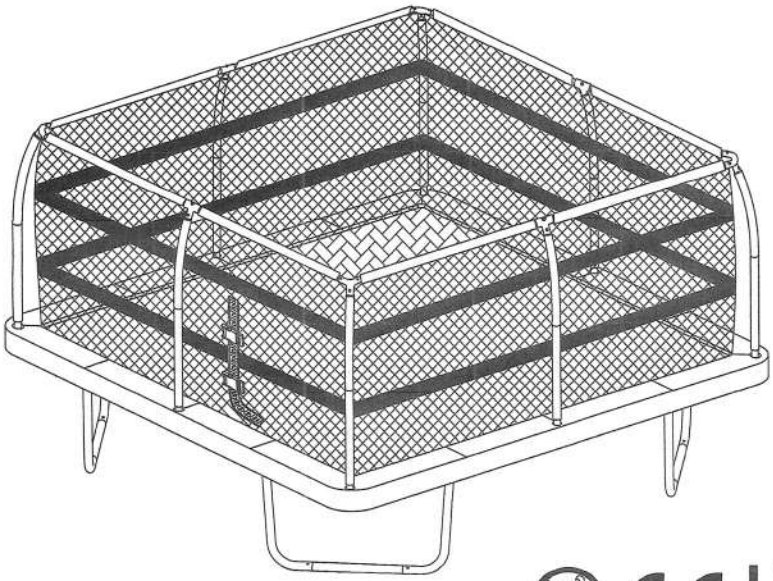
TRTEL12X12ELITE_202101

Telstar®
TRAMPOLINES

Assembly, Installation, Care, Maintenance and Use Instructions

USER'S MANUAL

Telstar Trampolines 12FT x 12FT Elite Trampoline PLUS



Assembly size:
379 x 379 x 282 cm

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 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.**

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

- Adequate overhead clearance is essential. A minimum of 24ft from ground level is recommended. Provide clearance for wires, tree limbs, and other possible hazards.
- Lateral clearance is essential. Place the trampoline away from walls, structures, fences, and other play areas.
- Maintain a clear space of 2.5 meters on all sides of the trampoline. For safe use of the trampoline, please be aware of the following when selecting a place for your trampoline:
- Place the trampoline on a level surface before use; illumination may be required for shady areas and indoor areas.
- Secure the trampoline against unauthorized and unsupervised use.
- Remove any obstructions from beneath the trampoline.
- The owner and supervisors of the trampoline are responsible to make all users aware of practices specified in the use instructions.
- Do not attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis or death, even when landing in the middle of the bed.
- Do not allow more than one person on the trampoline. Use by more than one person at the same time can result in serious injury.
- Use trampoline only with mature, knowledgeable adult supervision.
- For additional information concerning the trampoline equipment, contact the manufacturer.
- Only for domestic use and outdoor use.
- Not suitable for children under 3 years. Small parts. Choking hazard. Long cord. Strangulation hazard.
- Maximum weight 330lbs (150kg).
- Only one user. Collision hazard.
- Adult supervision required.
- No somersaults.
- Always jump in the middle of the mat.
- All nuts and bolts must be checked for tightness and if necessary must be retightened.
- All spring-loaded (pit pin) joints must be checked to see that they are still intact and cannot become dislodged during play.
- Check all coverings for bolts and sharp edges and replace them if necessary.
- If self-locking nuts are used, it should be noted that these are only suitable for one assembly and must therefore be replaced.
- Information regarding the expiry of the enclosure.
- Trampolines over 20in. (51 cm) tall are not recommended for use by children under 6 years of age.
- Inspect the trampoline before each use. Make sure the frame padding is correctly and securely positioned. Replace any worn, defective, or missing parts.
- Climb on and off the trampoline. It is a dangerous practice to jump from the trampoline to the floor or ground when dismounting, or to jump onto the trampoline when mounting. Do not use the trampoline as a springboard onto other objects.
- Stop bounce by flexing knees as feet come in contact with the trampoline bed. Learn this skill before attempting others.
- 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, performing one fundamental after another, with or without feet bounces between them.
- Avoid bouncing too high. Stay low until bounce control and repeated landing in the center of the trampoline can be accomplished. Control is more important than height.
- Focus eyes on the trampoline. This will help control bounce.
- Avoid bouncing when tired. Keep turns short.
- Properly secure the trampoline when not in use. Protect it against unauthorized use. If a trampoline ladder is used, the supervisor should remove it from the trampoline when leaving the area to prevent unsupervised access by children under 6 years of age.

- Ladder lets young children climb onto trampoline.
- Keep objects away which could interfere with the performer. Maintain a clear area around the trampoline.
- Do not use the trampoline while under the influence of alcohol or drugs.
- For information concerning skill training, contact a certified trampoline instructor.
- 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.
- Always start your jump at the center of the trampoline mat. When you land more than 1ft away from the center of the trampoline mat, stop your jump immediately!! Restart your jump at the center of the trampoline mat.
- Read all instructions before using the trampoline, warnings and instructions for the care, maintenance, and use of this trampoline are included to promote safe, enjoyable use of this equipment.
- Do not eat while jumping
- Instructions that the trampoline is not intended to be buried into the ground.

TRAMPOLINE PLACEMENT

The minimum overhead clearance required is 24 feet (7.3 meters). In terms of horizontal clearance, please ensure that no hazardous objects are near the trampoline such as tree limbs, other recreational objects (i.e. swing sets, swimming pools), electrical power wiring, walls, fences, etc. For safe use of the trampoline, please be aware of the following when selecting a place for your trampoline:

- Make sure it is placed on a flat and level surface.
- The area is well-lit.
- There are no obstructions beneath the trampoline.
- When not in use, the trampoline shall be secured against unauthorized use.
- The surface of the jump bed shall be dry. Do not jump on wet bed.
- Wind or air movement shall be calm and gentle. Do not use trampoline in gusty or severe wind.
- Person in charge and responsible for use of the trampoline shall make users aware of practice specified on this manual. Person in charge shall be a qualified adult. This person shall always be present, when trampoline is in use.
- Do not place trampoline on concrete floor, hard ground surface (i.e. rock) or slippery surface. Do not use indoors.

WARNING

If you do not follow these guidelines, you increase the risk of someone getting injured.

This trampoline was designed and manufactured with quality materials and craftsmanship. If proper care and maintenance are provided, it will provide all jumpers with years of exercise, fun, and enjoyment as well as reduce the risk of injury. Please follow the guidelines listed below:
This trampoline is designed to withhold a certain amount of weight and use. Please make sure that only one person is using the trampoline at any one time. Jumpers should either wear socks, gymnastics shoes, or be barefoot when using the trampoline.
Please be aware that street shoes or tennis shoes should NOT be worn while using the trampoline. In order to prevent the trampoline mat from getting cut or damaged please do not allow any pets onto the mat. Also, jumpers should remove all sharp objects from their pockets prior to using the trampoline.
All objects should be kept off the trampoline mat at all times.

Always inspect the trampoline before each use for worn, abused or missing parts. A number of conditions could arise that may increase your chances of getting injured. Please be aware of:
- Punctures, frays, tears or holes worn in the bed or frame padding
- Missing, improperly positioned or insecurely attached frame padding
- Sagging trampoline mat
- Loose stitching or any kind of deterioration of the mat
- Bent or broken frame parts (legs and/or rails)
- Broken, missing or damaged springs
- Damaged, missing or insecurely attached frame pad

- Protrusions of any types (especially sharp typed) on the frame, springs or mat or suspension
- Always close the net opening before practice
- Empty pockets and hands before practice
- Do not exit the mat by a jump
- Limit the time of continuous usage (make regular stops)

IF YOU FIND ANY OF THE PREVIOUS CONDITIONS OR ANYTHING ELSE THAT YOU FEEL COULD CAUSE HARM TO ANY USER, THE TRAMPOLINE SHOULD BE DISASSEMBLED OR SECURED FROM USE UNTIL THE CONDITION(S) HAS BEEN RESOLVED.

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 be 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 be pulled out of the frame sockets.

TRAMPOLINES OVER 20 IN. (51CM) TALL ARE NOT RECOMMENDED FOR USE BY CHILDREN UNDER 6 YEARS OF AGE.

DO NOT USE INDOORS.

IMPORTANT !

READ IT! Failure to follow these instructions to ensure proper operational condition of your trampoline may lead to serious injury or death. Do not allow more than one person on the trampoline at a time.

1. **Maintenance of Trampoline Enclosure Net and Pad**
   Enclosure net and pad 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 pad need 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 pad 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, stretching, all connections and for overall integrity. The net must be immediately replaced if it shows any signs of wear, damage, being stretched, cracked, loose, brittle or otherwise loses any integrity. The following Maintenance Schedule must be followed:

1 to 3 Months	3 to 6 Months	6 to 12 Months
Thorough inspection for UV damage and prior to every use for net.	Thorough inspection for UV damage and prior to every use for net, net hanger and straps.	Thorough inspection before every use on net, net hanger, straps, zippers, ties and strings. Replace after 12 months or earlier

INFORMATION ON USE OF THE TRAMPOLINE

- Initially, you should get accustomed to the feel and bounce of the trampoline. The focus must be on the fundamentals of your body position and you should practice each bounce (the basic bounces) until you can do each skill with ease and control.
- **To break a bounce, all you need to do is flex your knees sharply before they come in contact with the mat of the trampoline**. This technique should be practiced while you are learning each of the basic bounces. The skill of braking should be used whenever you lose balance or control of your jump.
- Always learn the simplest bounce first and be consistent with the control of your bounce before moving on to more difficult and advanced bounces. **A controlled bounce is one when your take off point and landing point is the same spot on the mat**. If you move up to the next bounce without first mastering the previous, you increase your chances of getting injured.
- Do not bounce on the trampoline for extended periods of time because fatigue can increase your chances of becoming injured. Bounce for a brief period of time and then allow others to join in on the fun! Never have more than one person bouncing on the trampoline.
- Jumpers should wear clothing free of drawstrings, hooks, loops or anything that could get caught while using the trampoline/enclosure and result in entanglement or strangulation, or both.
  If you are just beginning, you may want to wear long sleeve shirts and pants to protect against scrapes and abrasions until you master correct landing positions and form.
  Do not wear hard sole shoes, such as tennis shoes on the trampoline, as this will cause excessive wear on the mat material.
- You should always mount and dismount properly in order to avoid injury. To mount properly, you should **PLACE** your hand on the frame and either step or roll up onto the frame, over the springs, and onto the trampoline mat. You should always remember to place your hands onto the frame while mounting or dismounting. Do not step directly onto the frame pad or grasp the frame pad. To dismount properly, move over to the side of the trampoline and place your hand onto the frame as a support and step from the mat to the ground. Smaller children should be assisted when mounting and dismounting the trampoline.
- Do not bounce recklessly on the trampoline since this will increase your chances of getting injured. The key to safety and having fun on the trampoline is control and mastering the various bounces. Never try to out-bounce another bouncer in terms of height! Never use the trampoline alone without supervision.

ACCIDENT CLASSIFICATION

Mounting and dismounting: Be very careful when getting on and off the trampoline. DO NOT mount the trampoline by grabbing the frame pad, stepping onto the springs, or by jumping onto the mat of the trampoline from any object (i.e. a deck, roof, or ladder). This will increase your chances of getting injured! DO NOT dismount by jumping off the trampoline and landing on the ground, regardless of the makeup of the ground. If small children are playing on the trampoline, they may need help in mounting and dismounting.















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.

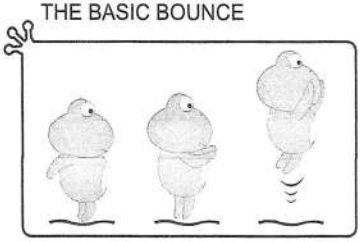
- All jumpers need to be supervised, regardless of skill level or age.

- 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

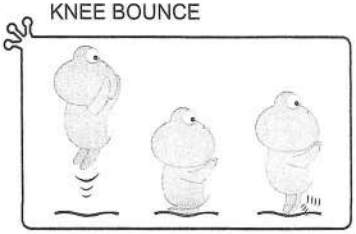
The following lessons are suggested in order to learn basic steps and bounces before moving onto more difficult, complicated bounces. Before actually getting on and using the trampoline, you should read and understand all safety instructions. A complete discussion and demonstration of body mechanics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

THE BASIC BOUNCE



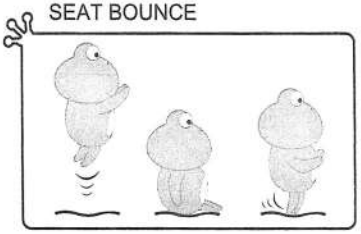
1. Start from the standing position, with your feet having shoulder width apart and with head up and eyes on mat.
2. Swing arms forward and up in a circular motion.
3. Bring feet together while in mid-air and point toes downwards.
4. Keep the feet shoulder width apart when landing on mat.

KNEE BOUNCE



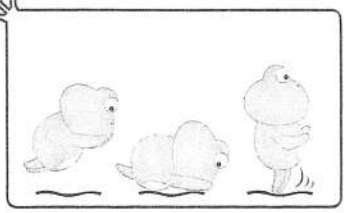
1. Start with the basic bounce and keep it low.
2. Land on knees while keeping your back straight and body erect while using your arms to maintain balance.
3. Bounce back to basic bounce position by swinging arms up.

SEAT BOUNCE



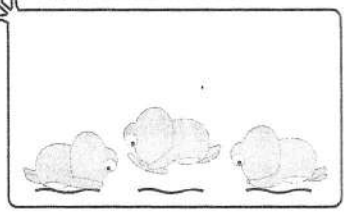
1. Land in a flat sitting position.
2. Place hands on mat besides hips, but do not lock your elbow.
3. Return to erect position by pushing with hands.

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

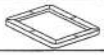
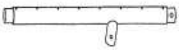
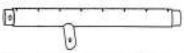
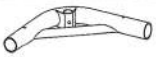
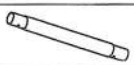
To assemble this trampoline all you need is our special spring loading tool provided with this product. During periods of non-use, this trampoline can be easily disassembled and stored. **Please read the assembly instructions before beginning to assemble the product.**

PRIOR TO ASSEMBLING

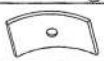
Please refer to next page for parts descriptions and numbers. The assembly steps use these descriptions and numbers as reference for your convenience.

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
1		Trampoline Mat with Enclosure Netting	1
2		Frame Pad	1
3		Straight Top Frame (Left)	4
4		Straight Top Frame (Right)	4
5		Middle Top Frame Rail	4
6		Corner Top Frame Rail	4
7		Ground Leg Tube	4
8		Curved Leg Tube	8
9		Spring	80
10		Spring Loading Tool	1
11		T shape tube A	4
12		Upper Frame Tube with Foam and sleeve	8
13		Lower Frame Tube with Foam and sleeve	8
14		Top Tube with Foam A	4
15		Top Tube with Foam B	12
16		T shape tube B	4

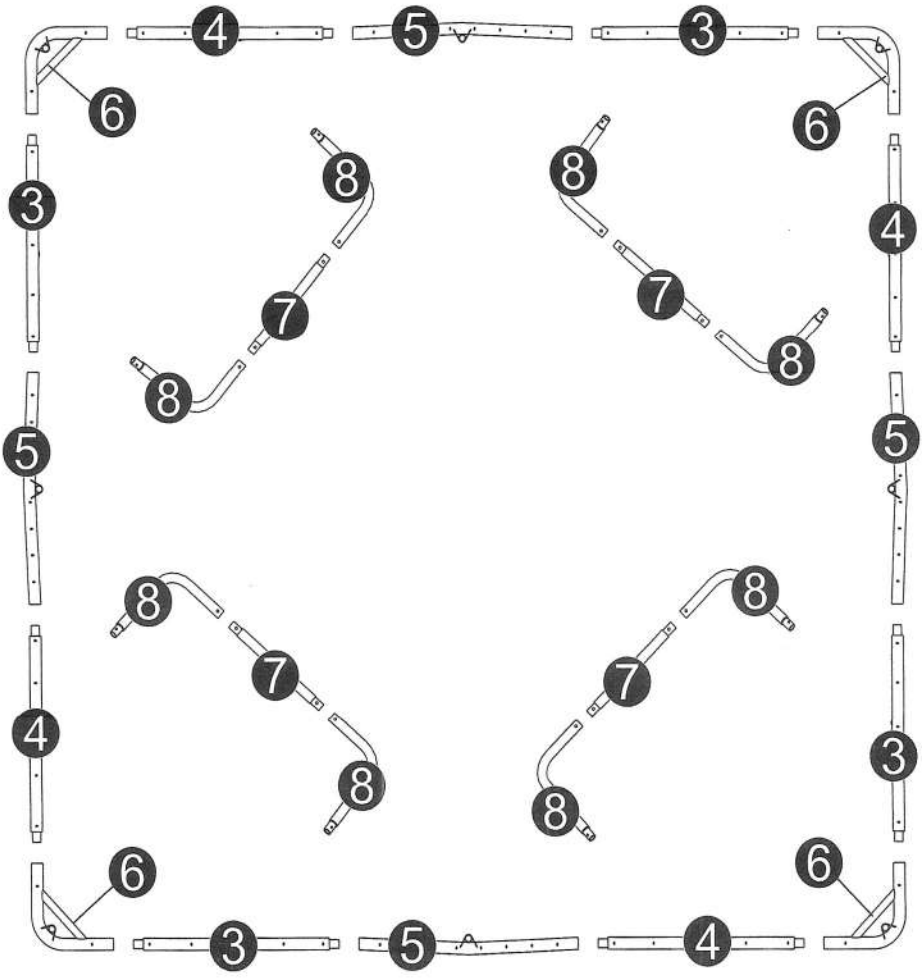
Hardware Parts List

Key Number	Part Picture	Description	Quantity
A		Short Bolt(20mm)	8
B		Wrench	1
C		Long Bolt (72mm)	8
D		Cap Nut	16
E		Self-Tapping Screw	8
F		Larger Arc Washer	24
G		End Cap	8
H		Screw	20
I		Allen Wrench	1
J		Large Spring Washer	16
K		Small Spring Washer	8
L		Long Bolt (92mm)	8
M		Rectangle Arc Washer	16
N		Arc Washer	20
O		Middle Spring Washer	20
P		Screw Lock	8

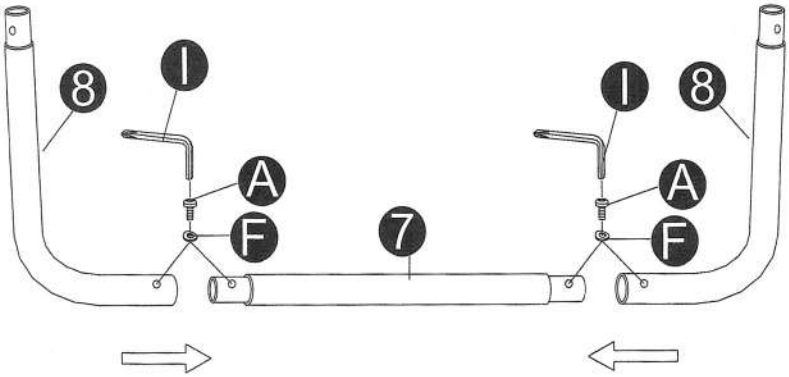
TOOLS REQUIRED FOR ASSEMBLY ARE LISTED ABOVE. PHILLIPS SCREW DRIVER, WHICH IS NOT INCLUDED, COULD BE USED FOR EASIER ASSEMBLY.

Trampoline Assembly

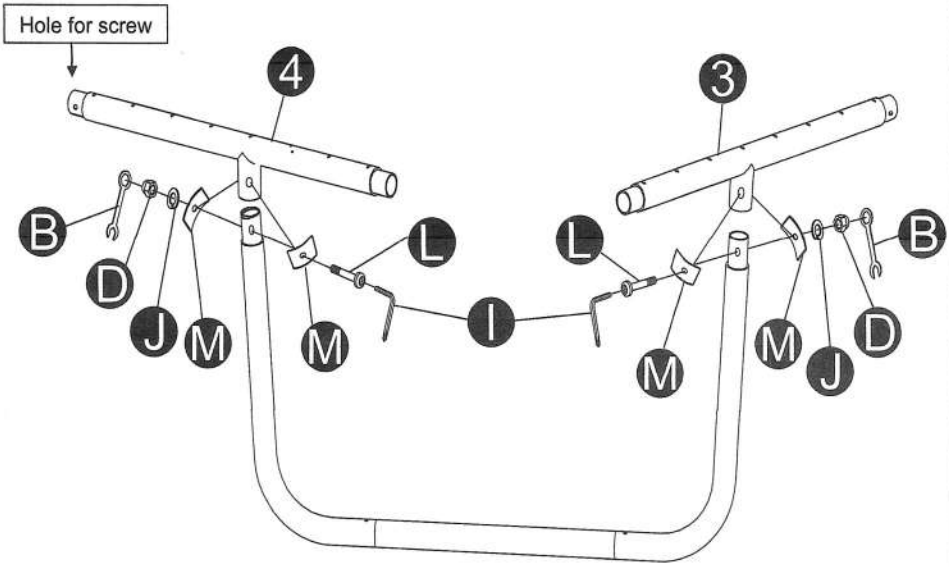
STEP 1



STEP 2

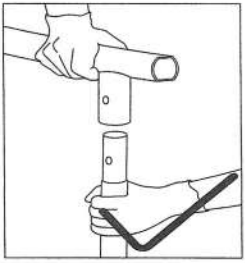


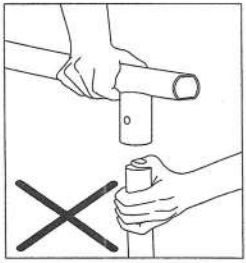
STEP 3



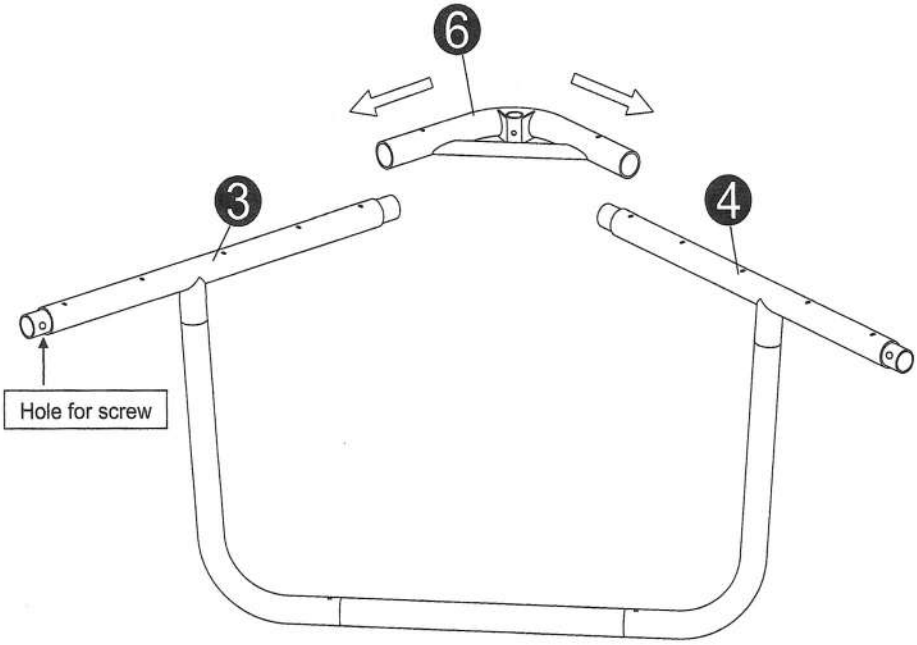
⚠WARNING

DO NOT PLACE HANDS NEAR THE OPENING WHEN CONNECTING THE TUBES. WEAR PROTECTIVE GLOVES TO PROTECT FROM INJURIES DURING ASSEMBLY.

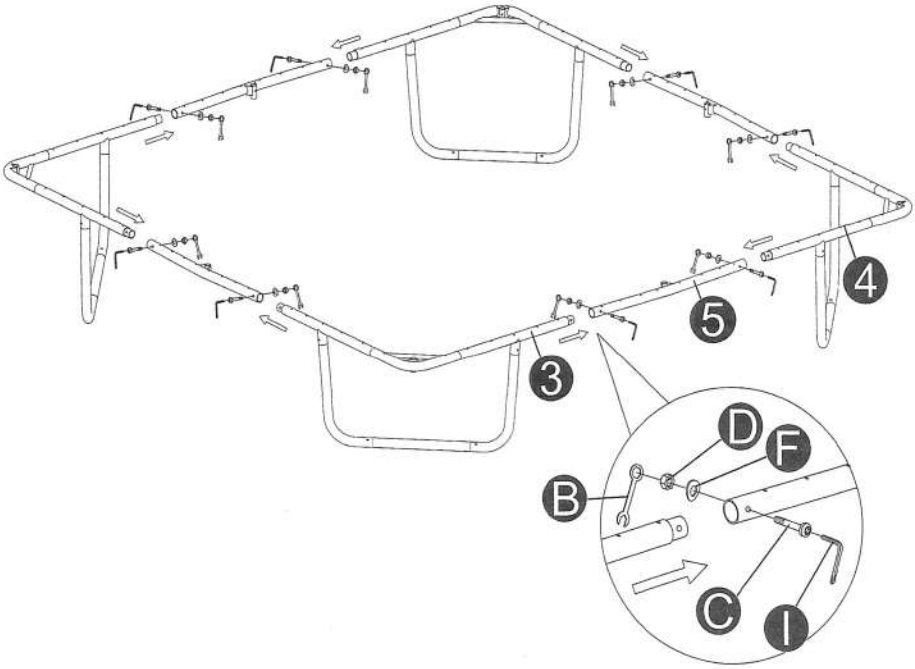




STEP 4

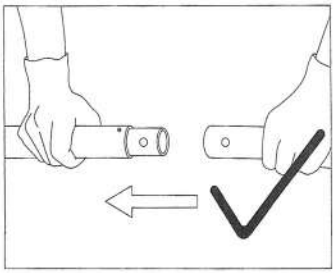


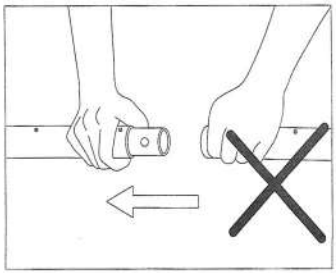
STEP 5



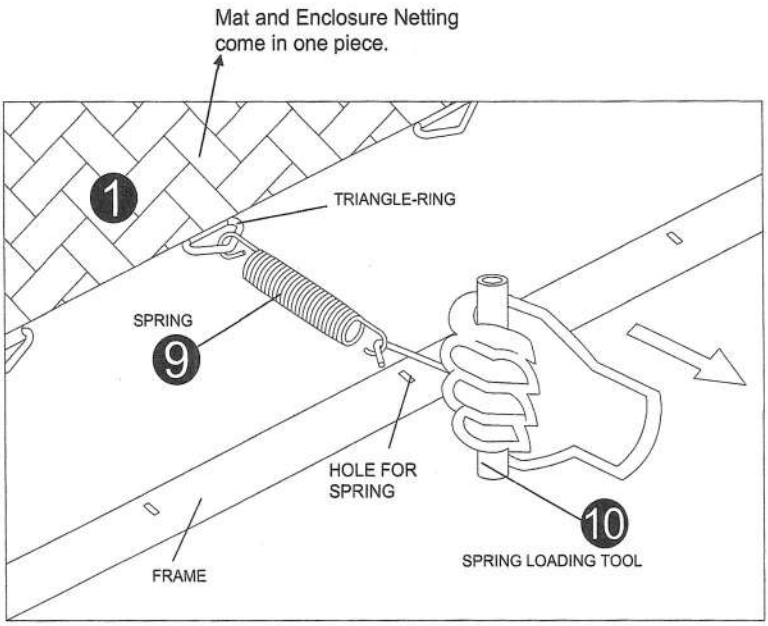
⚠ WARNING

DO NOT PLACE HANDS NEAR THE OPENING WHEN CONNECTING THE TUBES. WEAR PROTECTIVE GLOVES TO PROTECT FROM INJURIES DURING ASSEMBLY.

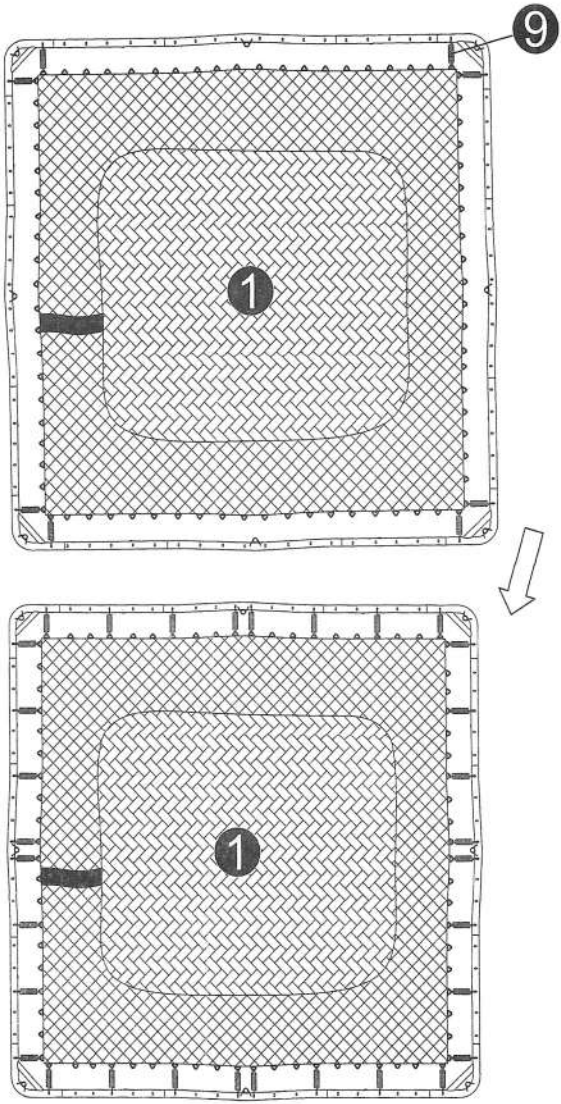




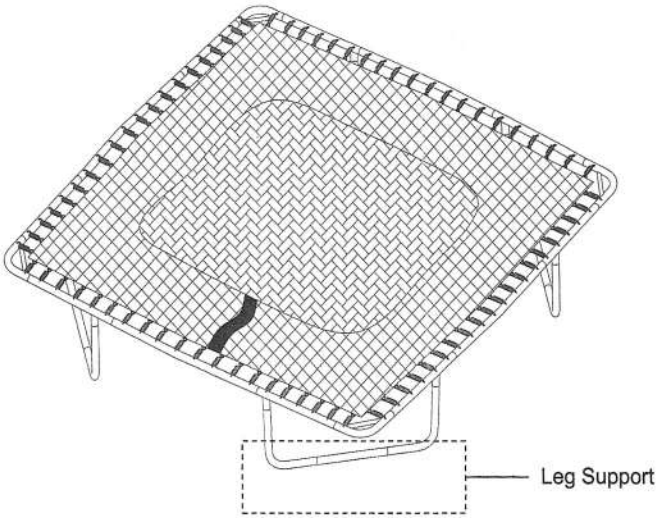
STEP 6


Mat and Enclosure Netting
come in one piece.
1
TRIANGLE-RING
SPRING
9
HOLE FOR
SPRING
10
SPRING LOADING TOOL
FRAME

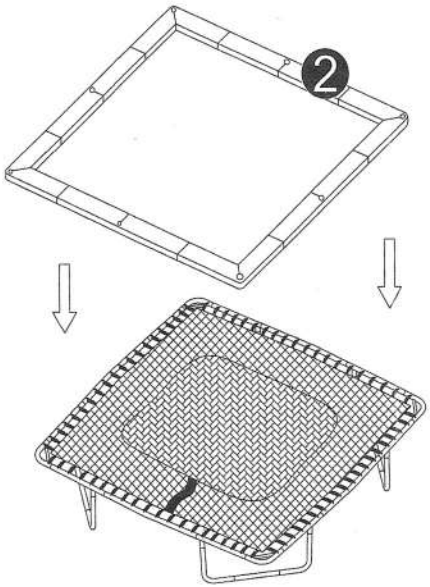
STEP 7



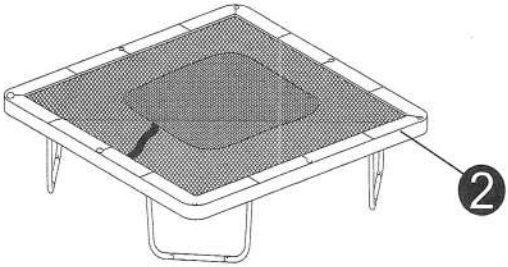
STEP 8

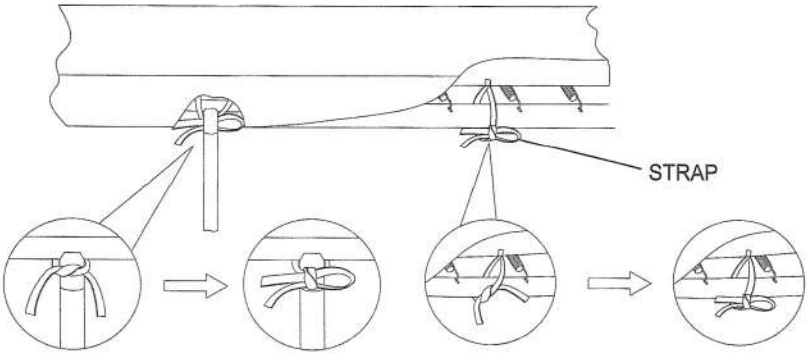


STEP 9

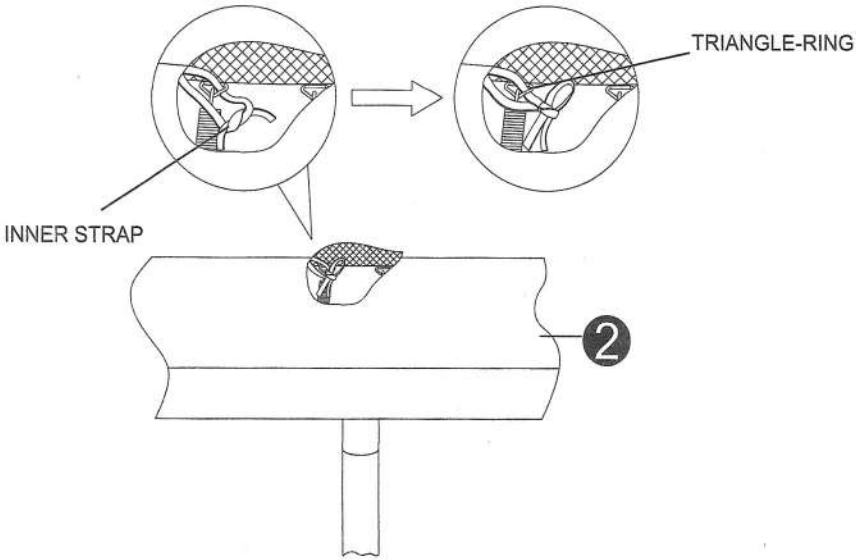


STEP 10



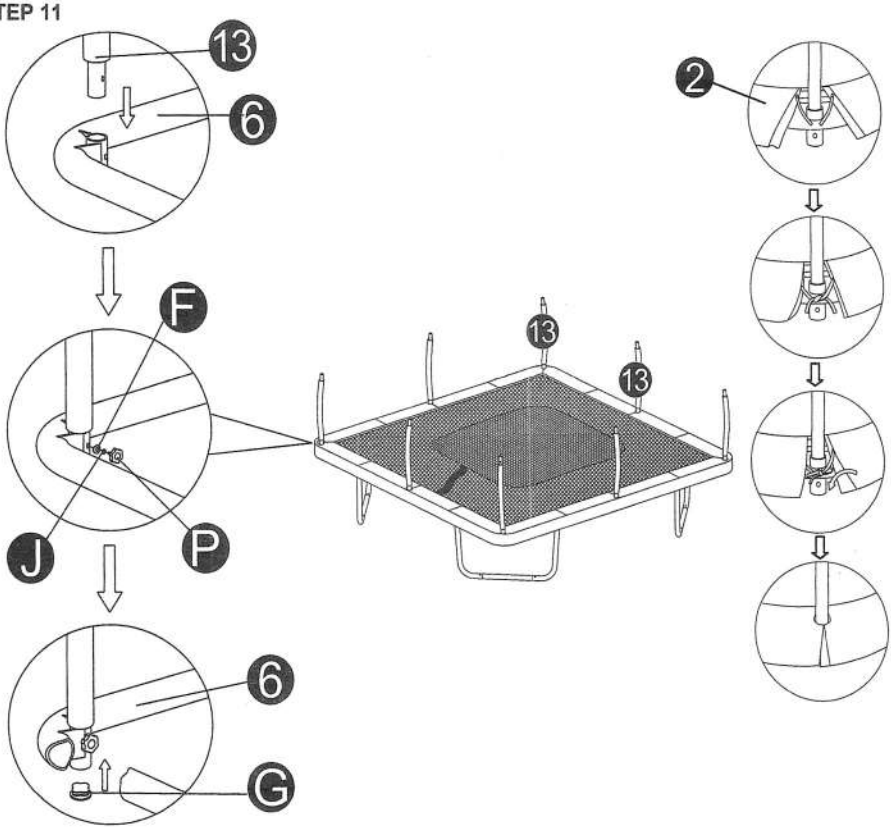


BEHIND THE LEG SOCKET



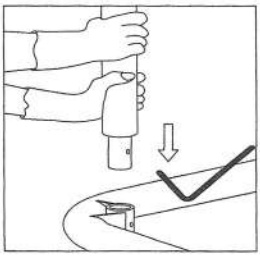
Trampoline Enclosure Assembly

STEP 11



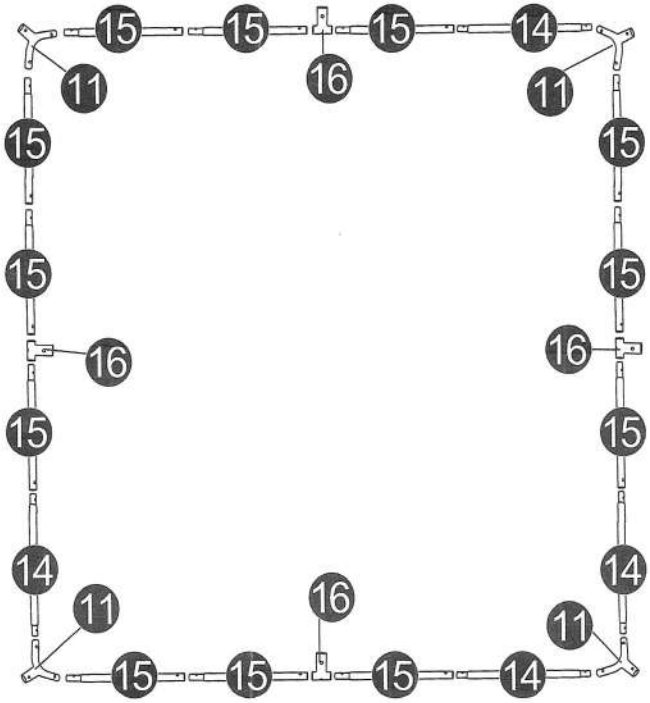
⚠WARNING

DO NOT PLACE HANDS BETWEEN THE POLES DURING ASSEMBLY. MAKE SURE TO WEAR PROTECTIVE GLOVES TO AVOID INJURIES DURING ASSEMBLY.

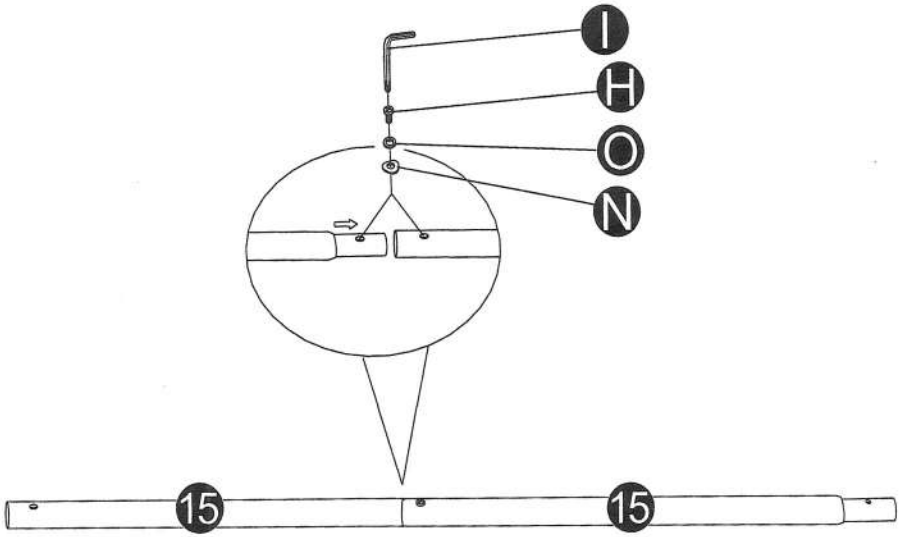


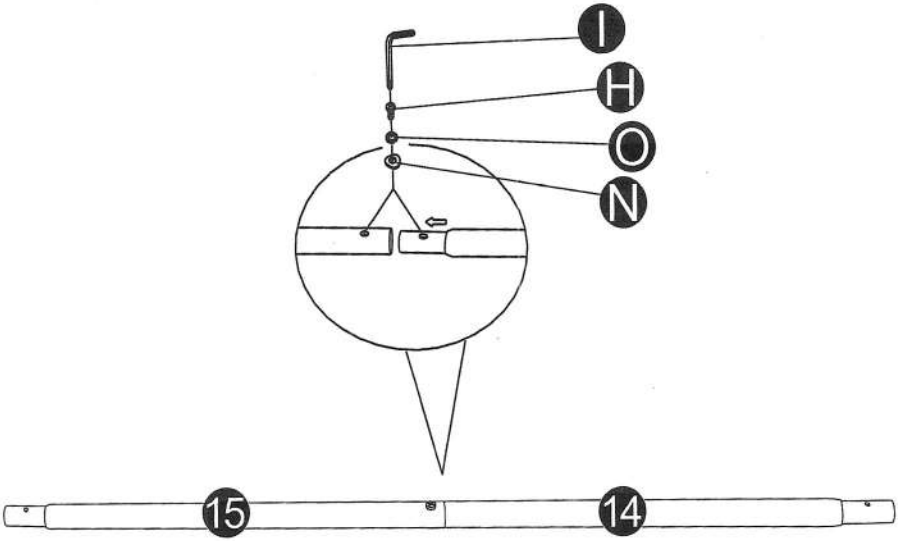


STEP 12 – Enclosure Assembly (Top Ring)

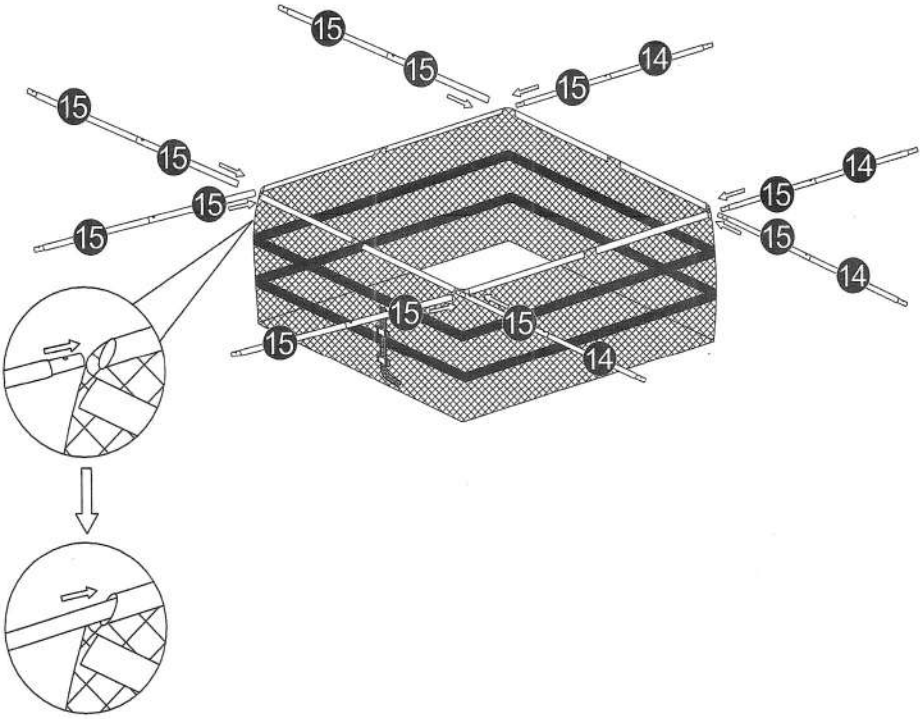


STEP 13

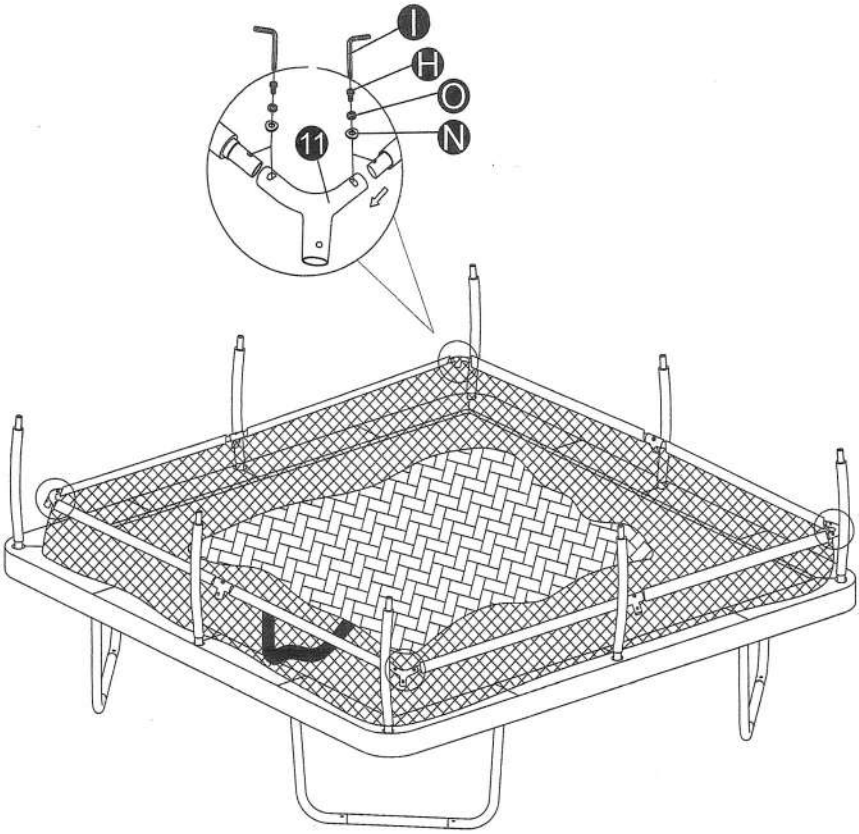




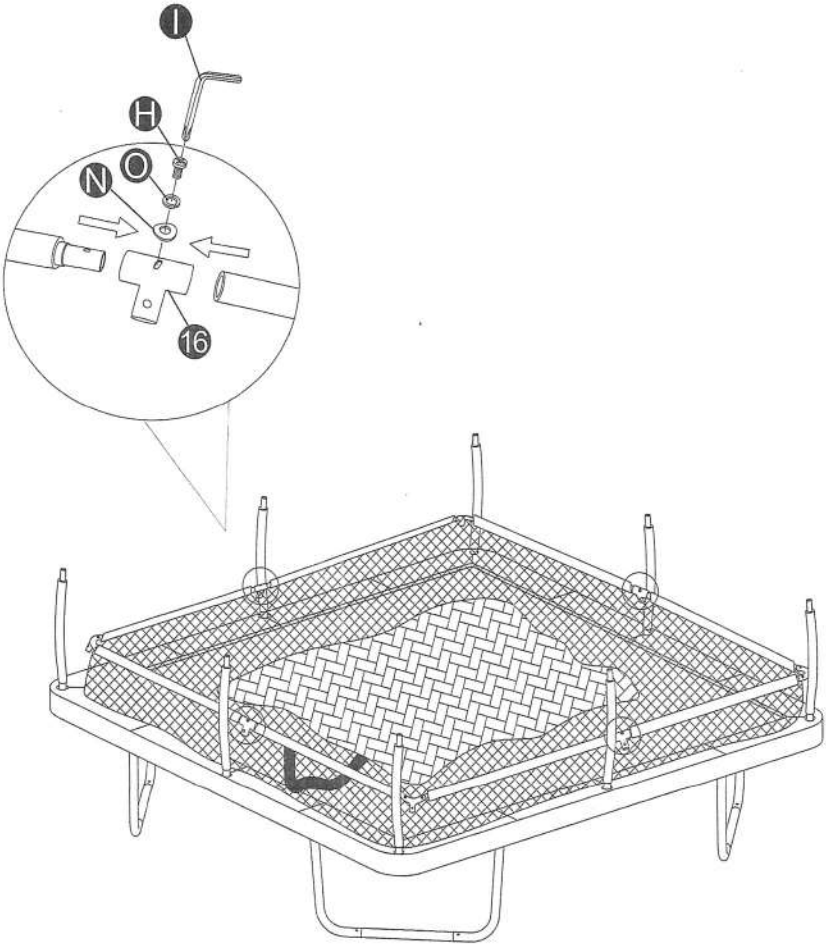
STEP 14



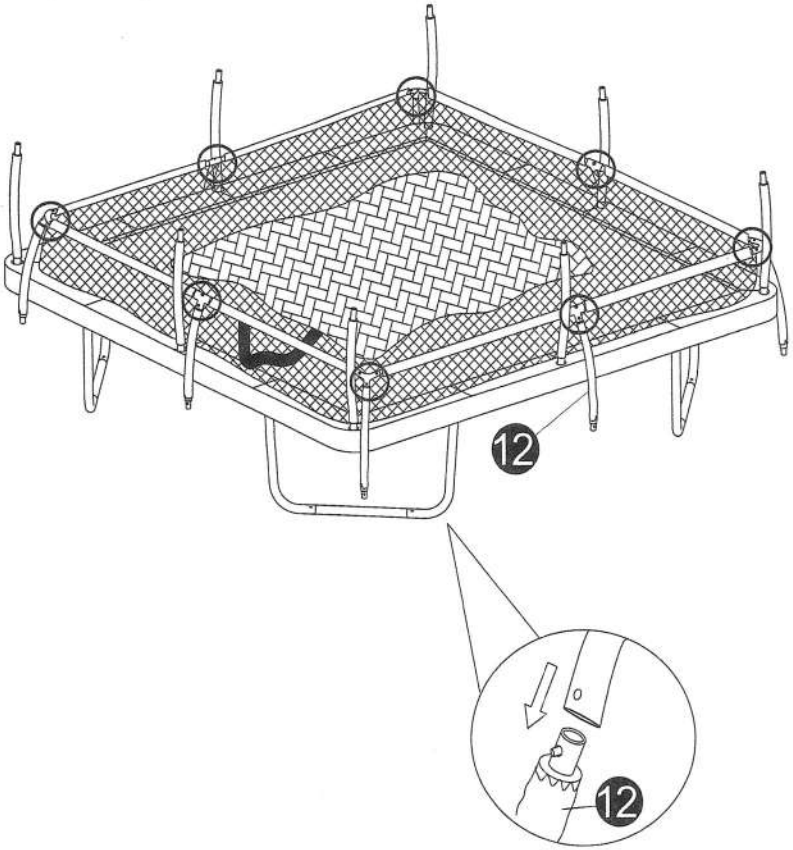
STEP 15



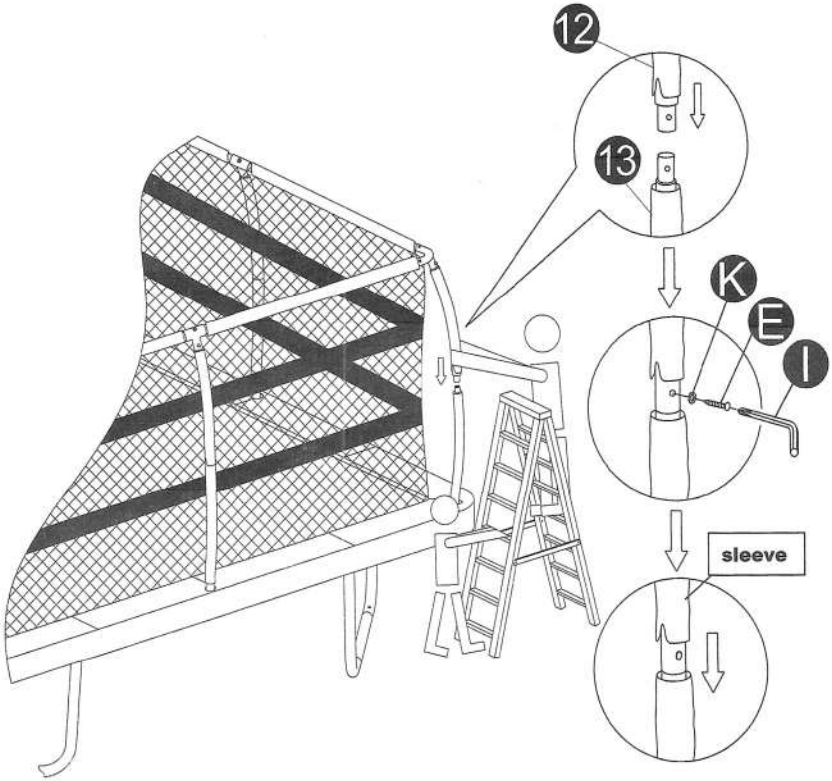
STEP 16



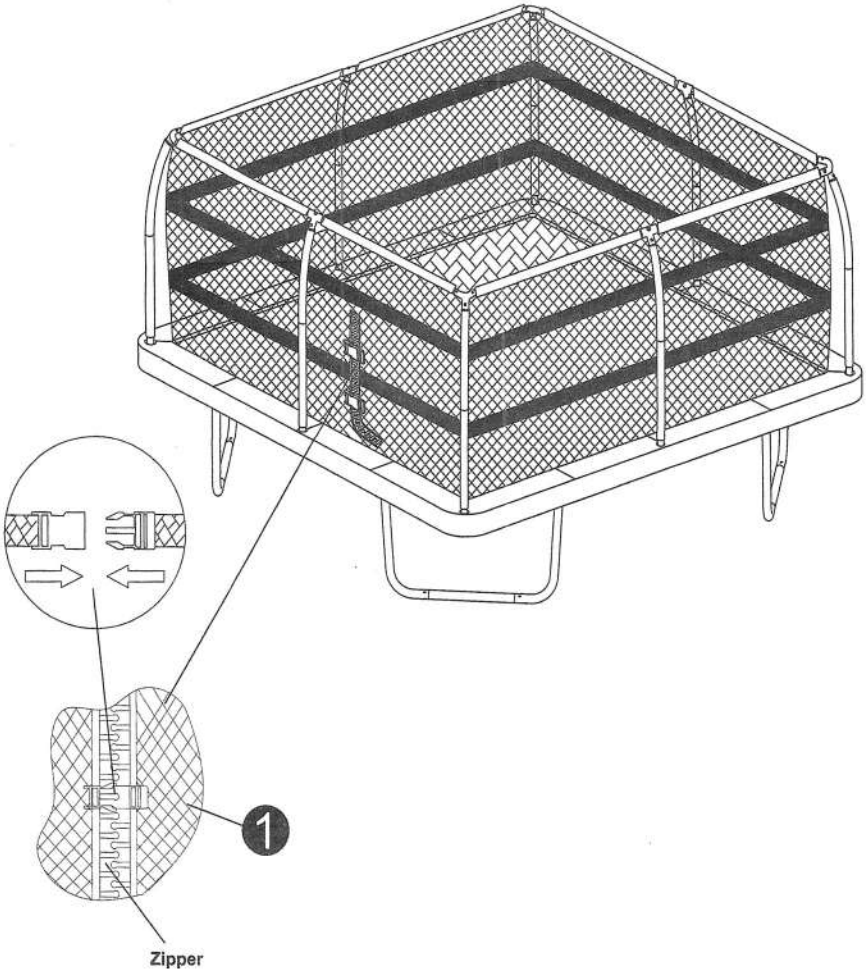
STEP 17



STEP 18



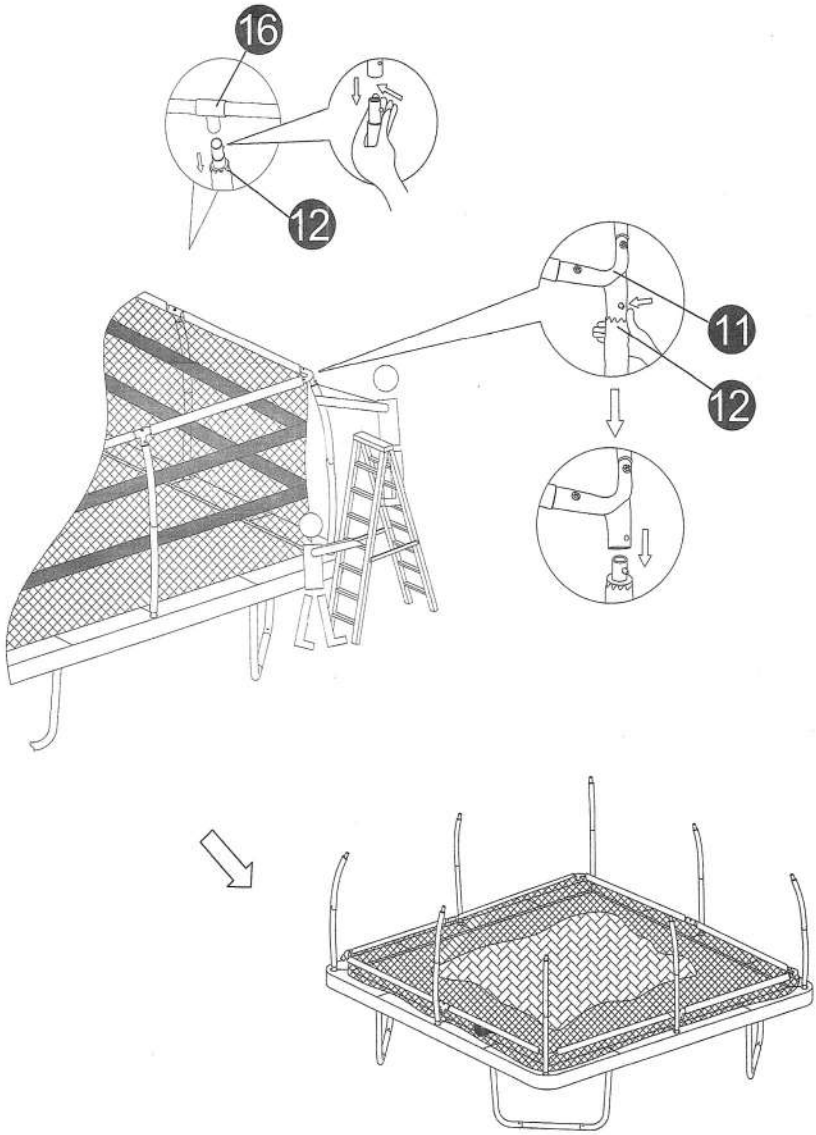
STEP 19



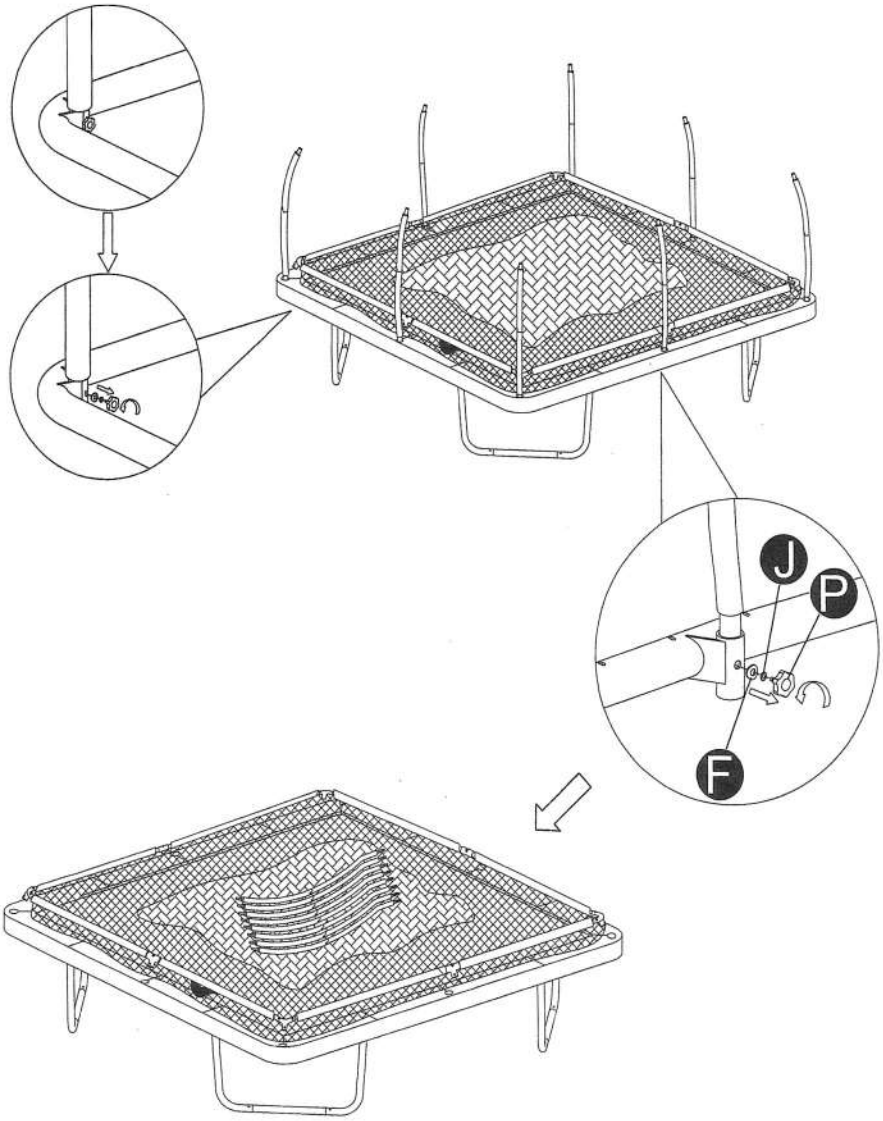
Disassembly of the Trampoline

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

STEP 1



STEP 2



⚠ WARNING

CARE AND MAINTENANCE

This trampoline was designed and manufactured with quality materials and craftsmanship. If proper care and maintenance is provided, it will provide all jumpers with years of exercise, fun, and enjoyment as well as reduce the risk of injury. Please follow the guidelines listed below:

This trampoline is designed to withhold a certain amount of weight and use. Please make sure that only one person at any one time uses the trampoline. Jumpers should either wear socks, gymnastics shoes, or be barefoot when using the trampoline. Please be aware that street shoes or tennis shoes should NOT be worn while using the trampoline. In order to prevent the trampoline mat from getting cut or damaged please do not allow any pets onto the mat. Also, jumpers should remove all sharp objects from their person prior to using the trampoline. Any type of sharp or pointed objects should be kept off the trampoline mat at all times.

Always inspect the trampoline before each use for worn, abused or missing parts. A number of conditions could arise that may increase your chances of getting injured. Please be aware of:

- Punctures, frays, tears or holes worn in the bed or frame padding
- Missing, improperly positioned or insecurely attached frame padding
- Sagging trampoline mat
- Loose stitching or any kind of deterioration of the mat
- Bent or broken frame parts (legs and/or rails)
- Broken, missing or damaged springs
- Damaged, missing or insecurely attached frame pad
- Protrusions of any types (especially sharp typed) on the frame, springs or mat or suspension

IF YOU FIND ANY OF THE PREVIOUS CONDITIONS OR ANYTHING ELSE THAT YOU FEEL COULD CAUSE HARM TO ANY USER, THE TRAMPOLINE SHOULD BE DISASSEMBLED OR SECURED FROM USE UNTIL THE CONDITION(S) HAS BEEN RESOLVED.

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.

USE INSTRUCTIONS

Before you begin use of this trampoline and trampoline enclosure, 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.

* Trampolines over 20 in. (51cm) tall are not recommended for use by children under 6 years of age.
* DO NOT attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.
* Inspect the trampoline before each use. Make sure the frame padding is correctly and securely positioned. Replace any worn, defective or missing parts.
* To climb on and off the trampoline, it is a dangerous practice to jump from the trampoline to the floor or ground when dismounting, or to jump onto the trampoline when mounting. Do not use the trampoline as a springboard to jump onto other objects.
* Stop bounce by flexing knees as feet come in contact with the trampoline bed. Learn this skill before attempting others.
* 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, performing one fundamental after another, with or without feet bounces between them.
* Avoid bouncing too high. Stay low until bounce control and repeated landing in the center of the trampoline can be accomplished. Control is more important than height.
* While keeping the head erect, focus eyes on the trampoline toward the perimeter. This will help control bounce. Avoid bouncing when tired. Keep turns short.
* Properly secure the trampoline when not in use. Protect it against unauthorized use. If a trampoline ladder is used, the supervisor should remove it from the trampoline when leaving the area to prevent unsupervised access by children under 6 years of age.
* Keep objects away which could interfere with the performer. Maintain a clear area around the trampoline.
* Do not use the trampoline while under the influence of alcohol or drugs.
* For further information or additional instruction materials on skill training, contact a competent trampoline instructor.
* Bounce only when the surface of the bed is dry. Wind or air movement should be calm and gentle. The trampoline must not to be used in gusty or severe winds.
* Read all instructions before using the trampoline. Warnings and instructions for the care, maintenance and use of this trampoline are included to promote safe, enjoyable use of this equipment.

*You should always mount and dismount properly in order to avoid injury. It is a dangerous practice to jump from the trampoline to the floor or ground when dismounting, or to jump onto the trampoline when mounting.

*Stop bounce by flexing knees as feet come in contact with the trampoline bed. Learn this skill before attempting others. This technique should also be practiced while you are learning each of the basic bounces. The skill of breaking should be used whenever you lose balance or control of your jump. Initially, you should get accustomed to the feel and bounce of the trampoline. The focus must be on the fundamentals of your body position and you should practice each bounce (the basic bounces) until you can do each skill with ease and control.

*Always learn the simplest bounce first and be consistent with the control of your bounce before moving on to more difficult and advanced bounces. A controlled bounce is one when your take off point and landing point is the same spot on the mat. If you move up to the next bounce without first mastering the previous, you increase your chances of getting injured.

*Do not bounce recklessly on the trampoline since this will increase your chances of getting injured. The key to safety and having fun on the trampoline is control and mastering the various bounces. Never try to out-bounce another bouncer in terms of height! Never use the trampoline without supervision.
*Do not bounce on the trampoline for extended periods of time because fatigue can increase your chances of becoming injured. Bounce for a brief period of time and then allow others to join in on the fun! Never have more than one person bouncing on the trampoline.
*Focus your eyes on the end of the trampoline. This will help you control your bounce. Do check your position while jumping by checking your position in relation to the center of the trampoline bed. Do not jump more than 1ft or 30.5cm from the center of the trampoline bed.
*Keep objects away that could interfere with the performer. Maintain a clear area around the trampoline and trampoline enclosure.
*Bounce only when the surface of the mat is dry. Wind or air movement should be calm to gentle. The trampoline must not be used in gusty or severe winds.
*In severe wind situations, the trampoline can be blown about. If you expect windy weather conditions, the trampoline and moved to a sheltered area or disassembled. Another option for the trampoline 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 of the frame sockets.
*For further information or additional instructional materials on skill training, contact a competent trampoline instructor.
*Do not jump from other objects, buildings or surfaces onto the trampoline.

TIPS TO REDUCE THE RISK OF ACCIDENTS

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

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 or owner'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 should 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 that jumpers are informed of these warnings and instructions.