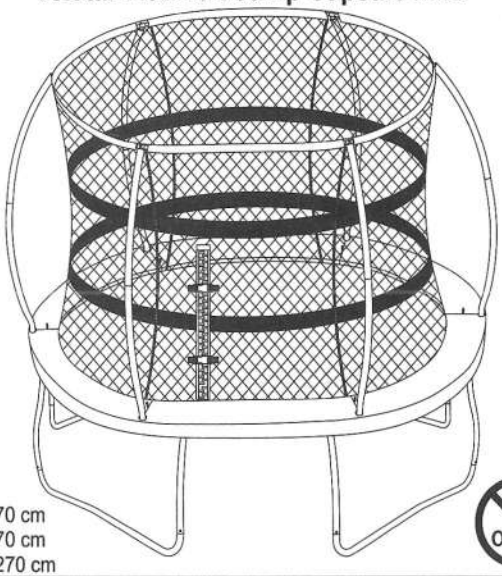
Telstar®
TRAMPOLINES

Assembly, Installation, Care, Maintenance and Use Instructions

USER'S MANUAL

Telstar 10ft x 15ft Jump Capsule MK3
Telstar 9ft x 13ft Jump Capsule MK3
Telstar 7ft x 10ft Jump Capsule MK3



Assembly size:
7x10ft 320 x 290 x 270 cm
9x13ft 404 x 349 x 270 cm
10x15ft 473 x 375 x 270 cm

0-3 CE

WARNING

- YOU MUST THOROUGHLY READ AND UNDERSTAND THE INSTRUCTIONS IN THIS MANUAL, BEFORE ASSEMBLING AND USING THIS TRAMPOLINE.
- SAVE THIS MANUAL FOR FUTURE REFERENCE.
- MAXIMUM WEIGHT OF USER MUST NOT EXCEED 330LBS (150KG).
- DO NOT ALLOW MORE THAN ONE PERSON ON THE TRAMPOLINE AT A TIME.
- DO NOT ALLOW YOUNG CHILDREN TO USE UNLESS SUPERVISED BY AN ADULT.
- DURING WINDY CONDITIONS IT IS STRONGLY ADVISABLE THAT THE SAFETY ENCLOSURE IS DETACHED FROM THE TOP OF THE ENCLOSURE POLES.
- THE ENCLOSURE FORMS PART OF THE STRUCTURAL INTEGRITY OF THE TRAMPOLINE.
- THE TRAMPOLINE MUST NOT BE USED WITHOUT THE ENCLOSURE ERECTED.
- FOR OUTDOOR DOMESTIC USE ONLY.

Made in China

Customer Service Number:
Please visit www.telstartrampolines.co.uk

Thank you for purchasing this product. We hope that you will enjoy it. It will take a little time to assemble it. Please take it as an exercise in assembling this product. It is not unusual for you to take more than an hour to assemble this product; so please be patient and enjoy this process with a friend.

WARNING

MAXIMUM WEIGHT 330LBS (150KG)

TRAMPOLINE ASSEMBLY AND MOVING

Select a location where you want the trampoline permanently prior to assembly.



MOVING THE TRAMPOLINE

If you need to move the trampoline, two or three people are required. When moving, lift the trampoline slightly off the ground and keep it horizontal to the ground. For any type of other movement, you should disassemble the trampoline.



We strongly recommend that you do not use the trampoline without an enclosure. If you find the trampoline is being used without an enclosure, stop the user and immediately purchase and install the enclosure. 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.



Do not allow children to play or jump on the trampoline when it's windy or during tornado season. Wind can lift up this trampoline and cause serious injury or death.

INTRODUCTION

Before you begin using this trampoline, be sure to carefully read all the information provided to you in this manual. Just like any other type of physical recreational activity, participants can be injured. To reduce the risk of injury, be sure to follow appropriate safety rules and tips.

- Misuse and abuse of this trampoline is dangerous and can cause serious injury!
- Trampolines, being rebounding devices, propel the performer to unaccustomed heights and into a variety of body movements.
- Always inspect the trampoline before each use for worn mats, loose or missing parts.
- Proper assembly, care and maintenance of product, safety tips, warnings, and proper techniques in jumping and bouncing are all included in this manual. All users and supervisors must read and familiarize themselves with these instructions. Anybody who chooses to use this trampoline must be aware of their own limitations in regards to performing various jumps and bounces with this trampoline.



NO MORE THAN ONE PERSON AT A TIME ON THE TRAMPOLINE! MULTIPLE JUMPERS INCREASE THE RISK OF INJURY SUCH AS BROKEN HEAD, NECK, LEG OR BACK.



PARALYSIS OR DEATH CAN RESULT IF YOU LAND ON YOUR HEAD OR NECK! DO NOT PERFORM SOMERSAULTS (FLIPS) AS THIS WILL INCREASE YOUR CHANCES OF LANDING ON YOUR HEAD OR NECK!

ALWAYS CONSULT A PHYSICIAN BEFORE PERFORMING ANY KIND OF PHYSICAL ACTIVITY

- ✧ Warning. Not suitable for children under 36 months. Falling hazard.
- ✧ Warning. The trampoline must be assembled by an adult in accordance with the assembly instructions and checked before the first use.
- ✧ Warning. Maximum **150kg.**
- ✧ Warning. Only one user. Collision hazard.
- ✧ Warning. Adult supervision required.
- ✧ Warning. Only for domestic use.
- ✧ Warning. Only for outdoor use.
- ✧ Warning. No somersaults
- ✧ Warning. Always close the net opening before jumping.
- ✧ Warning. Jump without shoes.
- ✧ Warning. Do not use the mat when it is wet.
- ✧ Warning. Empty pockets and hands before jumping.
- ✧ Warning. Always jump in the middle of the mat.
- ✧ Warning. Do not eat while jumping.
- ✧ Warning. Do not exit by a jump.
- ✧ Warning. Limit the time of continuous usage (make regular stops).
- ✧ Warning. Do not use in strong wind conditions and secure the trampoline.
- ✧ Warning. The trampoline is not intended to be buried into the ground.
- ✧ Warning. The net should be replaced every 2 years.
- ✧ Size of the assembled product:
- ✧ 7x10ft 320 x 290 x 270 cm
- ✧ 9x13ft 404 x 349 x 270 cm
- ✧ 10x15ft 473 x 375 x 270 cm
- ✧ Size of the free spaces around the trampoline: 2 x 2 x 8 meter
- ✧ Always check your trampoline before use. Paying specific attention to all the bolts, jump mat and pads position.
- ✧ Don`t use if any parts are missing or look like they show wear and tear.
- ✧ Stop exercising immediately should you feel unwell or if you feel dizzy.
- ✧ The safety enclosure is there to prevent the user falling off the trampoline, and is not to be jumped into unnecessarily.

JUMP INSTRUCTIONS

- ✧ Refer to and comply with the exercise instructions and always absolutely retain a proper biomechanical position when using the appliance.
  Please be aware of the health risks that incorrect or intensive training may cause.
- ✧ Basic principles and recommendations for use
  Learn the basic body positions and jumps before attempting more advanced techniques. You can vary trampoline routine by performing the basic jumps in different series or combinations, and with or without vertical jumps between tricks.
- ✧ To stop bouncing, bend your knees as your feet land on the trampoline's jumping surface.
- ✧ Learn this technique first before attempting any others.
- ✧ Avoid bouncing too high.
- ✧ Stick to small bounces until you can jump and land in the middle of the trampoline under perfect control.
- ✧ Control is more important than height.
- ✧ Never look away from the trampoline. This will help you control your bouncing.
- ✧ Avoid bouncing on the trampoline when tired.
- ✧ Keep your sessions short
- ✧ Only use the trampoline if you are in excellent physical condition.
- ✧ For information on learning additional techniques and tricks, contact a professional trampoline instructor.
- ✧ Place the trampoline on a level surface at least 2 m from any structure or obstruction such as a fence, garage, house, overhanging branches, laundry lines or electrical wires.
- ✧ Trampolines shall neither be installed over concrete, asphalt or any other hard surface nor at proximity of other conflicting installations (e.g. paddling pools, swings, slides, climbing frames).

ASSEMBLY INSTRUCTIONS & INSTRUCTIONS FOR USE

- ✧ To ensure that the product is safe, heed the assembly and adjustment instructions, and the instructions for use. Please read carefully and retain for future reference.
- ✧ Assembly instructions
  This product requires assembly, please be sure to carefully follow the steps set out in these instructions (parts lists and tools supplied, assembly procedure etc.).

IMPORTANT INSTRUCTIONS FOR ENCLOSURE NETTING AND MAT

1. **Maintenance of Trampoline Enclosure Net, Mat and Pad**
   Enclosure nets and padding are prone to wear and tear like tires on a car. Gradual deterioration of the material will occur; the speed of which will depend on the level of exposure to UV rays, airborne pollution and outdoor weather conditions such as rain and wind.

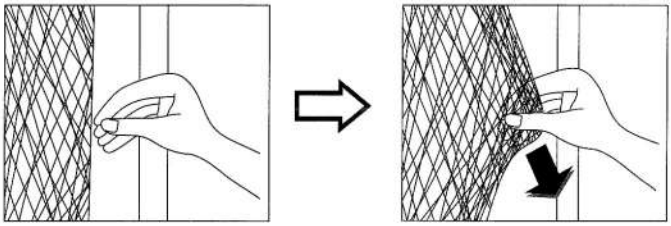
   The net and padding needs to be properly maintained and checked by following the Maintenance Schedule set out in these instructions. When the material shows any signs of weakness, you must stop using the trampoline immediately, properly store the trampoline and restrict access by users until a new replacement net or padding is properly installed.

2. **Maintenance Requirement for Enclosure Net**
Your trampoline enclosure netting is manufactured with UV resistant material. Despite this the netting is exposed to the outdoor elements including sunlight, wind, rain and wildlife. The net surrounding the trampoline must be checked prior to each use. This includes, but is not limited to inspecting the net for cracks, excess wear, brittleness, and stretching. Also inspect all connections and the entire enclosure for overall integrity. The net must be immediately replaced if it shows any signs of wear, damage, stretching, cracking, looseness, brittleness or other losses in integrity.

How to Inspect the Trampoline Net for Proper Use

Always check the enclosure netting for signs of UV damage, deterioration, brittleness, cracking, and tearing every time before using the trampoline and enclosure.

Step 1 - Inspect the enclosure netting before **EACH** use for wear or tear by pinching and pulling a section of the netting between fingers and pulling downward. Please see diagram below.



If it produces any tear or cracking or ripping sound, then the net is unsafe and MUST be taken down immediately. **STOP USING THE TRAMPOLINE ENCLOSURE IF YOU FIND ANY SIGNS OF WEAR OR TEARING ON THE NETTING.**

Step 2 - Walk around the whole perimeter of the trampoline to visually check for material deterioration or other damage.

3. Maintenance Requirement for Trampoline Pad
Walk around the whole perimeter of the trampoline to visually check for material deterioration, tears, looseness, loss of elasticity or other damage in the pad.















Use of alcohol or Drugs: DO NOT consume any alcohol or drugs when using this trampoline! This will increase your chances of getting injured since these foreign substances might impair your judgments, reaction time, and overall physical coordination.

Multiple Jumpers: If you have multiple jumpers (more than one person on the trampoline at any one time), you increase the chances of getting injured. Injuries could occur when you fly off the trampoline, lose control, collide with the other jumper(s) or land on the springs. Generally, the lightest person on the trampoline will get injured.

Striking the Frame or Springs: When playing on the trampoline, STAY in the center of the mat. This will reduce the risk of getting injured by landing on the frame or springs. Always ensure that the frame pad covers the frame of the trampoline. DO NOT jump or step onto the frame pad directly since it was not intended to support the weight of a person.

Loss of Control: DO NOT try difficult maneuvers, or any maneuver until you have mastered the previous maneuver, or if you are just learning how to jump on a trampoline. If you do, you will increase the risk of getting injured by landing on the frame, springs or off the trampoline completely because you might lose control of your jump. A controlled jump is considered landing on the same spot that you took off from. If you do lose control when you are jumping on the trampoline, bend your knees sharply when you land and this will allow you to regain control and stop your jump.

Somersaults (Flips): DO NOT PERFORM somersaults of any type (backwards or forwards) on this trampoline, if you make a mistake when trying to perform a somersault, you could land on your head or neck. This will increase your chances of getting your neck or back broken, which will result in death or paralysis, even when landing in the middle of the trampoline mat.

Foreign Objects: DO NOT use the trampoline if there are pets, other people, or any objects underneath the trampoline. This will increase the chances of an injury occurring. DO NOT hold any foreign objects in your hand and DO NOT place any objects on the trampoline while anyone is playing on it. Please be aware of what is overhead when you are playing on the trampoline. Tree limbs, wires, of other objects located over the trampoline will increase your chances of getting injured.

Poor Maintenance of Trampoline: A trampoline in poor condition will increase your risk of getting injured. Please inspect the trampoline before each use for bent steel tubes, torn mat, loose or broken springs, and overall stability of the trampoline.

Weather Conditions: Please be aware of the weather conditions when using the trampoline. If the mat of the trampoline is wet, the jumper could slip and injure him or herself. If it is too windy, jumpers could lose control.

Limiting Access: When the trampoline is not in use, always store the access ladder in a secure place so that children cannot play on the trampoline unsupervised.

TIPS TO REDUCE THE RISK ACCIDENTS

Jumper's role in accident prevention

The key here is to stay in control of your jumps. DO NOT move onto more complicated, more difficult maneuvers until you have mastered the basic, fundamental bounce.
Education is also key to safety and very important. Read, understand, and practice all safety precautions and warnings prior to using the trampoline. A controlled jump is when you land and take off from the same location. For additional safety tips and instructions, contact a certified trampoline instructor.

Supervisor's Role in Accident Prevention

Supervisors need to understand and enforce all safety rules and guidelines. It is the responsibility of the supervisor to provide knowledgeable advice and guidance to all jumpers of the trampoline. If supervision is unavailable or inadequate, the trampoline could be stored in a secure place, disassembled to prevent unauthorized use, or covered with a heavy tarp that can be locked or secured with lock or chains. The supervisor is also responsible to ensure that the safety placard is placed on the trampoline and that jumpers are informed of these warnings and instructions.

TRAMPOLINE SAFETY INSTRUCTIONS

JUMPERS

- Do not use trampoline if you have consumed alcohol or drugs
- Remove all hard and sharp objects from person before using trampoline
- You should climb on and off in a controlled and careful manner. Never jump on or off the trampoline and never use the trampoline as a device to bounce onto or into another object.
- Always learn the basic bounce and master each type of bounce before trying more difficult types of bounces. Review the Basic Skills Section to learn how to do the basics
- To stop your bounce, flex your knees when you land on the mat with your feet
- Always be in control when you are bouncing on the trampoline. A controlled jump is when you land at the same spot that you took off from. If at any time you feel out of control, try to stop your bouncing
- Do not jump or bounce for prolonged periods of time or too high for a number of jumps
- Keep your eyes in the mat to maintain control. If you do not, you could lose balance or control
- Never have more than 1 person on the trampoline at any one time
- Always have a supervisor watching you when you are on the trampoline

SUPERVISORS

Educate yourself with the basic jumps and safety rules. To prevent and reduce the risk of injuries, enforce all safety rules and ensure that new jumpers learn the basic bounces before trying more difficult and advanced jumps.

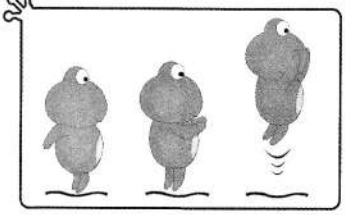
- All jumpers need to be supervised, regardless of skill level or age.

- Never use the trampoline when it is wet, damaged, dirty, or worn out. The trampoline should be inspected before any jumpers start bouncing on it.
- Keep all objects that could interfere with the jumper away from the trampoline. Be aware of what is overhead, underneath, and around the trampoline.
- To prevent unsupervised and unauthorized use, the trampoline should be secured when not in use.

LESSON PLAN

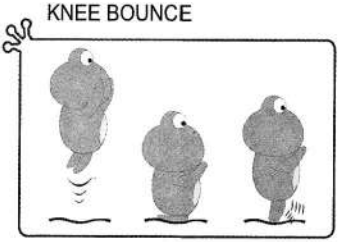
The following lessons are suggested in order to learn basic steps and bounces before moving onto more difficult, complicated bounces. Before actually getting on and using the trampoline, you should read and understand all safety instructions. A complete discussion and demonstration of body mechanics and trampoline guidelines should occur between the supervisor and student as well.

THE BASIC BOUNCE



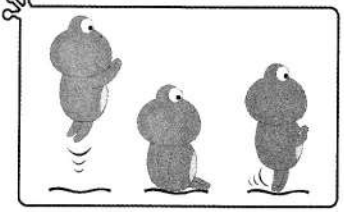
1. Start from the standing position, with your feet having shoulder width apart and with head up and eyes on mat.
2. Swing arms forward and up in a circular motion.
3. Bring feet together while in mid-air and point toes downwards.
4. Keep the feet shoulder width apart when landing on mat.

KNEE BOUNCE



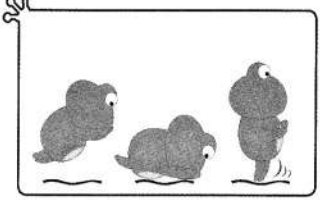
1. Start with the basic bounce and keep it low.
2. Land on knees while keeping your back straight and body erect while using your arms to maintain balance.
3. Bounce back to basic bounce position by swinging arms up.

SEAT BOUNCE



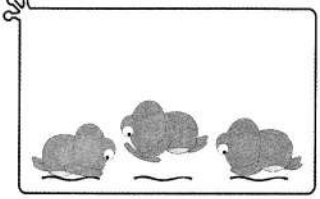
1. Land in a flat sitting position.
2. Place hands on mat besides hips, but do not lock your elbow.
3. Return to erect position by pushing with hands.

FRONT BOUNCE



1. Start with a low bounce.
2. Land in prone (face down) position and keep hand and arms extended forward on mat.
3. Push off the mat with arms to return to standing position.

180 DEGREE BOUNCE



1. Start with the Front Bounce position.
2. Push off with left or right hands and arms (depending on which way you wish to turn).
3. Maintain head and shoulders in the same direction while keeping your back parallel to the mat and your head up.
4. Land in the Prone position and return to standing position.

ALWAYS START YOUR JUMP AT THE BROKEN CIRCLE. WHEN YOU LAND MORE THAN 1FT OR 30.5CM AWAY FROM THE EDGE OF THE BROKEN CIRCLE, STOP YOUR JUMP IMMEDIATELY!!
RESTART YOUR JUMP AT THE OF BROKEN CIRCLE.

ALWAYS START YOUR JUMP AT THE CENTER OF THE TRAMPOLINE MAT. WHEN YOU LAND MORE THAN 1FT OR 30.5CM AWAY FROM THE CENTER OF THE TRAMPOLINE MAT, STOP YOUR JUMP IMMEDIATELY!!
RESTART YOUR JUMP AT THE CENTER OF THE TRAMPOLINE MAT.

ASSEMBLY INSTRUCTIONS

To assemble this trampoline all you need is our special spring loading tool provided with this product. During periods of non-use, this trampoline can be easily disassembled and stored. **Please read the assembly instructions before beginning to assemble the product.**

PRIOR TO ASSEMBLING

Please refer to next page for parts descriptions and numbers. The assembly steps use these descriptions and numbers as reference for your convenience.

Make sure that you have all parts listed. If you are missing any parts, please refer to this page for instructions on how to attain any parts.
To prevent any injuries to your hands from pinch points during assembly, **please use protective gloves to protect your hands.**

Trampoline and Enclosure Parts List

Key Number	Part Picture	Description	Quantity		
			7ft x 10ft	9ft x 13ft	10ft x 15ft
1		Trampoline Mat with Enclosure Netting	1	1	1
2		Frame Pad	1	1	1
3		Top Frame A	2	2	2
4		Top Frame B	2	2	2
5		Top Frame C	2	2	2
6		Top Frame D	2	2	2
7		Leg Extension	8	8	8
8		Leg Base	4	4	4
9		Spring	56	64	82
11		T shape tube	6	6	6
12		Upper Frame Tube with Foam and sleeve	6	6	6
13		Lower Frame Tube with Foam and sleeve	6	6	6
14		Top Tube with Foam A	4	4	4
15		Top Tube with Foam B	8	8	8
16		Elastic strap	6	6	6

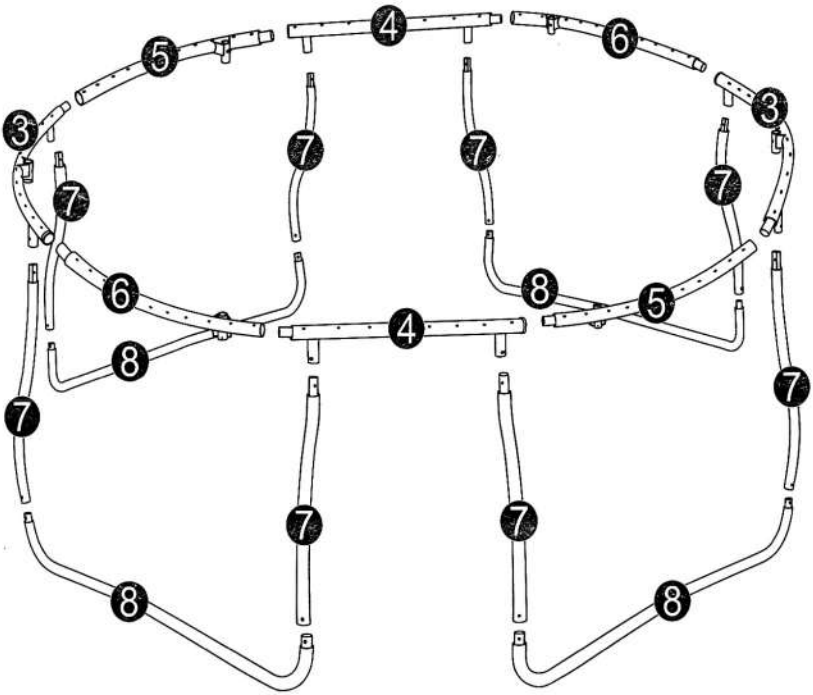
Hardware Parts List

Key Number	Part Picture	Description	Quantity
A		Self-Locking Screw	22
B		Small Spring Washer	22
C		Medium Spring Washer	12
D		Larger Spring Washer	6
E		Screw Lock	6
F		Larger Arc Washer	6
G		Small Arc Washer	12
H		Allen Wrench	1
I		Spring Loading Tool	1
J		End Cap	6
K		Screw	12

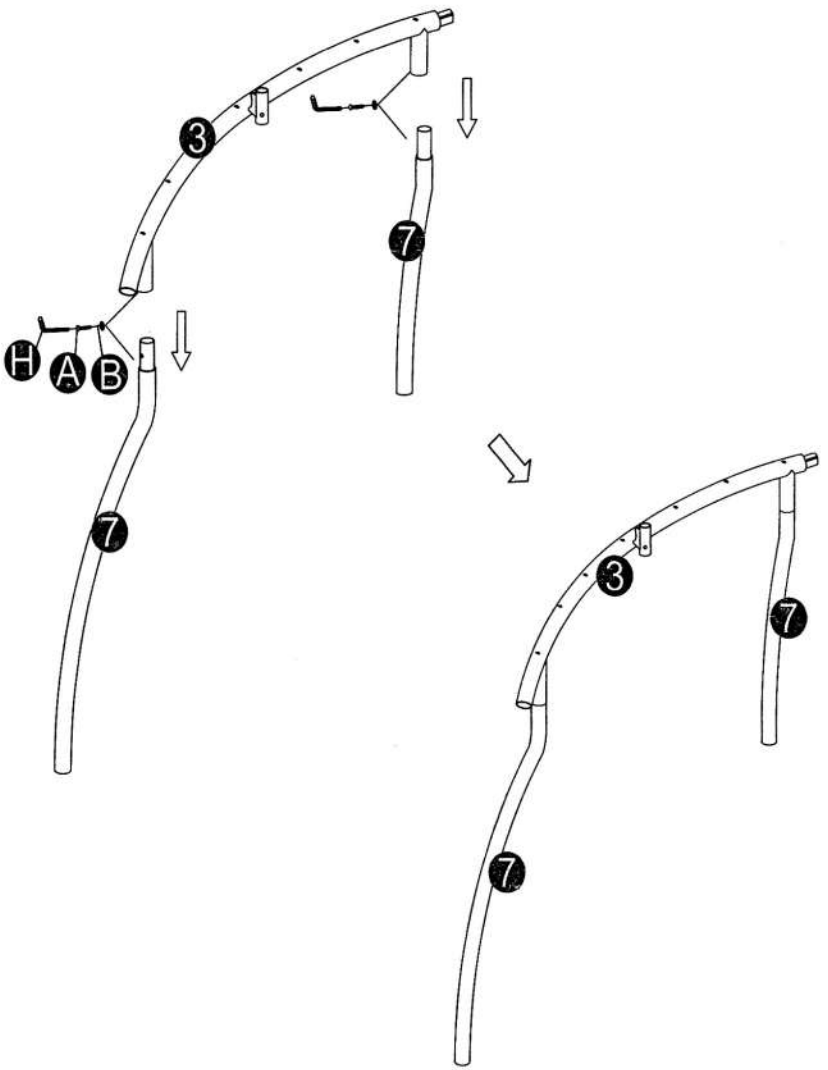
TOOLS REQUIRED FOR ASSEMBLY ARE LISTED ABOVE. PHILLIPS SCREW DRIVER, WHICH IS NOT INCLUDED, COULD BE USED FOR EASIER ASSEMBLY.

Trampoline Assembly

STEP 1

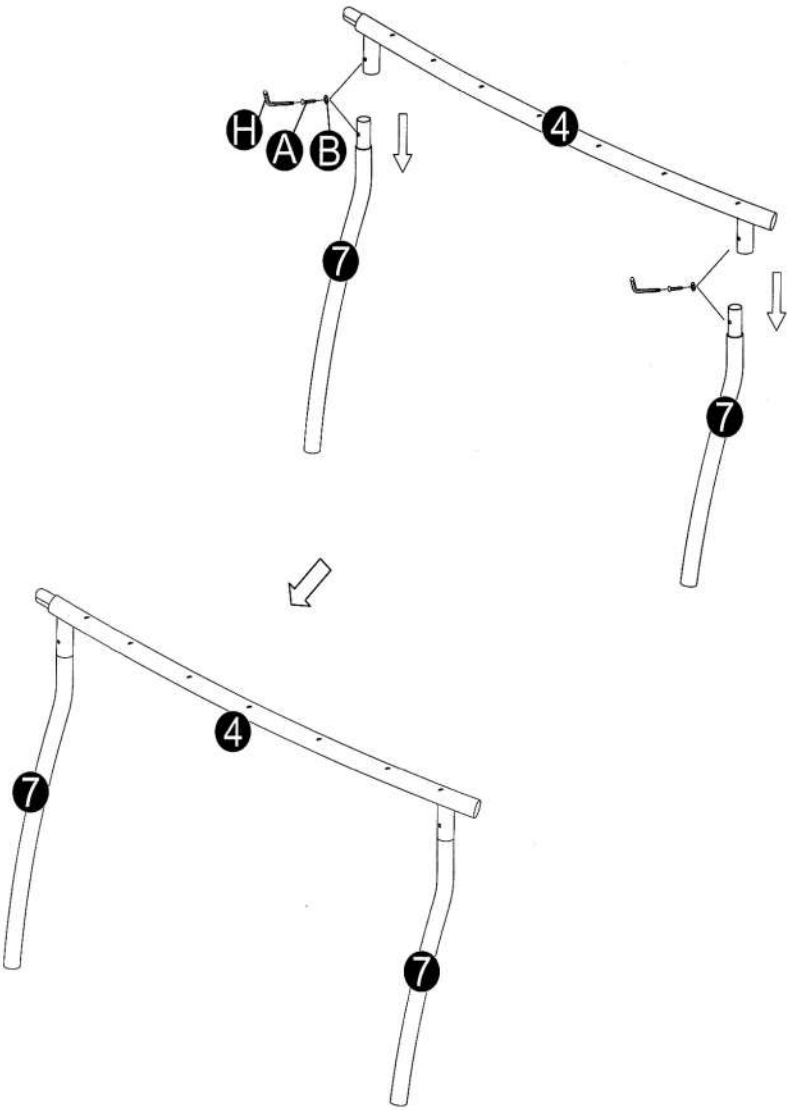


STEP 2



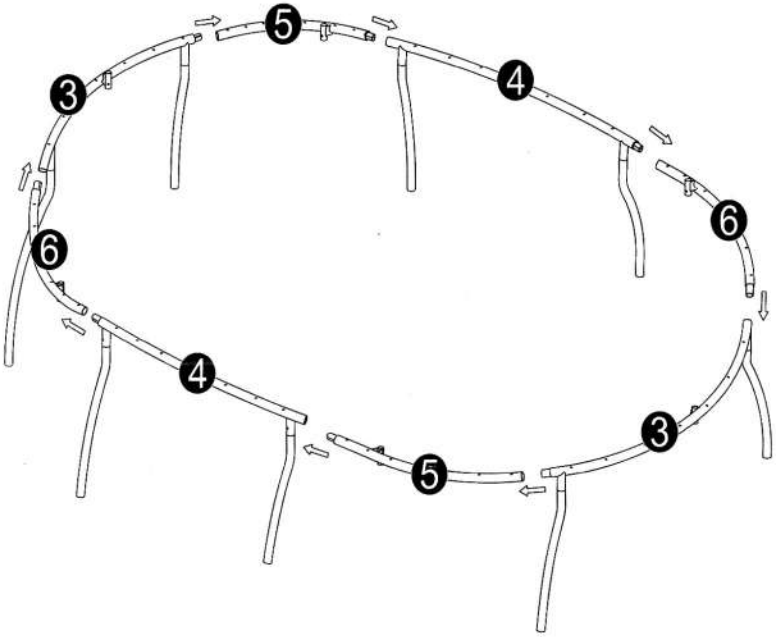
Note: Repeat step 2 to assemble one more top rail.

STEP 3

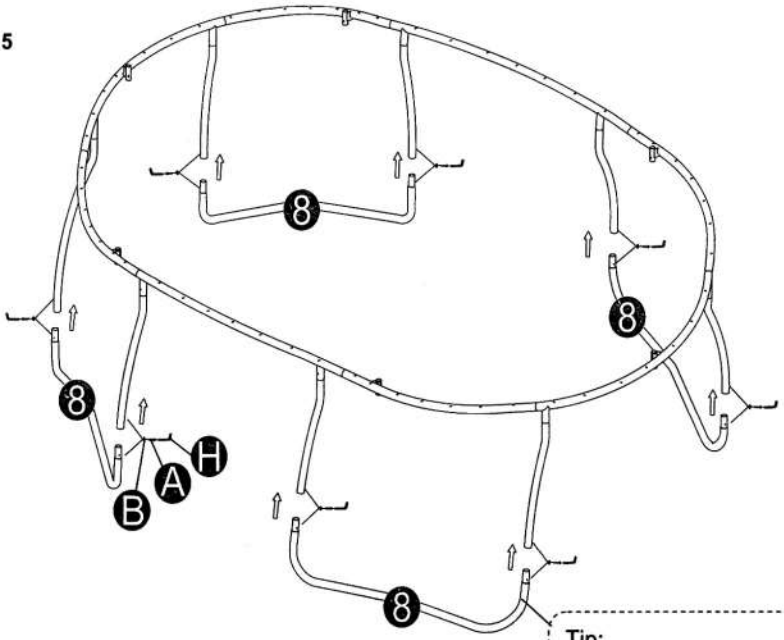


Note: Repeat step 3 to assemble one more top rail.

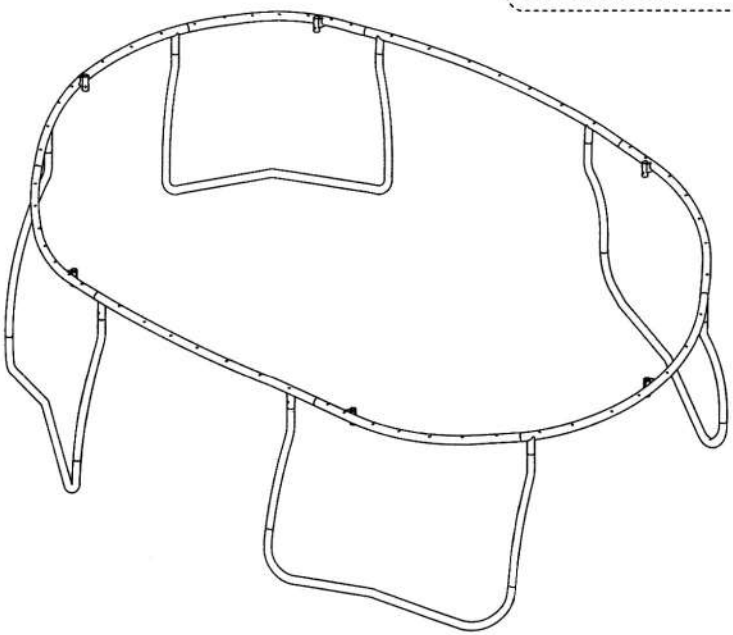
STEP 4



STEP 5



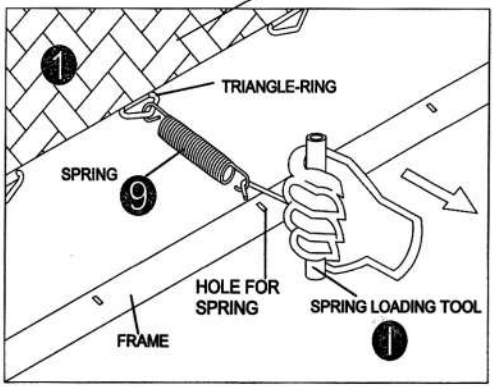
Tip:
Holes on part 8 should face outwards.



Trampoline Enclosure Assembly

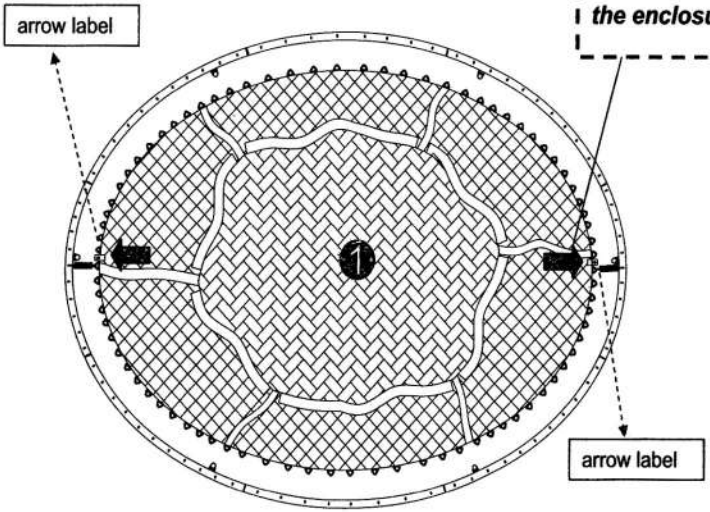
STEP 6

Trampoline Mat with Enclosure Netting.

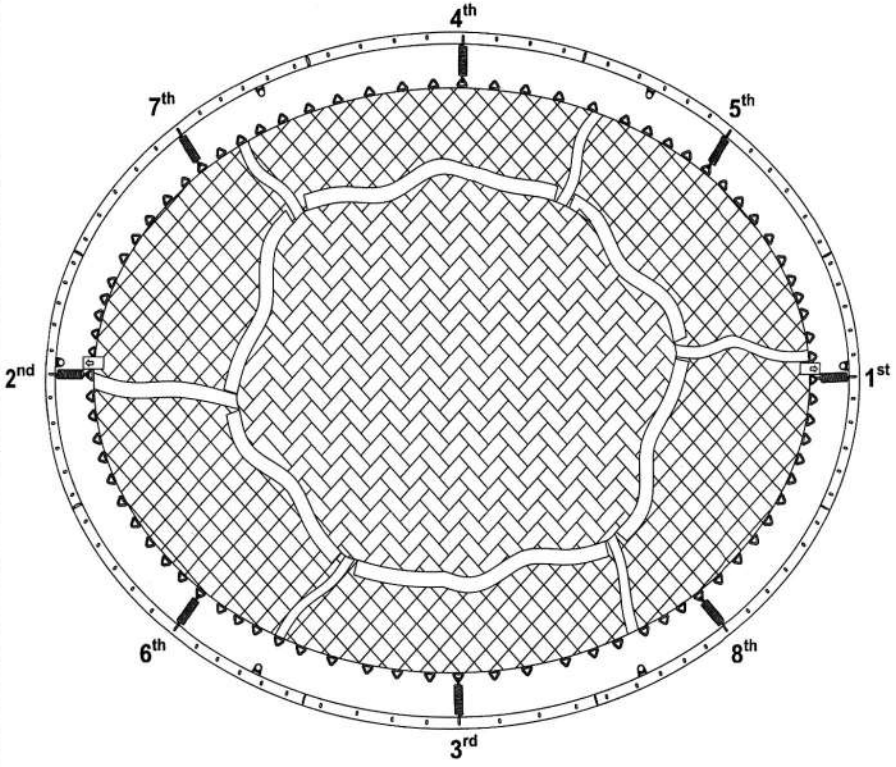


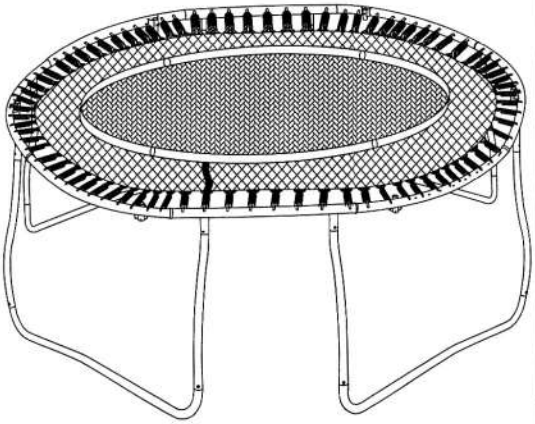
Tips:

Please make sure the black arrow label sewn on the mat is aligned with the enclosure pole (#13), if not you will "get trouble" when assemble the enclosure net.



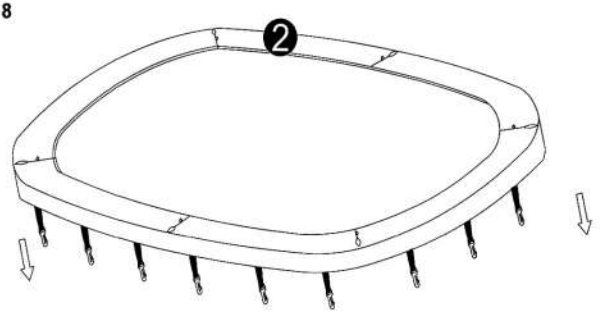
STEP 7

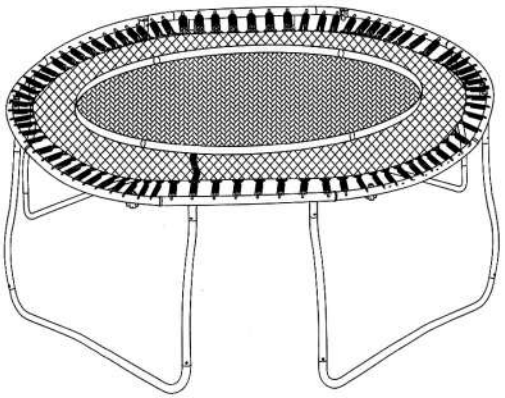


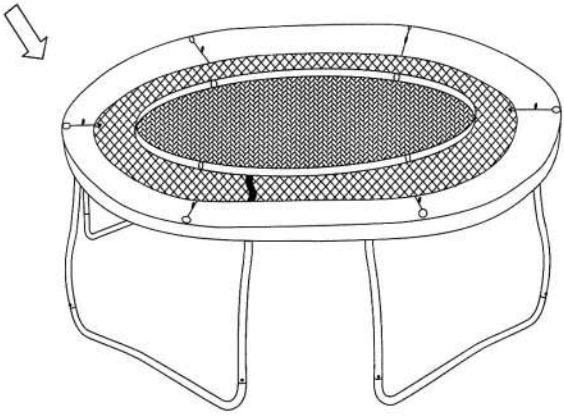


7ft x 10ft
9ft x 13ft
10ft x 15ft

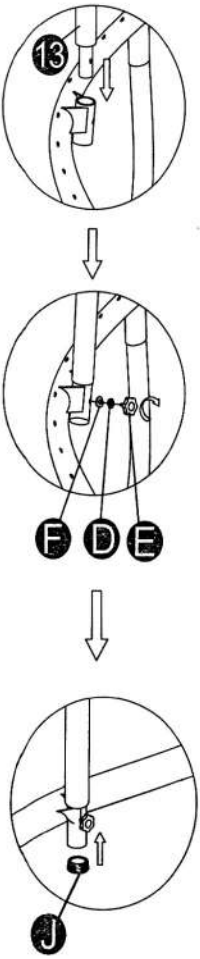
STEP 8

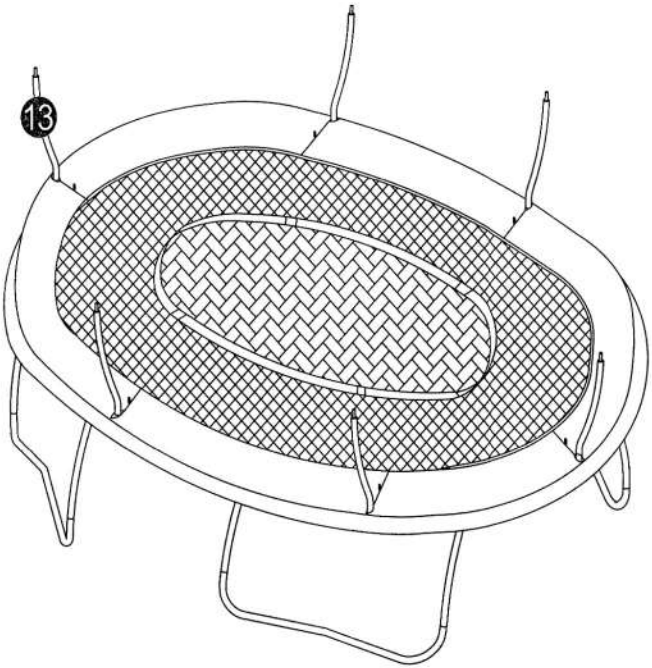




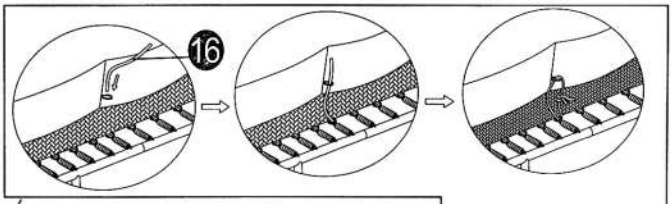


STEP 9



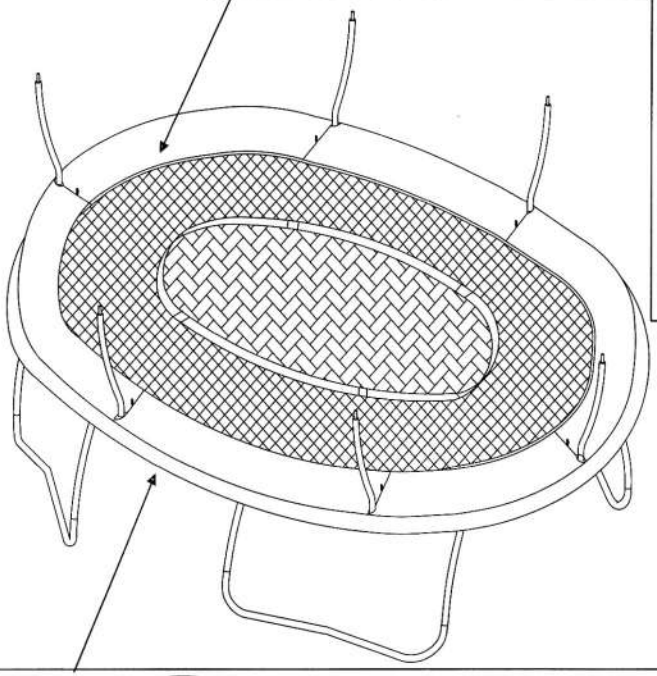


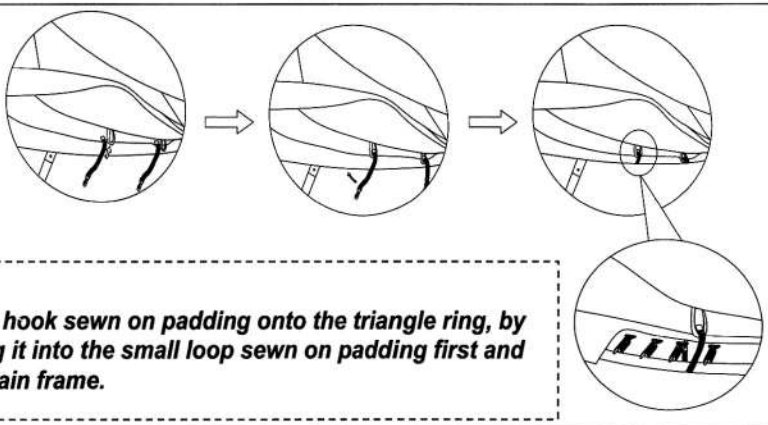
STEP 10



Tips:

Fixed the inner frame pad, by connecting strap into the small loop sewn on padding first and then triangle ring.

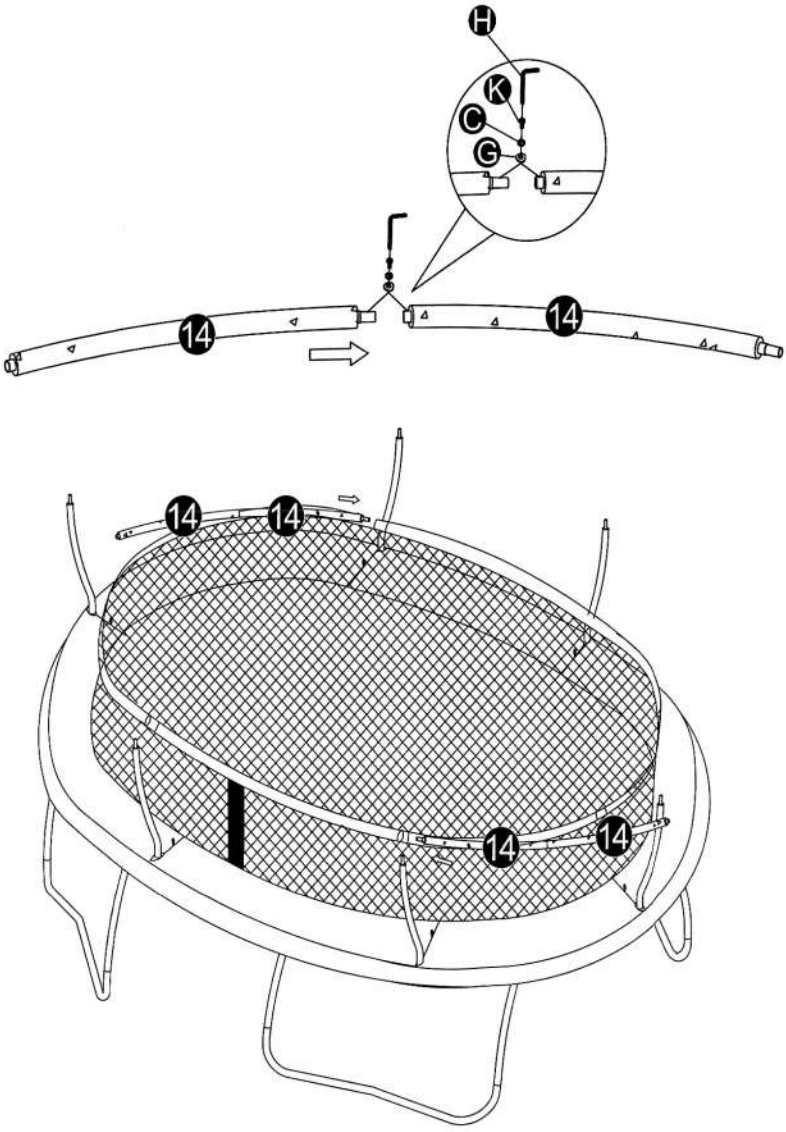




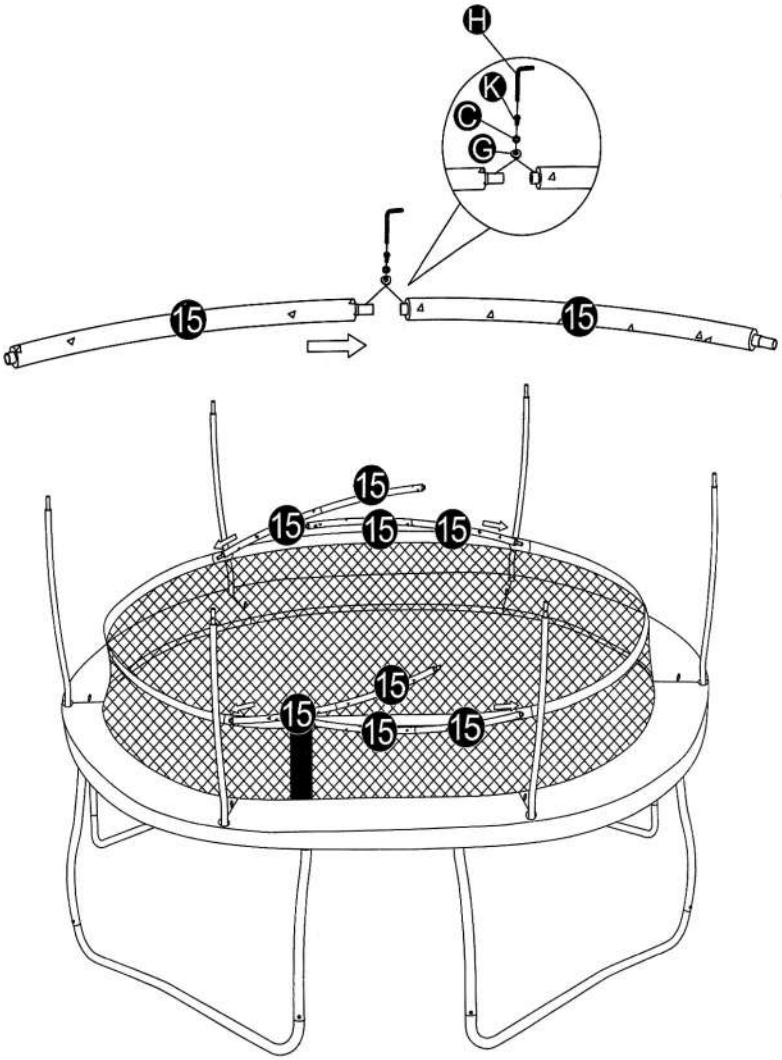
Tips:

Tie the hook sewn on padding onto the triangle ring, by looping it into the small loop sewn on padding first and then main frame.

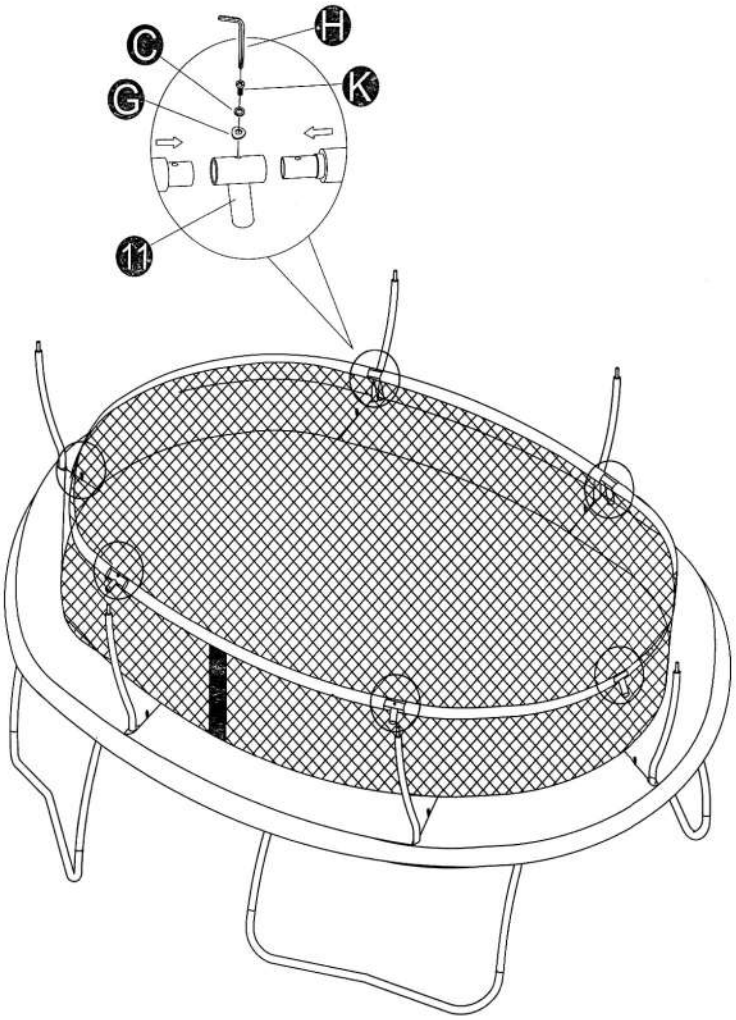
STEP 11



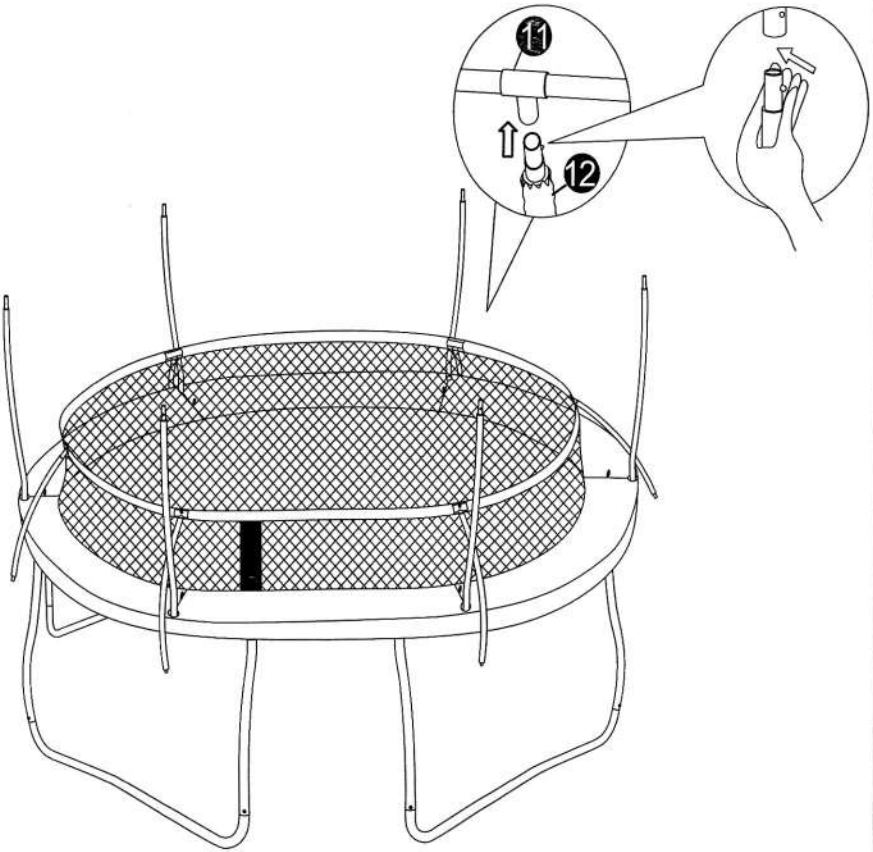
STEP 12



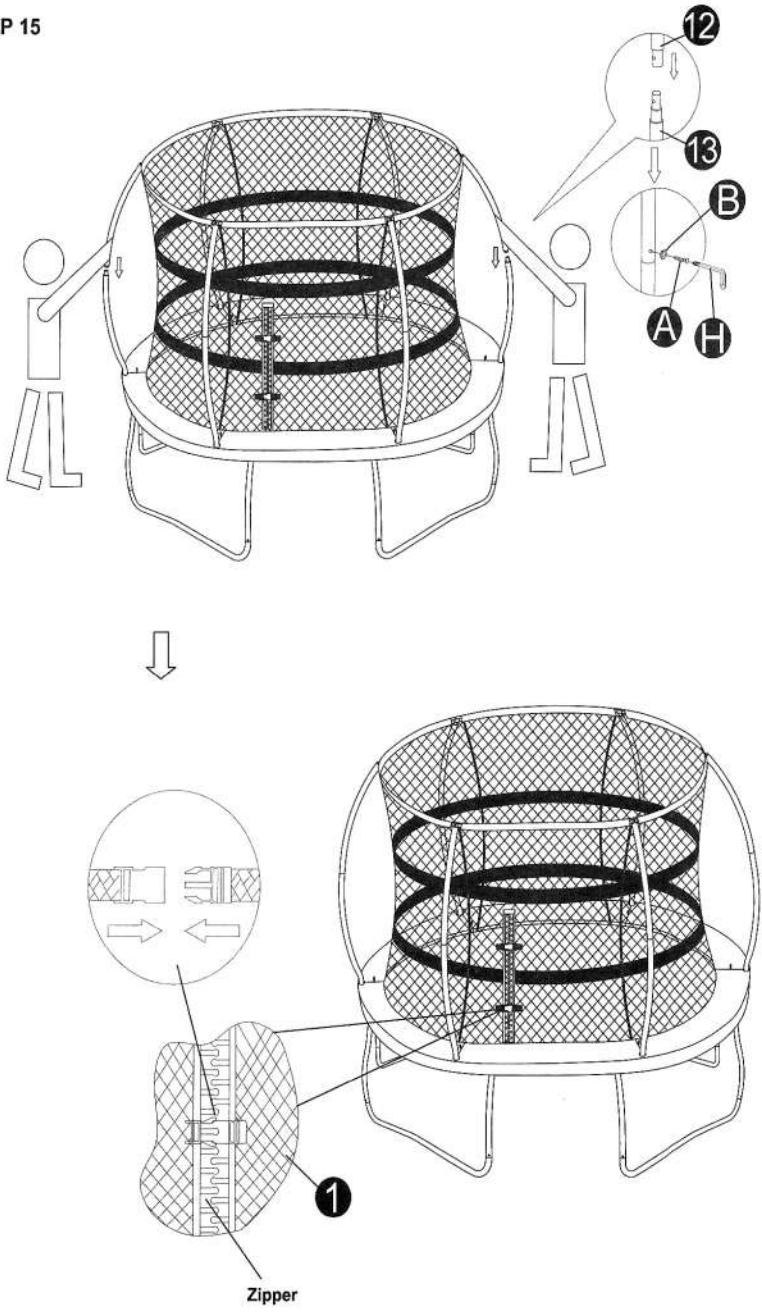
STEP 13



STEP 14



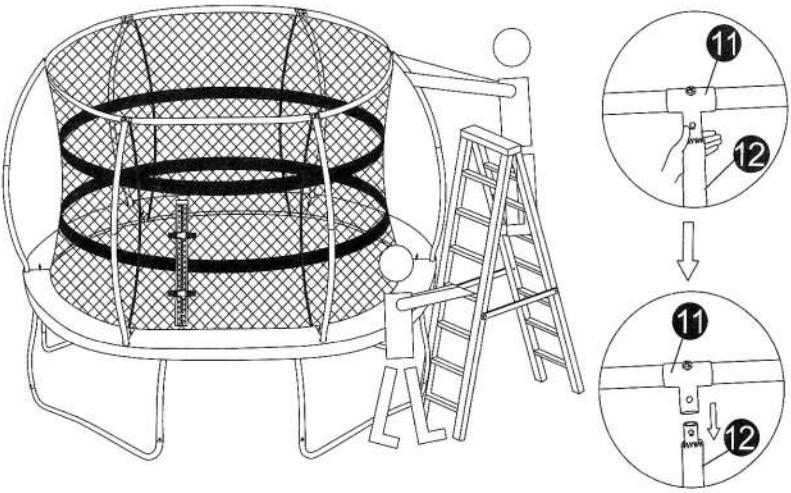
STEP 15



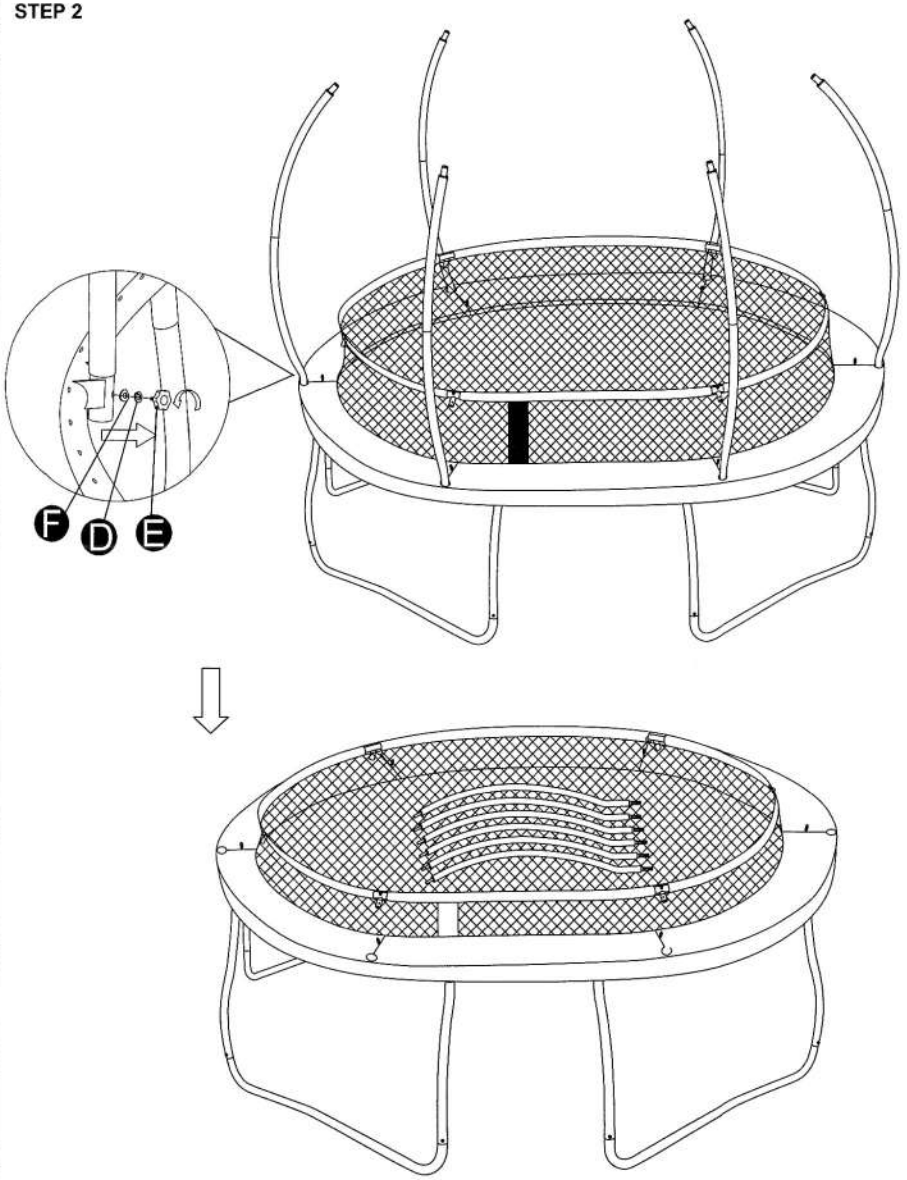
Disassembly of the Trampoline

To disassemble the trampoline, follow assembly steps in reverse order.

STEP 1



STEP 2



⚠ WARNING

MAINTENANCE

It is necessary to carry out checks and maintenance of the main parts (frame, suspension system, bed, padding, and enclosure) at regular intervals, pointing out that if these checks are not carried out, the trampoline could become dangerous.

- ✧ Check all nuts and bolts for tightness and tighten when required.
- ✧ Check that the springs are intact and cannot come unhooked when jumping.
- ✧ Check that the protective pad covers the spring.
- ✧ Check the cord used to secure the net. Danger of suffocation.
- ✧ Check all coverings for bolts and sharp edges and replace when required
- ✧ Check that the net, trampoline mat and all protective elements are in good condition a capable of supporting the user`s weight. Sun, rain, snow and extreme temperatures may reduce lifespan of trampoline component parts. Replace them, if necessary.
- ✧ In strong wind conditions, outdoor trampolines shall be equipped with a device to avoid displacement due to wind (e.g. steel bars in the ground or loads like sand bag or water bags).
- ✧ In strong wind conditions, items catching wind like net and mat should be removed.
- ✧ In certain countries during winter period, the snow load and the very low temperature can damage the trampoline. It is recommended to remove the snow and store the mat and the enclosure indoor.
- ✧ Check that mat, padding and enclosure are without defects. Sunlight, rain, snow and extreme temperatures reduce the strength of these parts over time.
- ✧ Make sure that the hook-and-loop fasteners are closed correctly during use of trampoline.
- ✧ Replace the net, trampoline at and protective elements every 2 years.
- ✧ Any defective parts must be replaced in accordance with the assembly instructions.
- ✧ Keep the maintenance instructions.
- ✧ For details on how to contact the after-sales service team, please consult last page user`s guide.

WINDY CONDITIONS

In severe wind situations, the trampoline can be blown about. If you expect windy weather conditions, the trampoline should be moved to a sheltered area or disassembled. Another option is to tie the round, outside portion (top frame) of the trampoline to the ground using ropes and stakes. To ensure security, at least four (4) tie downs should be used. Do not just secure the legs of the trampoline to the ground because they can pull out the frame sockets.