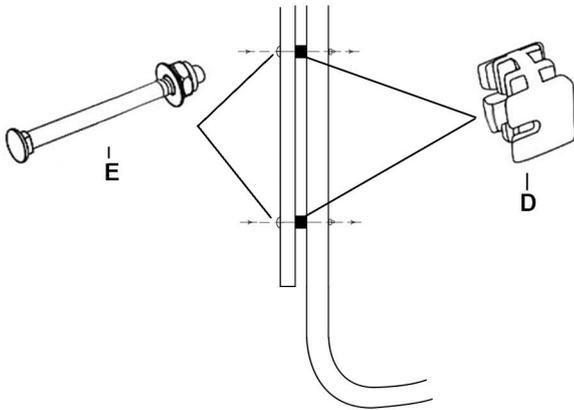
# Assembling The Safety Net

Please refer to the parts list to identify the parts.

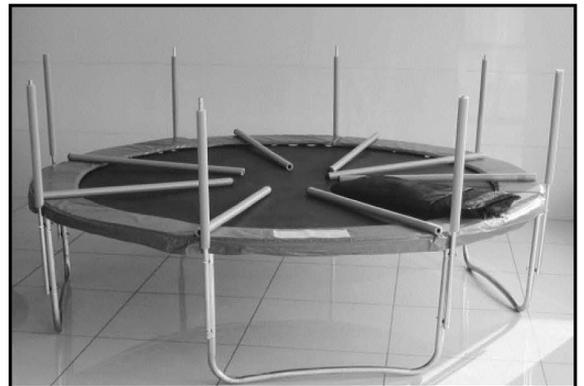
- 1 Lay out your trampoline safety net parts ensuring you have the correct amount of parts (using the safety net parts list for reference).



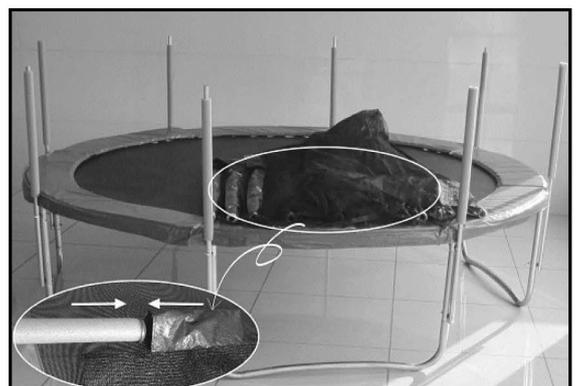
- 2 Fit the lower poles (C) and Spacer (D), Nut and Bolt (E) to the trampoline legs.



- 3 Fix the lower poles to the lower part of the leg. Please mind that two fixings per pole are necessary and ensure that they are equally distributed over the leg's length.



- 4 Insert upper poles into safety net sleeves.



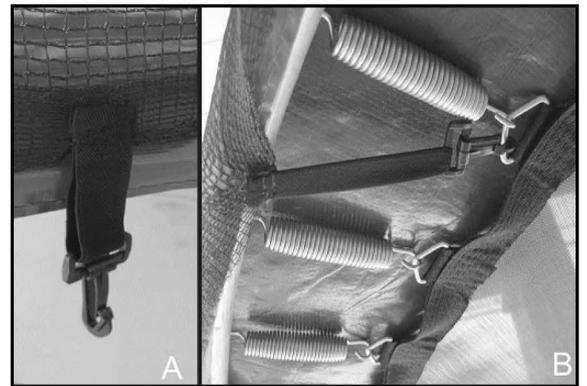
5

Insert the poles (now inserted in safety net) on to the lower poles. Slide down safety net all the way.



6

Fix the hooks on the safety net to the jumping mat's rings.



7

**After assembling the trampoline it is important that you perform the following safety checks:**

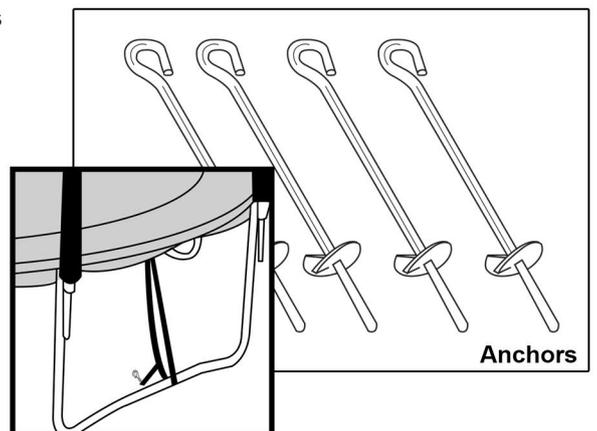
- Ensure all screws and bolts are tightly secured.
- Look under the trampoline and check all springs are hooked securely to the frame and jumping mat rings.
- Wobble the trampoline to see if it is sturdy and on a level surface.
- The trampoline must not be placed on concrete.
- Inspect the spring cover and check it's covering the springs and frame and that it's tied securely.



**TOP TIP!**

We recommend using trampoline anchors for the PlayActive trampolines for added stability or alternatively; sand bags. We strongly advise using anchors for our biggest 16ft trampoline. Trampoline anchors should eliminate any movement (especially on slightly uneven ground) as well as securing it to the ground during high winds. By placing the peg on the inside / underneath the trampoline you'll find this is the most secure way of fixing the trampoline to the ground. The tightness of the strap should ensure the legs not to slip outwards. The peg should ensure the legs do not slip inwards.

*Trampoline anchors are not included with this trampoline and would need to be purchased separately.*



**Anchors**