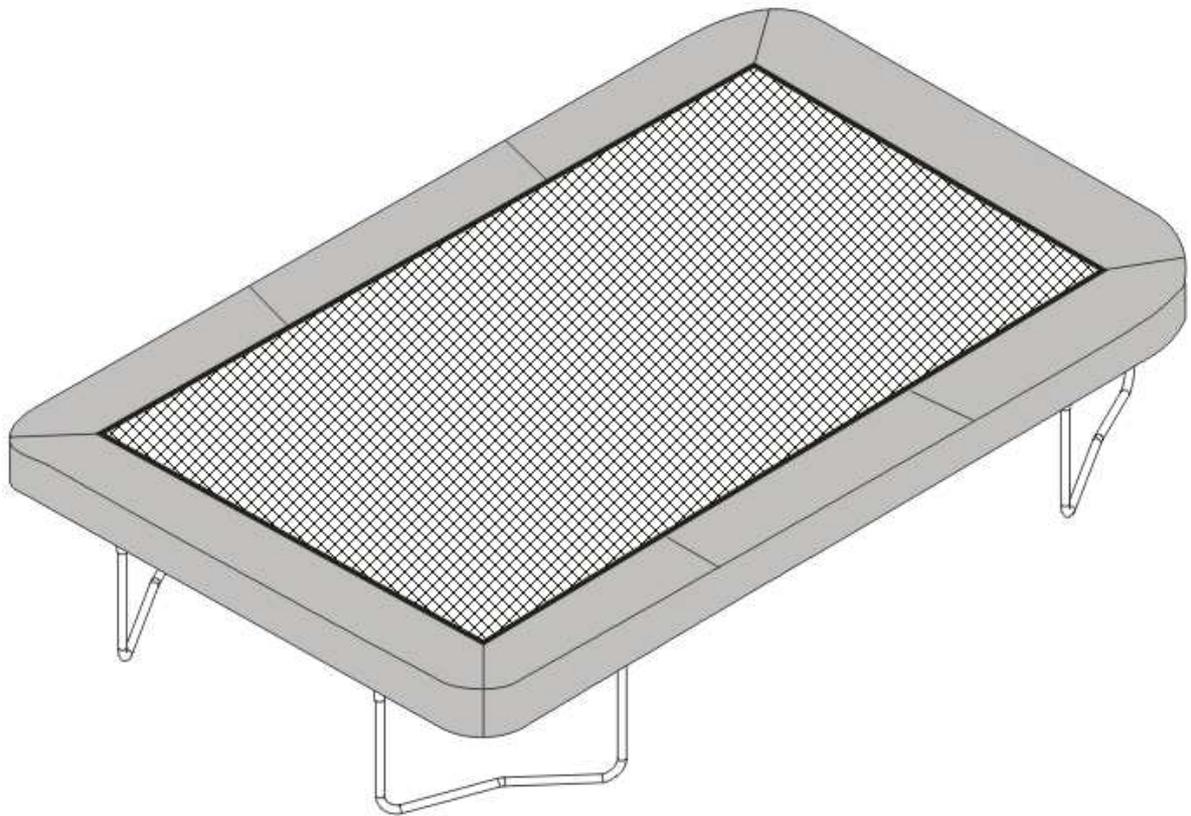


Skyhigh

Rectangular Skyhigh
Trampoline
10x14/10x17



Skyhigh

READ THIS FIRST!!!

Thank you for purchasing the Rectangular Skyhigh
Trampoline

**IN CASE OF MISSING OR BROKEN
PARTS, PLEASE CONTACT PLACE OF
PURCHASE FOR ASSISTANCE.**



Trampoline Assembly Instructions

Firstly find a suitable location for the trampoline to be situated:

1. Ensure adequate overhead clearance. A minimum of 26ft (8 meters) from ground level is recommended e.g wires, tree branches etc.
2. Ensure adequate lateral clearance. Place the trampoline away from walls, structures, fences, swimming pools and other play areas or equipment. It is recommended to maintain a clear space all around the trampoline.
3. Make sure the trampoline is on a level surface before use.
4. It is recommended to use the trampoline in a well lit area.
5. It is recommended to secure the trampoline against unauthorized and unsupervised use.
6. Remove any obstructions from underneath the trampoline.
7. The owner and supervisors of the trampoline are responsible for ensuring all users are aware of safe use of the trampoline.

Assembly of the trampoline should only be done by an adult and we recommend 2 people to do it.

During periods of non use the trampoline can be easily disassembled and stored away.

Please refer to the table for part descriptions and numbers. The assembly instruction use these descriptions and numbers as reference.

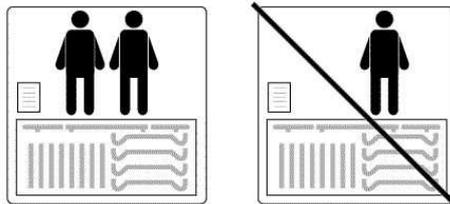
It is best to use gloves to protect your hands from pinch points during assembly.

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Parts List:

Reference Number	Part Number	Description	10x14	Box No.	10x17	Box No.
1	TR800	Top Rail with Leg Sockets (A)	2	2	2	1
2	TR801	Top Rail with Leg Sockets (B)	2	2	2	1
3	TR802	Top Rail with Leg Sockets (Long)	2	3	2	1
4	TR803	Top Rail with Leg Sockets (Short)	2	2	2	3
5	TR804	Arc Rail with Leg Sockets (A)	2	4	2	2
6	TR805	Arc Rail with Leg Sockets (B)	2	4	2	2
7	TR806	Vertical Tube	12	3	12	5
8-1	TR807a	Leg Base (1)	2	5	2	2
8-2	TR807b	Leg Base (2)	2	5	2	3
8-3	TR807c	Leg Base (3)	2	5	2	3
9	TR809	Connect Tube	4	3	4	5
10	TR811	M10X60 Hex Bolt	4	3	4	4
11	TR812	M10 Washer	4	3	4	4
12	TR813	M10 Nut	4	3	4	4
13	TR814	Spring (short) zinc plating	16	4	28	4
14	TR815	Spring (long) yellow zinc plating	104	1	116	6
15	TR816	Trampoline Mat, stitched with V-Rings	1	5	1	5
16	TR817	Safety Instruction Placard	1	1	1	4
17	TR818	Frame Pad	1	1	1	4
18	TR819	Spring Loading Tool	1	1	1	4

Enclosed in this manual are the current specifications and product features available at time of printing, however, changes may be made in equipment, availability, specifications and features without notice.



TWO PEOPLE ARE REQUIRED TO ASSEMBLE THIS TRAMPOLINE. PLEASE REMEMBER TO WEAR GLOVES DURING ASSEMBLY TO AVOID PINCHING.

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STEP 1 - FRAME LAYOUT

Check that you have received all parts using the relevant illustrations below. All parts with the same part number are interchangeable and do not have "right" or "left" orientation.

To connect the parts, simply slide a section of tubing into the adjacent section.

Figure 1:

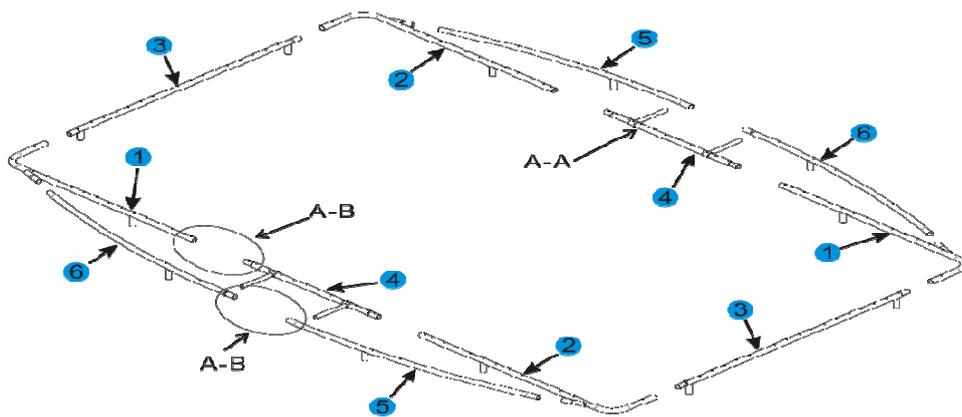
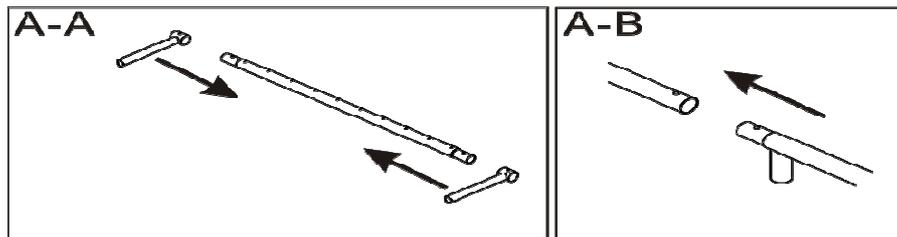
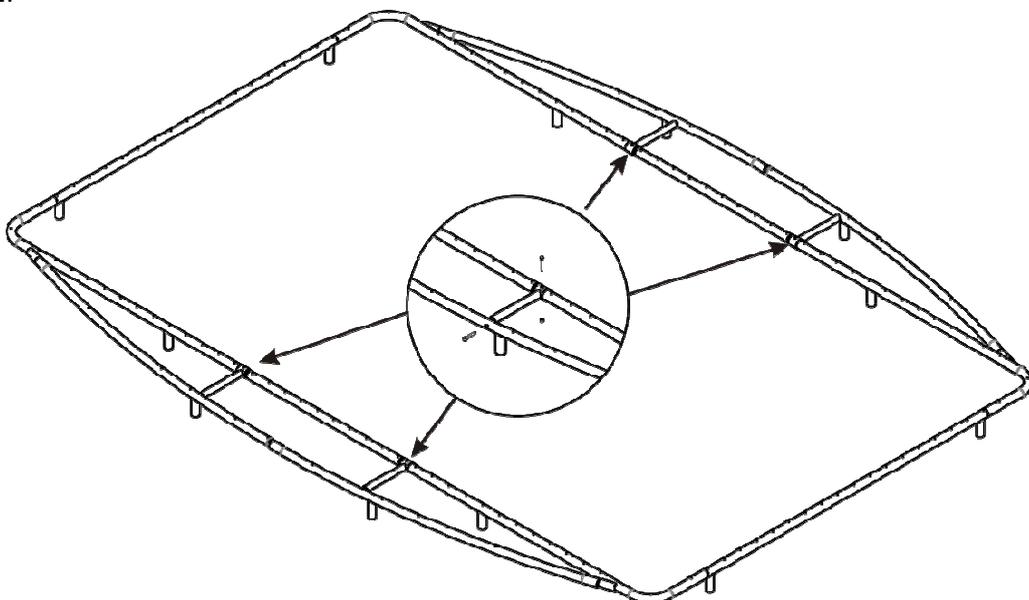
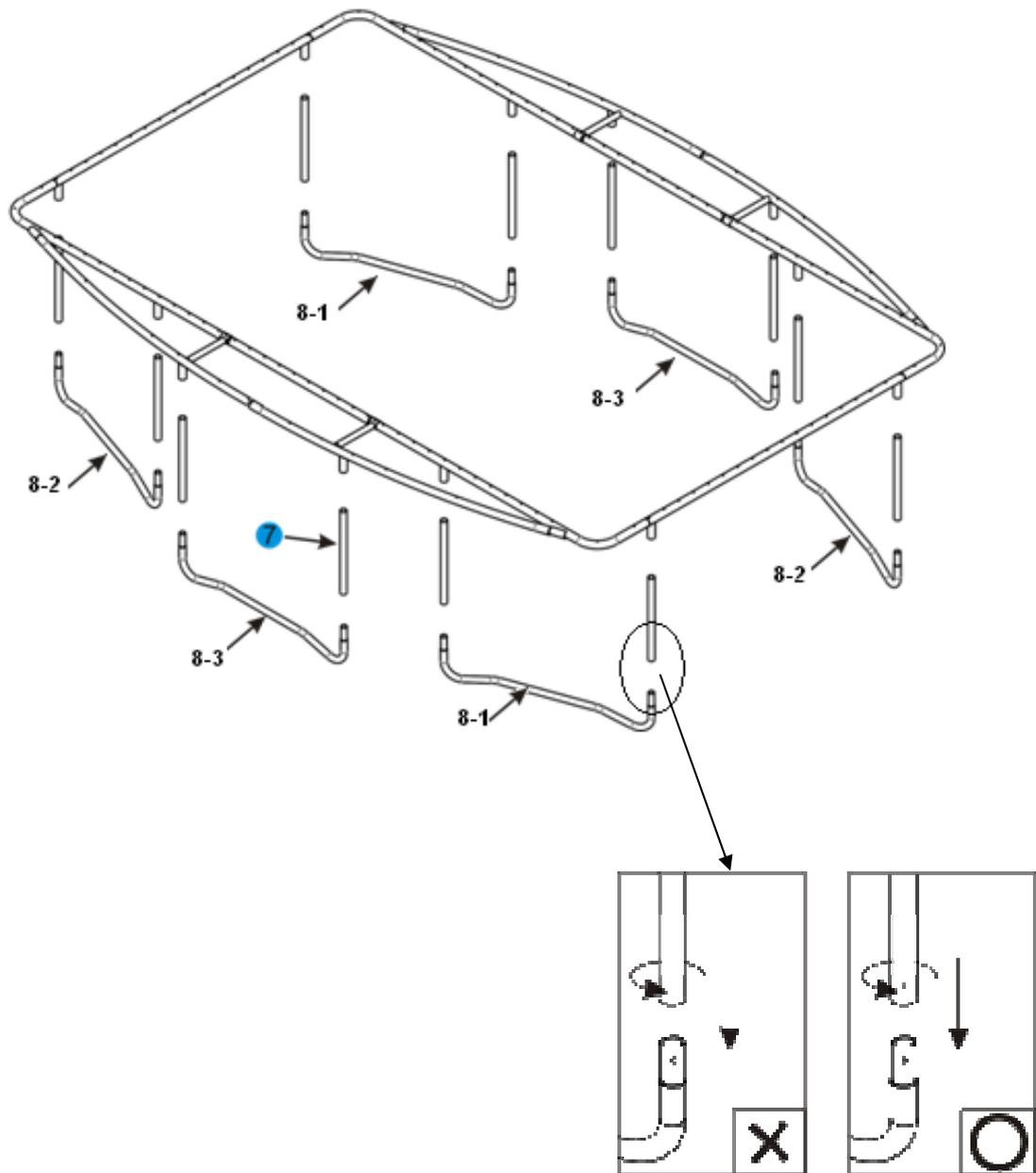


Figure 2:



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Figure 3:



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WARNING

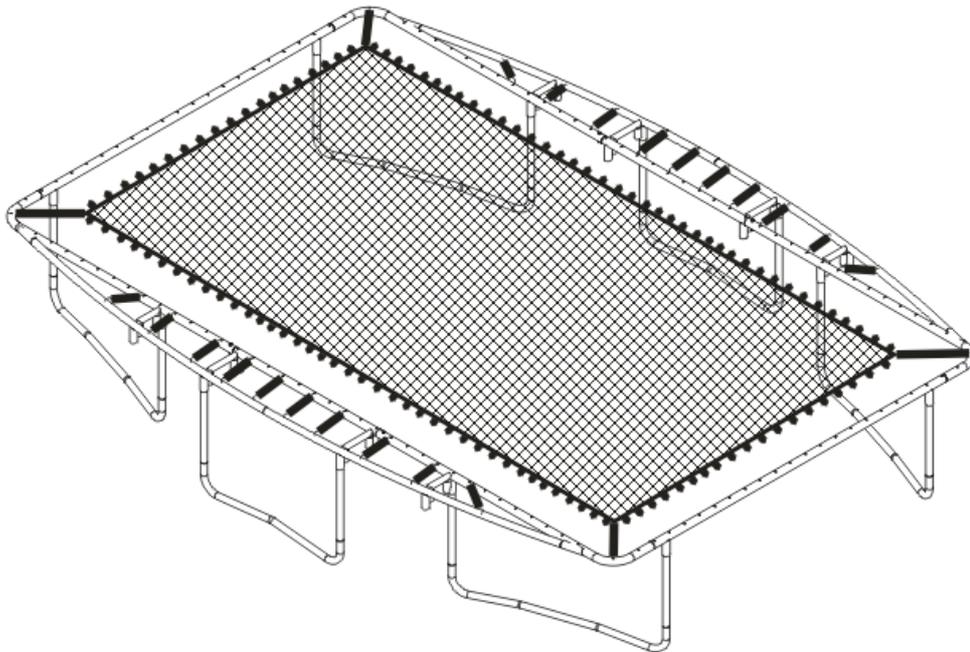


IMPORTANT - It is essential that the intended site for this trampoline is completely flat and level. If the ground is un-level this will cause movement in the frame and could cause stress on the joined sections.

Step 2 - Trampoline Mat (Bed) Assembly

Take care when attaching the springs to the trampoline mat. You will need 2 people to complete this part of the assembly. ATTENTION when attaching the springs, the connector points can pinch as the trampoline mat stretches the springs and tightens.

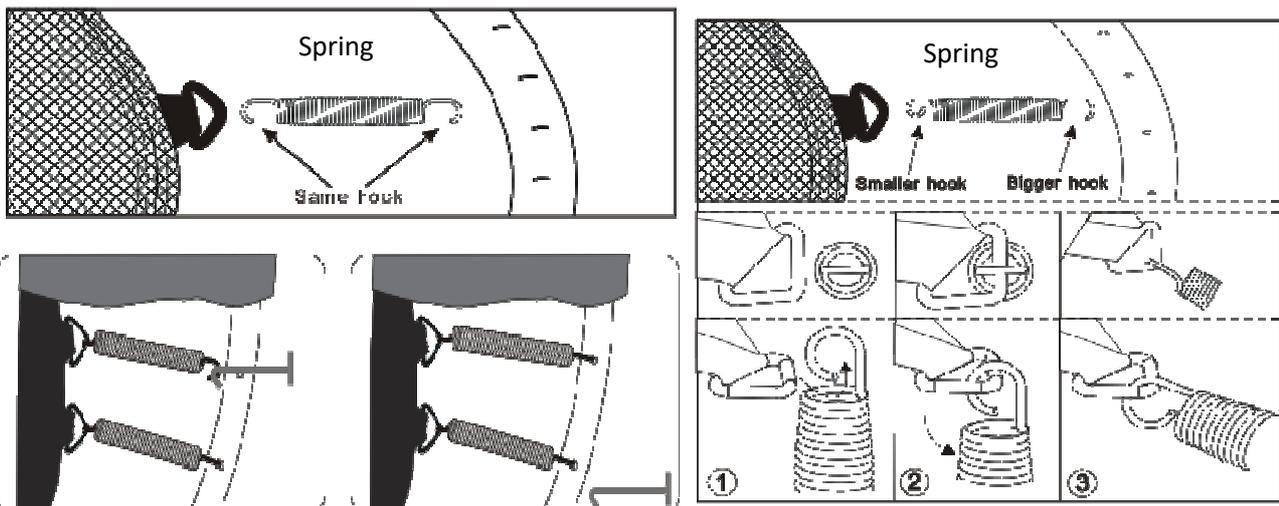
1. Lay out the trampoline mat (part 17) inside the ready built frame (the white cross and safety labels should be facing upwards)



2. How to use the spring tool:

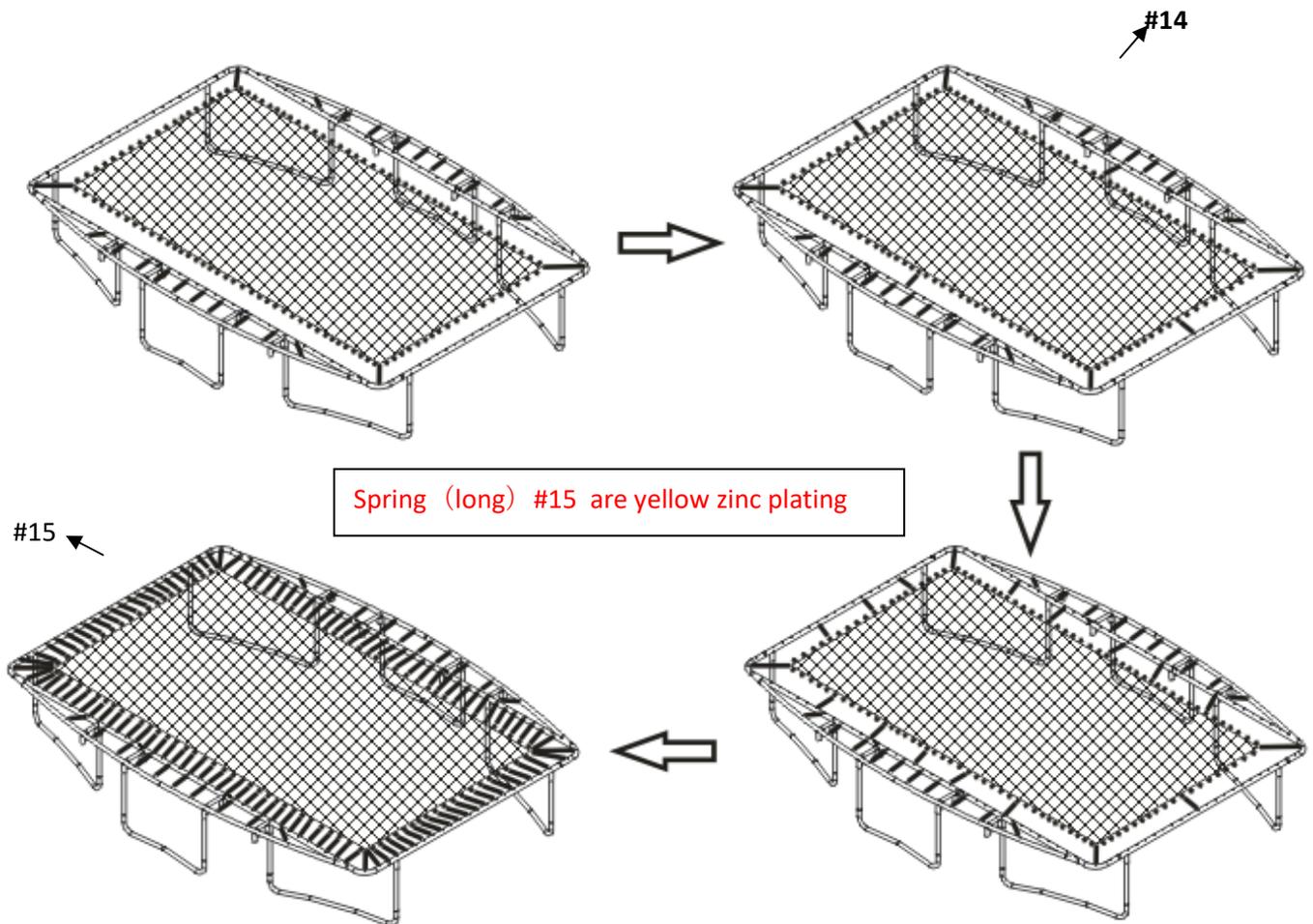
Step 1: Position the spring on the edge of the jumping mat (select your spring type A or B). Attach tool and link up to the spring hook with the hook end of the tool.

Step 2: Pull the tool and attach the spring hook up to the frame. (see below)



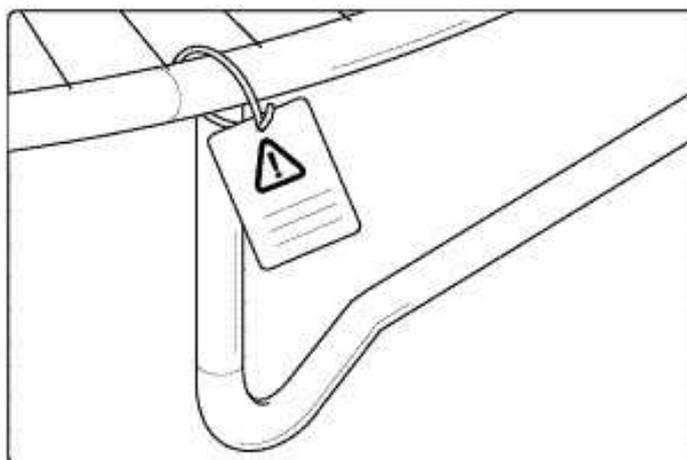
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3. Attaching the springs: Use the 28 x short springs (part number 14) between the frame and then the 116 x long springs (part number 15) to attach the mat to the inner frame.



4. If you notice that you have skipped a hole and V ring connection, recount and remove or attach any springs required to maintain the count of springs.

Step 3 - Safety Cardy Instruction Placard (part number 18). Using the cable tie attach the safety instruction placard to the trampoline. The tie should go round the vertical frame joint and the top rail to ensure it remains attached.

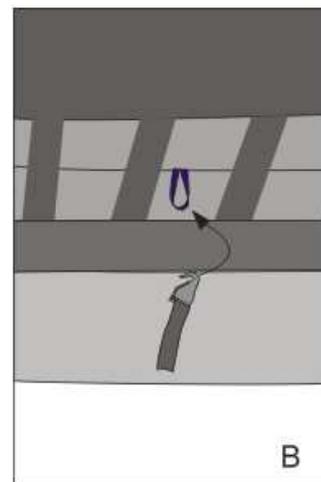
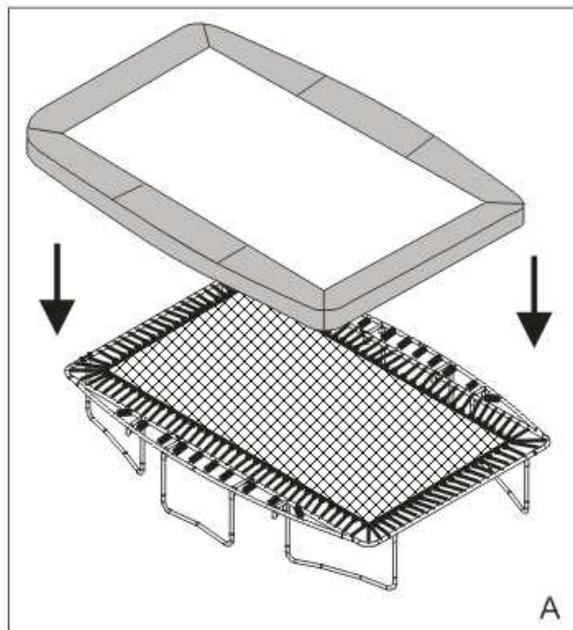


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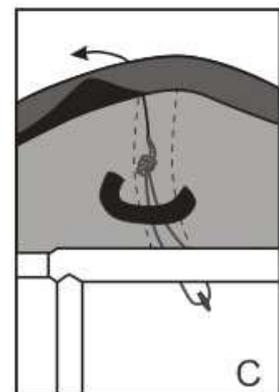
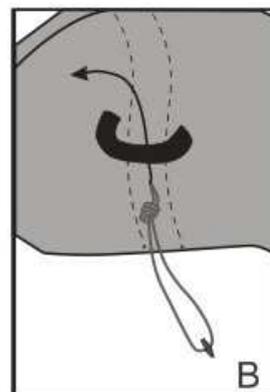
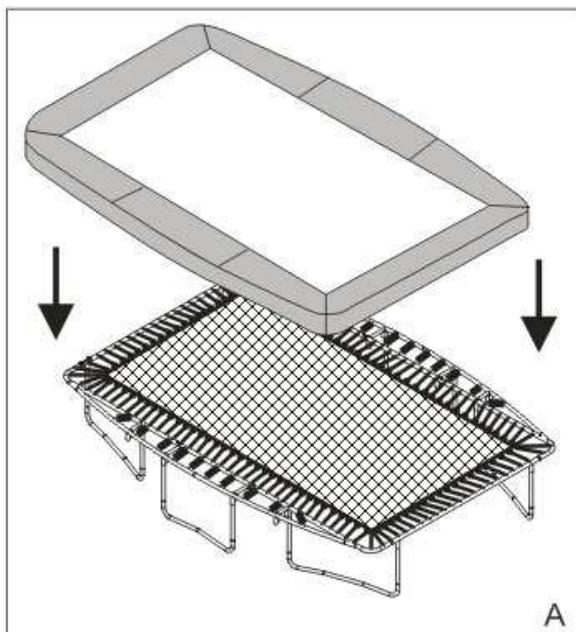
Step 4 - Frame Pad Assembly

1. Lay out the frame pad (part number 19) over the trampoline so that the springs and the steel frame are covered. Please ensure that the frame pad covers all the metal parts.
2. Tie the strap located on the underside for the frame pad to the frame.
3. Select your pad type from the below options.

Model 1:

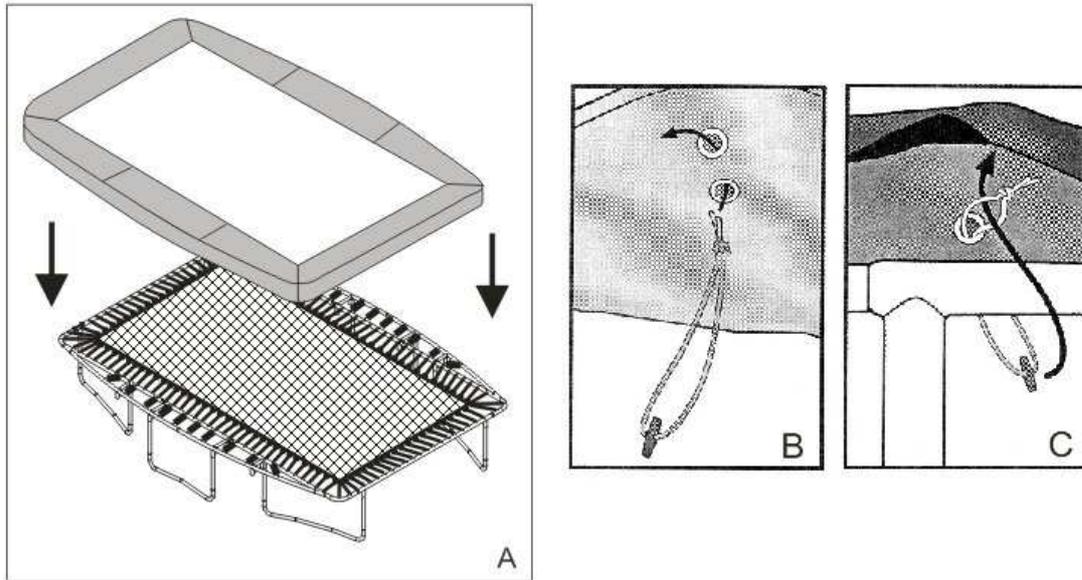


Model 2:



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Model 3 :



CARE AND MAINTENANCE:

GENERAL - Your trampoline is designed to stand outside all year round and generally requires very little maintenance. However, a little care and forethought can add years to your trampoline's life. Remember that the bed (mat) and frame pads are made of synthetic materials and are easily damaged by cigarette ends, fireworks and bonfire debris.

FRAME - Do not sit or stand on the frame or the frame pads while the trampoline is in use as this restricts the frame's natural reflex action. Oil or petroleum jelly applied where the springs hook into the frame will reduce squeaking and frame hole wear. If surface rust appears it should be removed with either a wire brush or coarse sandpaper, and the area treated with non toxic paint.

FRAME PADS - Frame pads are there to protect the user from any fall or landing on the springs and frame. On no account should people be permitted to sit or stand on them when the trampoline is in use. You should also make sure that smaller users do not use the inside edges of the pads as a handle when getting up on the trampoline.

THE MAT (BED) - The mat will over the years, be gradually weakened by the effects of ultra violet radiation. Therefore, the more it can be protected from direct sunlight the longer it will last. A little mould or mildew should not harm the mat. Do make sure that shoes are removed prior to bouncing and ensure any other sharp objects like belt buckle, brooches and jewellery are removed too.

THE SPRINGS - Do not stand on the springs whilst the trampoline is in use. Try not to bounce on the springs. They are not designed for this sort of stress and can become stretched, misshapen and weakened. If you find you have any stretched springs, it is important to replace them as soon as

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possible to avoid damage to the trampoline mat and avoid overloading and therefore damaging the remaining good springs.

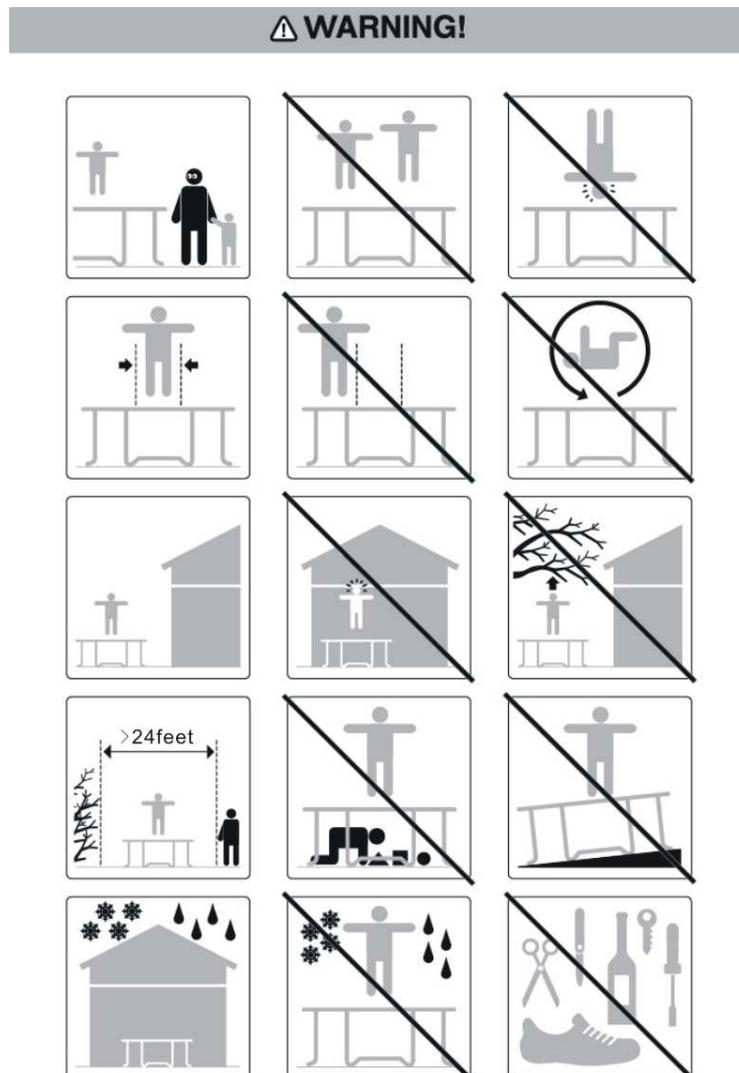
Trampoline Placement:

Just to clarify again the minimum overhead clearance required is 26 feet (8 meters). Ensure that no hazards or obstructions are near the trampoline such as tree branches, swing sets, swimming pools, electrical power wires, walls, fences etc.

Please be aware of the following when selecting a place for your trampoline:

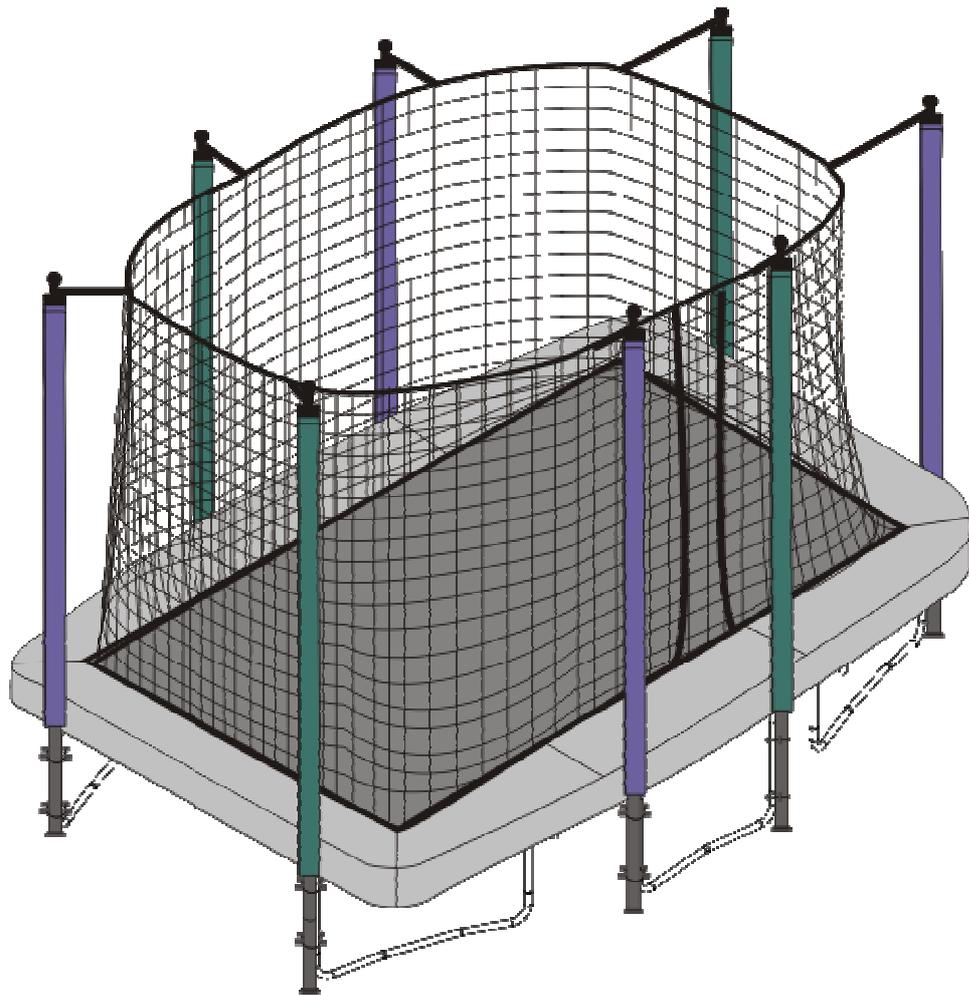
- Trampoline must be placed on a level surface
- The area should be well lit
- All obstructions from overhead, underneath or around the trampoline must be removed
- Do not use the trampoline indoors
- Do not use the trampoline on any slippery floor surface, uneven or sloping ground surface
- Do not site the trampoline on hard surfaces like concrete as this will damage the frame

You increase the risk of injury if these guidelines are not followed.



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Attaching the enclosure



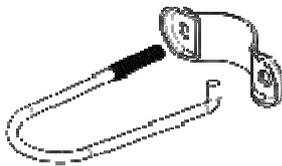
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Parts List:

Reference Number	Description	Quantity
1	Steel Pipe	8
2	Steel Pipe	8
3	Steel Jig	16
4	Screw Set	16
5	Safety Net	1
6	Spacer	16
7	Pole Cover	8
8	Cap	8
9	Safety Nut	16
10	Spanner	1
11	Fix Strap	8



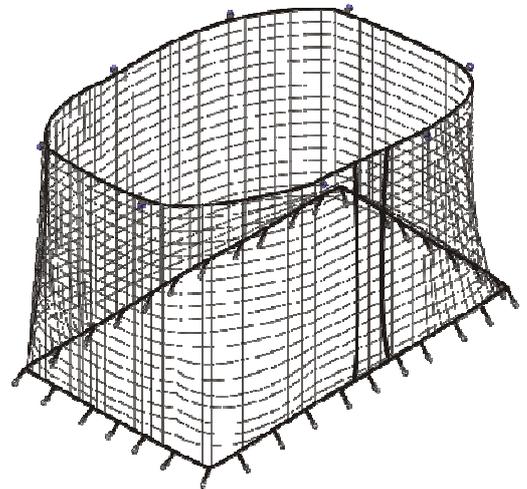
3. Steel Jig



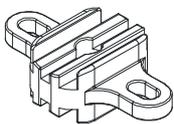
4. Screw Set



5. PE Safety Net



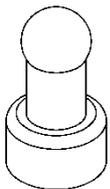
6. Spacer



7. Pole Cover



8. Cap



9. Safety Nut



10. Spanner



11. Fix Strap



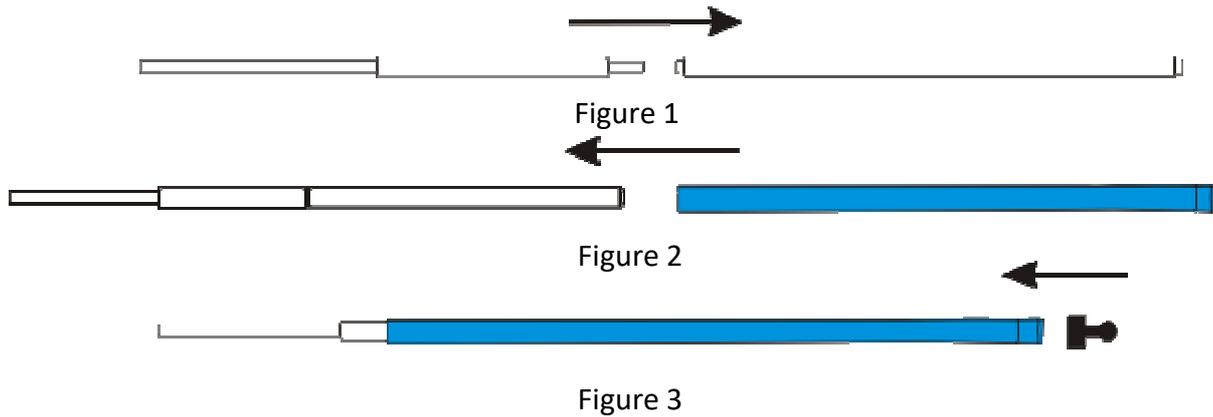
WARNING : To avoid strangulation and entanglement, keep all cords out of the reach of young children.

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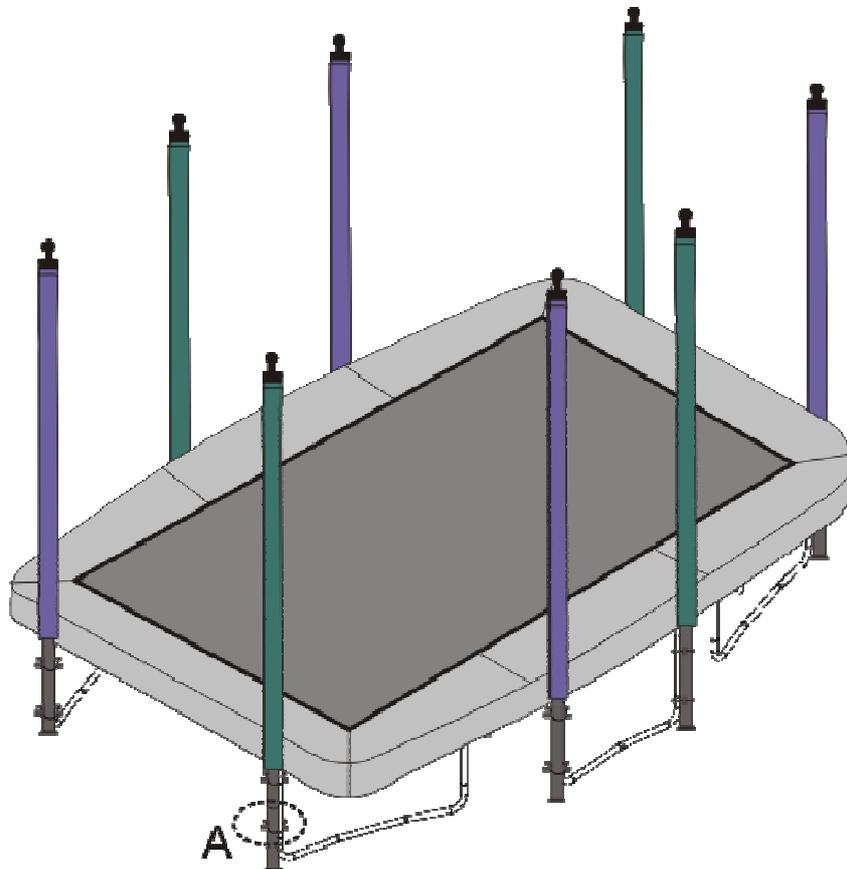
Assembly Instructions:

Step 1:

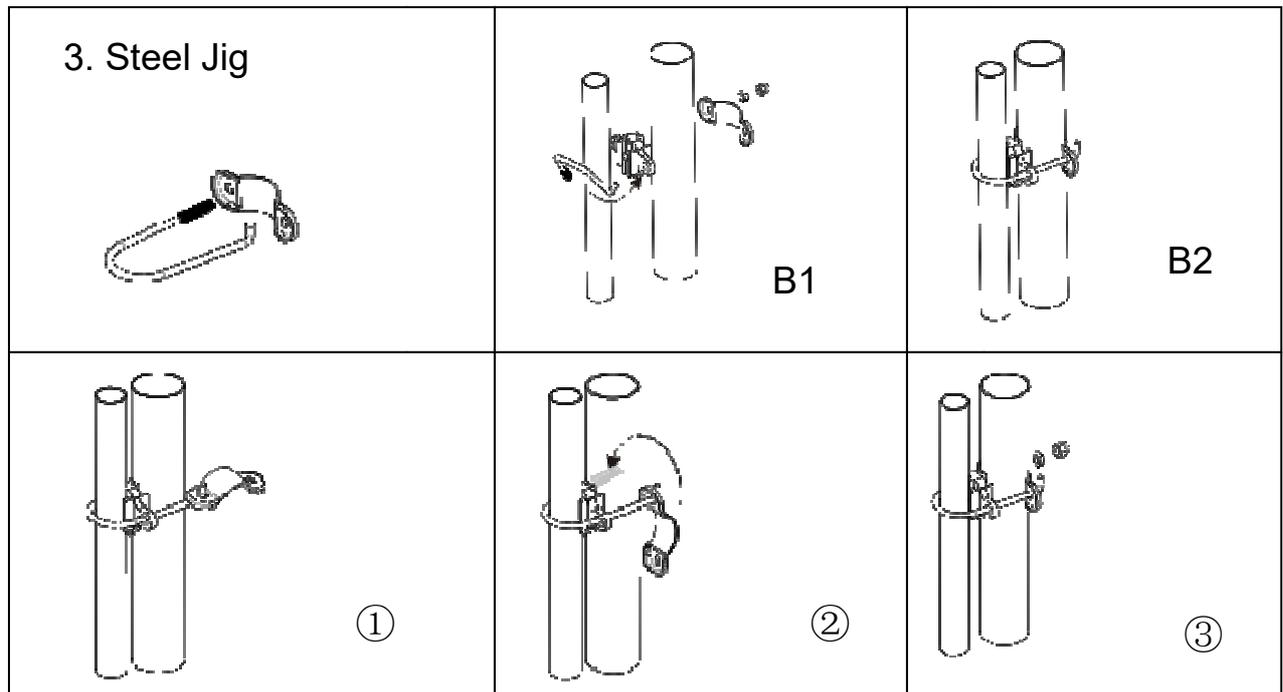
Attach poles 1 and 2 together as shown below in figure 1. Ensure the locking mechanism clicks in to place. Pull the pole cover over the poles and the foam as shown in figure 2. If not already attached put the cap on to the top end of the pole as shown in figure 3.



Step 2: Repeat these steps until all the poles are complete.

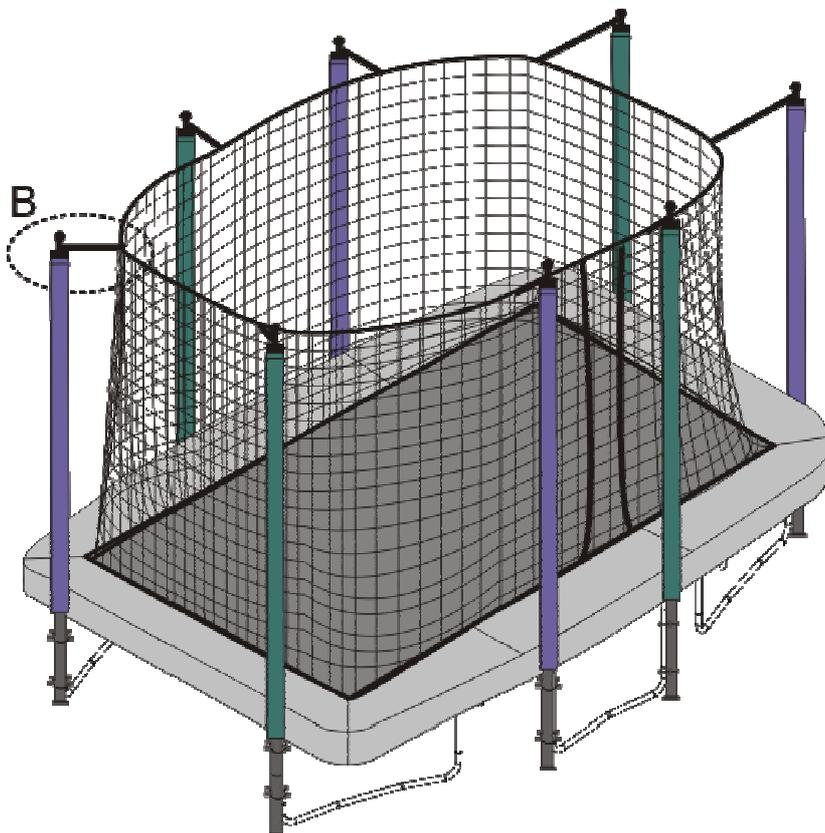


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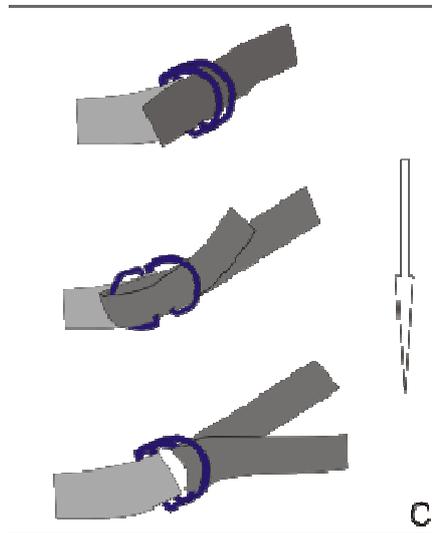
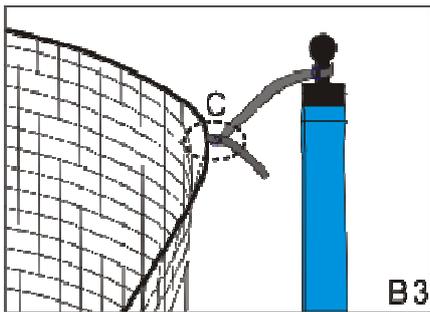
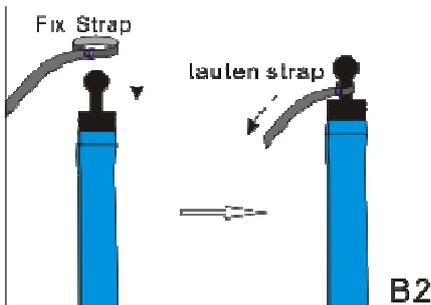
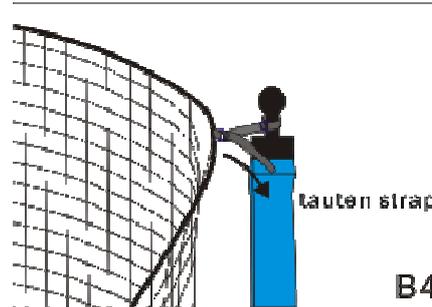
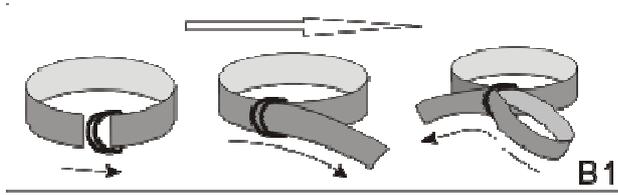


As shown above put the plastic spacer between the enclosure pole and the trampoline leg (B1) and attach the steel jig. Tilt the U-shape bolt through the holes in the spacer and then through the fixing part of the jig. The screw set must be on the inside of the frame. It must only be located on the leg of the trampoline frame not on the t section of the frame.

Step 3:



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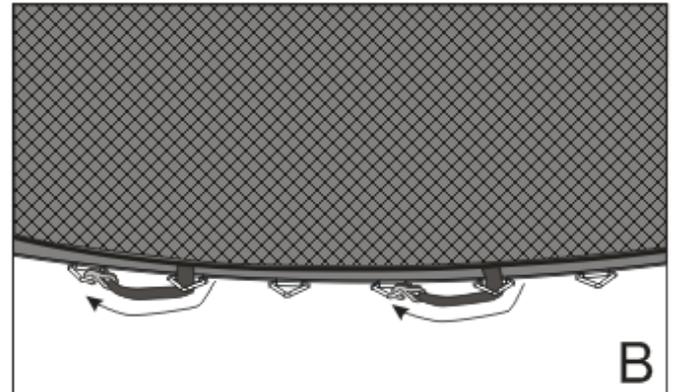
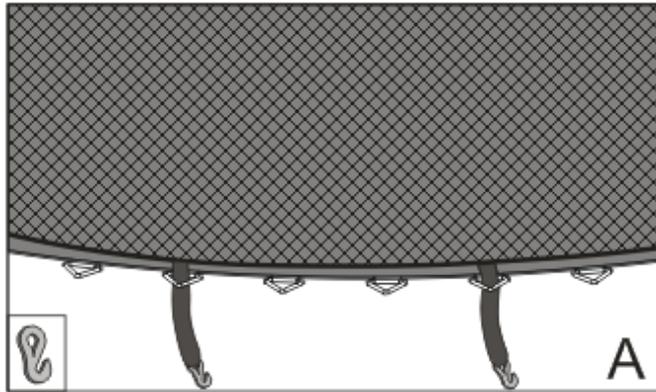
B3: Repeat the steps B1 and B2 to set up all straps in order

Do not tighten the straps fully until all of the straps are set up. Then go round and tighten so as to adjust the lengths to be equal (B4)

Warning: To avoid strangulation and entanglement, keep all cords out of the reach of young children.

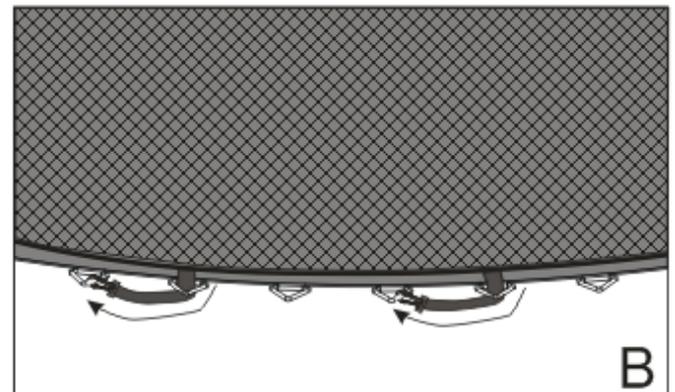
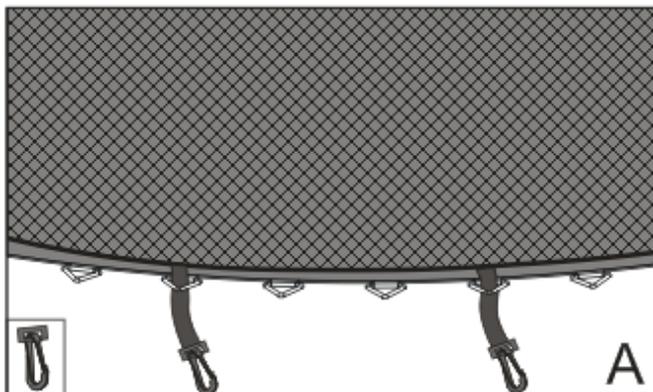
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Step 4:



A. Put the hook of elastic through V-ring of mat.

B. Then attach the other end of hook to the next V-ring as shown A and B.



A. Put the hook of elastic through V-ring of mat.

B. Press one side of the elasticity button, and then hang the end of hook to the V-ring as shown A and B.

Now ensure all the screws, bolts and straps are tightened securely.



IMPORTANT WARNING!!

YOU SHOULD GO BACK NOW AND STRETCH ALL ATTACHMENT HOOKS TIGHT AND DOUBLE CHECK TO SEE WHETHER YOU HAVE FASTENED THE JIGS USE THE SCREW SETS OR NOT, SO THE SAFETY NET STANDS STIFF. OTHERWISE, THE SAFETY NET WILL NOT FUNCTION PROPERLY. THEN FINISH ASSEMBLING.

IMPORTANT – PLEASE READ!

WARNING – GENERAL SAFETY ADVICE

- Please read the instructions before use, and retain for future reference.
- Ensure the trampoline Safety Net has been assembled correctly, as per the instructions in the manual.
- Children **MUST NEVER** use the trampoline unless supervised by a responsible adult with knowledge of trampoline use.
- Children **MUST NEVER** be left unattended inside the Safety Net at any time.
- **ALWAYS** follow the safety warnings stated with your trampoline instructions in conjunction with using Safety Net.
- **DO NOT** climb, swing or intentionally jump onto the panels or poles of the Safety Net.
- If the Safety Net material becomes damaged refrain from use.
- The Safety Net is **ONLY** intended to be used to reduce the risk of injury from falling off the trampoline.
- **DO NOT** let children take items or toys into the Safety Net.
- Please read and refer to other warnings and use information in the trampoline and Safety Net instructions before use.

Please retain this information for future reference.

Care & Use

- Assembly Information - This Safety Net must be assembled by an adult. They must be assembled exactly in accordance with the assembly instructions. Enlisting the aid of a helper will make assembly easier. This Safety Net contains small parts and is not suitable for children under 3 years. Please take an inventory of all parts before assembly. Should there be any missing parts, the equipment must not be used until replacement parts have been fitted.
- Location – Your trampoline must be placed on a flat and level surface which is well-lighted. Under no circumstances should it be positioned on a hard surface such as concrete or asphalt, unless the ground under the trampoline has free-space of 2 metres surrounding the trampoline and is covered with a safety surface as well as a 7 metres clearance space in height Examples of suitable surfaces are grass, sand or a play surface intended for this trampoline. It is important not to place or store anything under your trampoline. Please also read the instructions accompanied with your trampoline.

Safety Information

- This Safety Net is designed and made for family domestic use only by people 6 years and older. It is not a rebounding device. It is designed as an Safety Net to

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- (1) control entry and exit to and from the trampoline and,
- (2) allow jumpers to gain confidence, balance, coordination and agility without the fear of rebounding off the trampoline, where injury could occur.

- Adult supervision of children – Children should always be supervised while they are playing on the trampoline fitted with an Safety Net and should be instructed not to use it in an inappropriate or hazardous manner. In particular be aware of:
 - The objects children bring into the Safety Net
 - Children's activities inside the Safety Net
 - Conditions inside the Safety Net when children are using it
 - The way children get into and out of the Safety Net

- Children should not wear cycle helmets while playing on the trampoline.

- The frame of your trampoline is made of steel and it will conduct electricity. No electrical equipment (lights, heaters, extension cords, household appliances, etc.) should be permitted in or on the Safety Net under any circumstances to avoid the risk of electrocution.

- Never allow more than one person to use the trampoline at a time. Multiple users may collide with each other and this can result in serious injury.

- As your trampoline mat is raised off the ground, there is the risk of a fall when exiting the trampoline through the door of the Safety Net. Children should be assisted when entering and exiting the Safety Net so to reduce their risk of falling.

- Only the door of the trampoline Safety Net should be used to enter or exit the Safety Net.

- Weather conditions – Special care should be taken as weather conditions change. In particular, surfaces can become slippery in wet weather and tongues and lips can stick to the metalwork at subzero temperatures. In warmer and sunnier weather, parts can become hot, and temperatures should be regularly checked during use, especially metal parts.



BOUNCE SAFELY ON YOUR TRAMPOLINE



WARNING

Misuse and abuse of this trampoline is dangerous and can cause serious injury or death

JUMPERS & SUPERVISORS:

Warning!Max 100kg

Warning!No somersaults - Do not attempt or allow somersaults. Landing on your head or neck can cause serious injury, paralysis or even death. This is even if you land in the middle of the mat.

Warning!Outdoor use only

Warning! Jump without shoes

Warning! Always read instruction. Warnings and instructions for the care maintenance and use of the trampoline are included to promote safe, enjoyable use of this equipment.

Warning! Inspect the trampoline prior to each use. Make sure the frame pad is correctly and securely positioned. Replace any worn, defective or missing parts.

Warning! Adult supervision required

Warning! Trampolines over 20in (51cm) high from the ground are not recommended for use by children under 6 years of age.

Warning! Only one user, Collision hazard. Do not allow more than one person on the trampoline at any one time. Use by more than one person at the same time can result in serious injuries.

Warning! Do not exit by jump. Climb on or off the trampoline carefully. Do not jump from the trampoline to the floor or ground when dismounting, or onto the trampoline when mounting. Do not use the trampoline as a springboard to other objects.

Warning!Do not eat while jumping

Warning! Do not wear jewellery or have any hard, sharp objects on your person when jumping.

Warning!Do not use the mat when it is wet. Bounce only when the mat is dry (it becomes very slippery when wet).

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Warning! Do not use in strong wind conditions

Warning! Do not sink trampoline into the ground.

Warning! Net should be replaced every 2 years

Warning! Empty pockets and hands before jumping

Warning! Limit the time of continuous usage (make regular stops). Do not bounce for prolonged periods of time or when you are tired.

Warning! Always close the net opening before jumping

Warning! Always secure trampoline with tie down kit when in use

Warning! Always Jump in the middle of the mat conditions and secure the trampoline

Warning! Do not use trampoline if you have consumed alcohol or any drugs

Warning! Check that mat, padding and enclosure are without defects;

Warning! The trampoline shall be assembled by an adult in accordance with the assembly instructions and thereafter checked before the first use

Warning! Maintain a clear area around the trampoline and remove any objects which could obstruct the user.

Warning! 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

Warning! 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.

Warning! Secure the trampoline correctly when not in use and prevent unauthorised use. If a ladder is used, remove it from the trampoline when leaving the area to prevent unsupervised access by children under that age of 6 years old.

Warning! For full information about skills and training it is recommended to contact a certified trampoline instructor.

Warning! It is recommended to learn the basic bounces and body positions thoroughly before trying more advanced manoeuvres.

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Warning!To stop bouncing when on the trampoline flex your knees as they come in to contact with the trampoline mat. It is advisable to learn this skill initially.

Warning!Avoid bouncing too high, stay low until bounce control and repeated landing in the centre of the trampoline has been achieved. Control is more important than height.

Warning!While bouncing, keep head up and facing forward with eyes focused on the perimeter of the trampoline. This will help control balance.

Warning!Do not wear hard soled shoes as they can cause excessive wear to the mat.

Warning! Like any activity that puts your body in motion, trampolining carries with it certain risks. To decrease the risk of injury, we recommend the use of an enclosure to prevent users falling off the trampoline. The enclosure should not be used to intentionally bounce in to. No device can completely guarantee our safety and safe play remains your responsibility. An enclosure substantially reduces the risk of injury. Never allow more than one person on the trampoline at any one time. Do not attempt inverts, flips or somersaults. We also suggest use of an impact absorbing surface on the ground around the trampoline.

INFORMATION ON USE OF THE TRAMPOLINE

Initially, 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 perform each with ease and control.

To brake a bounce, flex your knees sharply before your feet come in contact with the mat. This technique should be practiced as 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 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 risk of injury.

Do not bounce on the trampoline for extended periods of time as fatigue can increase your risk of injury. Bounce only for a brief period of time. Only one person should bounce on the trampoline at a time.

Jumpers should wear a t-shirt, shorts or sweats, and regulation gymnastics shoes, heavy socks, or be barefoot. 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.

You should always mount and dismount properly in order to avoid injury. To mount properly, you should place your hand on the frame and step or roll up onto the frame, over the springs, and onto the trampoline mat. 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 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.



Do not bounce recklessly on the trampoline as this will increase your risk of injury. 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.

Mounting and Dismounting: Be very careful when getting on and off the trampoline. DO NOT mount the trampoline by grabbing the frame pad, by stepping onto the springs, or by jumping onto the mat from any surface (e.g. a deck, roof, or ladder) as this will increase your risk of injury. DO NOT dismount by jumping off the trampoline. 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 before or while using this trampoline as this will impair your judgement, 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 chance 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 centre of the mat. This will reduce your risk of injury from the frame or springs. Always keep the frame pad on the frame DO NOT jump or step onto the frame pad as it is not intended to support the weight of a person.

Loss of Control: DO NOT try difficult manoeuvres until you have mastered the previous manoeuvre as this will increase your risk of injury. A controlled jump is when your take off point and landing point is the same spot on the mat. If you lose control when you are jumping on the trampoline, bend your knees sharply when you land and this will allow you to stop your jump and regain control.

Somersaults (Flips): DO NOT PERFORM somersaults of any type (backwards or forwards) on this trampoline as this will increase your risk of injury to your neck or back, which may result in death or paralysis.

Foreign Objects: DO NOT use the trampoline if there are pets, other people, animals or any objects underneath above or near the trampoline as this will increase the risk of an injury occurring. DO NOT hold any foreign objects in your hand and DO NOT place any objects on the trampoline. Please be aware of what is overhead when you are using the trampoline. Tree branches, wires, or other objects located above the trampoline may result in injury.

Poor Maintenance of Trampoline: A trampoline in poor condition will increase your risk of injury. 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. Do not use trampoline if the mat is wet. Do not use the trampoline in windy conditions.

Limiting Access: When the trampoline is not in use, always store the access ladder in a secure place to prevent unauthorized and unsupervised access.



This trampoline was designed and manufactured with quality materials and craftsmanship. With proper care and maintenance, it will provide all jumpers with years of exercise, fun, and enjoyment. Please follow the guidelines below:

This trampoline is designed to withstand a specific weight and usage. Ensure only one person uses the trampoline at any one time. Persons over 222 pounds (100kgs) should not use the trampoline. Jumpers should wear socks, gymnastics shoes, or be barefoot when using the trampoline. Street shoes or tennis shoes should NOT be worn while using the trampoline. To limit damage do not allow pets onto the mat. Jumpers should remove all sharp objects from their person prior to using the trampoline. All sharp or pointed objects should be kept off the trampoline mat at all times. Always inspect the trampoline before each use for worn, damaged or missing parts. Please be aware of the following:

Punctures, holes, or tears in the trampoline mat

Sagging trampoline mat

Loose stitching or any kind of deterioration of the mat

Bent or broken frame parts, such as the legs

Broken, missing, or damaged springs

Damaged, missing, or insecurely attached frame pad

Protrusions of any types (especially sharp types) on the frame, springs, or mat

No modification should be carried out to the trampoline or any of its components. Any modification could lead to damage to the product or to personal injury.

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 RECTIFIED.

WINDY CONDITIONS

In severe wind conditions, the trampoline can be blown about. If you expect windy weather conditions, the trampoline should be moved to a sheltered area or disassembled. To ensure security in normal weather conditions, at least three (3) tie downs should be used. Secure the trampoline frame to the ground. It is insufficient to secure only the legs of the trampoline to the ground as they can pull out the frame sockets.

MOVING THE TRAMPOLINE

When moving the trampoline, you will require the assistance of another adult. All connector points should be wrapped securely with weather resistant tape, such as duct tape. This will keep the frame intact during the move and prevent the connector points from dislocating and separating. When moving, lift the trampoline slightly off the ground and keep it horizontal to the ground. For any type of other move, you should disassemble the trampoline. After any move please conduct a full safety inspection.

Care & Maintenance Of Your Trampoline

- With all products it is vital that the equipment is checked regularly and often by an adult. The complete products should be checked at least once a month, and particular attention should be paid to connections and fastenings. If any parts exhibit signs of wear and tear, they may need to be replaced. Failure to do this may result in the



product malfunctioning and causing injury.

- The product must not be used until properly and fully installed and checked. Galvanised tubular products may require occasional maintenance. If surface rust appears it should be removed with either a wire brush or coarse sandpaper, and the area treated with non-toxic paint.
- To avoid damage to the Safety Net, do not allow pets or other animals inside. Their claws and teeth can damage the netting and the trampoline mat.
- Make sure that no bonfires are lit close enough to threaten your trampoline and Safety Net. In windy conditions, sparks and embers can travel significant distances and burn holes in both the Safety Net netting and trampoline mat.
- Any large trampoline, with or without a Safety Net, can be blown around in high winds and cause injury or damage. We recommend that the Safety Net should be removed under these conditions and stored in a dry place.

Optional trampoline accessories are available from your retailer:

Skyhigh

 <p>Trampoline Enclosure</p>	 <p>Trampoline Ladder A ladder to help mounting and dismounting.</p>	 <p>Atmosphere Trampoline</p>
 <p>Trampoline Tents A fun accessory for your family. It is inadvisable to jump when the Trampoline tent is installed.</p>	 <p>Trampoline Fix Kit Secures trampoline during windy weather</p>	 <p>Oval Trampoline New design Trampoline.</p>
 <p>Trampoline PVC Weather Covers A cover to keep leaves and other debris off the surface. Also minimizes damage by UV, rain and snow.</p>	 <p>Trampoline "shoe/tidy" Bag Store shoes, clothes, phones, bottles and wrist watches etc.</p>	 <p>Bounce Board It is very fun accessory for trampoline</p>
 <p>Trampoline PE Weather Covers A cover to keep leaves and other debris off the surface.</p>	 <p>Trampoline Safety Skirt It prevents children and pets from running under the trampoline whilst others are jumping. It can also be used to store shoes, clothes and other small items.</p>	

LESSON PLAN

The following lessons are recommended in order to learn basic steps and bounces before moving onto more difficult, complicated bounces. You should read and understand all safety instructions



before mounting the trampoline. A complete discussion and demonstration of body mechanics and trampoline guidelines should occur between the supervisor and student.

Lesson 1

- A. Mounting and Dismounting - Demonstration of proper techniques
- B. The Basic Bounce-Demonstration and practice
- C. Braking (Check the Bounce) - Demonstration and practice. Learn to brake on command
- D. Hands and knees - Demonstration and practice. Stress should be on four- point landing and alignment

Lesson 2

- A. Review and practice of techniques learned in Lesson 1
- B. Knee Bounce-Demonstration and practice. Learn the basic down to knee and back up before trying half twist to left and right
- C. Seat Bounce -Demonstration and practice. Learn basic seat bounce then add a knee bounce, hands and knees; repeat

Lesson 3

- A. Review and practice skills and techniques learned in previous lessons
- B. Front Drop-All students should be requested to assume the prone position (face down on the ground) while the instructor checks for faulty positions that could cause injury
- C. Start with a hands and knees bounce and then extend body into prone position, land on the mat and return to feet
- D. Practice Routine-Hands and knees Bounce, Front Bounce, back to feet, seat bounce, back to feet

Lesson 4

- A. Review and practice skills and techniques learned in previous lessons
- B. Half-Turn
 - i. Start from front drop position. As you make contact with the mat, push off with arms in either the right or left direction and turn head and shoulders in same direction.
 - ii. During turn, be sure to keep back parallel to mat and head up.
 - iii. After completing turn, land in front drop position

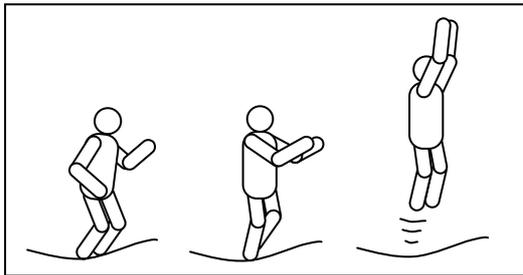
After completing this lesson, the student now has a basic understanding of trampoline bounces. Jumpers should be encouraged to develop their own routines with emphasis on control and form. A game that can be played in order to encourage students to try and develop routines is "BOUNCE". In this game, players count off from 1 to 10. Player one starts with a manoeuvre. Player two has to do Player One's manoeuvre and add on another. Player Three does the manoeuvres of One and Two and then adds a third manoeuvre. This continues until a player cannot do the routine properly in the correct sequence. The first person to miss, receives the letter "B". This continues until someone spells out the word "BOUNCE". The last remaining contestant is deemed the winner! Even when playing this game, it is important to perform your routines under control. Do not try difficult or highly skilled bounces which you have not yet mastered.

A certified trampoline instructor should be contacted to further develop your trampoline skills.

BASIC TRAMPOLINE BOUNCES

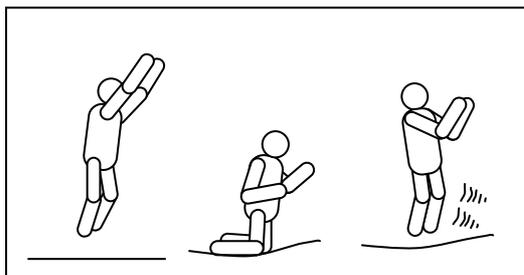
THE BASIC BOUNCE

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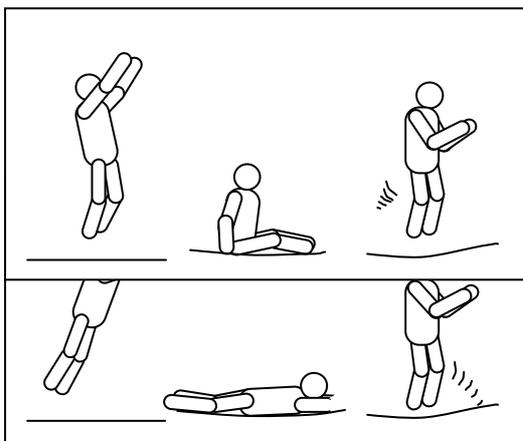
1. Start from standing position, feet shoulder width apart and head up and eyes on mat.
2. Swing arms forward, up and around in a circular motion.
3. Bring feet together while in mid-air and point toes downward.
4. Keep feet shoulder width apart when landing on the mat.

KNEE BOUNCE



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

SEAT BOUNCE

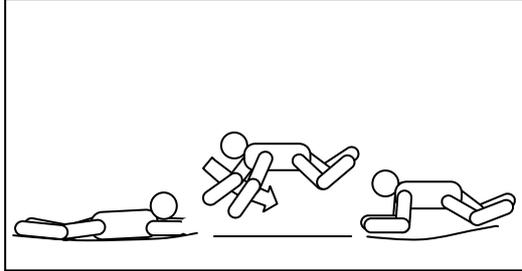


1. Land in a flat sitting position
2. Place hands on mat beside hips.
3. Return to erect position by

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

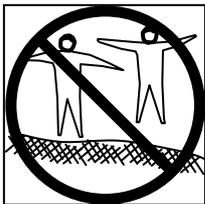
Skyhigh

180 DEGREE BOUNCE



1. Start with 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 and keep back parallel to mat and head up.
4. Land in prone (face down) position and return to standing to position by pushing up with hands and arms.

warning



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



DO NOT PERFORM SOMERSAULTS (FLIPS) AS THIS WILL INCREASE RISK OF LANDING ON HEAD OR NECK RESULTING IN INCREASED RISK OF SERIOUS INJURY OR DEATH



Always consult a physician before performing any kind of physical activity

PLEASE RETAIN THIS INFORMATION FOR FUTURE REFERENCE

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