

# 8FT~14FT ROUND TRAMPOLINE

Assembly, Installation, Care, Maintenance, and Use Instructions  
**USER'S MANUAL**

 **WARNING**

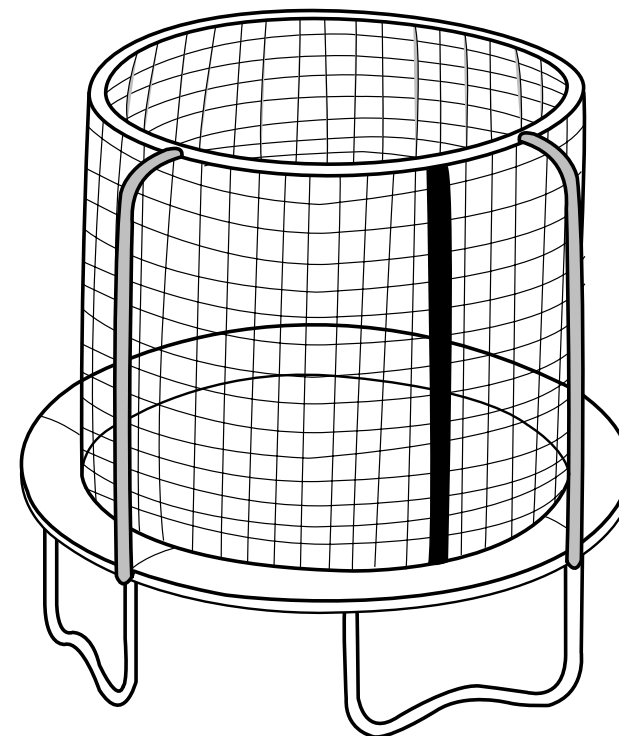
YOU MUST THOROUGHLY READ AND UNDERSTAND INSTRUCTIONS IN THIS MANUAL BEFORE ASSEMBLING AND USE THIS TRAMPOLINE.  
SAVE THIS MANUAL FOR FUTURE REFERENCE.  
MAXIMUM WEIGHT : 220LBS/100KGS.  
DO NOT ALLOW MORE THAN ONE PERSON ON THE TRAMPOLINE AT A TIME.  
DO NOT ALLOW YOUNG CHILDREN TO USE UNLESS SUPERVISED BY AN ADULT.  
TRAMPOLINE MUST ALWAYS BE USED WITH THE ENCLOSURE.



**Geemac Sales & Marketing, Ltd**

20 Queensbridge, The Lakes,  
Bedford Road, Northampton  
United Kingdom,  
NN4 7BF

UK Customer Care Centre:  
PO Box 2040, Hockley, Essex, United Kingdom, SS5 4BE  
UK Tel: 0844 7744333, Ireland Tel: +44 844 7744333  
E-mail support@bouncepower.com



**THIS PRODUCT PICTURE IS FOR REFERENCE ONLY  
NUMBER OF LEGS VARIES FROM DIFFERENT SIZE OF TRAMPOLINE**

**Do not return this product to the store,  
please contact Blue Frog Trampoline Customer Service Helpline 0844-7744333**



*Dear Customer:*

*Thank you for purchasing BLUE FROG TRAMPOLINE. For your safety and convenience it is recommended no less than 2 persons Participate in the assembly of this product.*



**WARNING**

MAXIMUM WEIGHT OF THE USER SHALL NOT EXCEED 220LBS (100KGS).

**ASSEMBLY AND MOVING BLUE FROG TRAMPOLINE !!**

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

Do not pick up the frame more than 2 inches off the ground, picking it up too high can cause the frame to warp.

If the frame does warp, put the trampoline down, press down on the part that is warped. The tension of the springs will flatten the frame.

If you need to move the trampoline, two or three people are required. All connector points should be wrapped and secured 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.

We strongly recommend do not use the trampoline without an EN 71 standard enclosure. If you find the trampoline is being used without an enclosure, stop the user immediately and you can purchase the enclosure on our web [www.bluefrogtrampoline.com](http://www.bluefrogtrampoline.com) and install the enclosure. You must make sure that there are no walls, posts, fences, rocks, or any hard or sharp objects within 15 feet of the trampoline. Also, the trampoline must not sit on concrete or any hard surface.



PLEASE READ THE ENTIRE INSTRUCTION BOOKLET BEFORE YOU ASSEMBLE OR USE THIS TRAMPOLINE!

FOR QUICKER, EASIER AND SAFER ASSEMBLY, MAKE CERTAIN TO FOLLOW INSTRUCTIONS FOR SPRING PLACEMENT.

### **BEFORE INSTALLATION OF THE TRAMPOLINE**

**MAKE SURE THE ASSEMBLED TRAMPOLINE IS ON LEVEL GROUND!**

- Misuse and abuse of this trampoline is dangerous and can cause serious injury!
- Trampolines being a rebounding devices, propel the performer to unaccustomed heights and into a variety of body movements.
- Always inspect the trampoline before each use for worn-out mat, 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.



## ALWAYS CONSULT A PHYSICIAN BEFORE PERFORMING ANY KIND OF PHYSICAL ACTIVITY

- Adequate overhead clearance is essential. A minimum of 24 ft (7.3 meters) 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 on all sides of the trampoline.
- Place the trampoline on a level surface before use. Illumination may be required for shady area and in-door 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 supervision.  
For additional information concerning the trampoline equipment, contact the BLUE FROGE CUSTOMER SERVICE LINE **0844-7744333**



## WARNING



**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!**



- Trampolines over 20 inches (51 cm) tall are not recommended for use by children under 6 years of age.
- Max. weight limit : 220lbs
- 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 to 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 and 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.
- Trampolines not recommended for children under six 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 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.
- ✔ Always start your jump at the broken circle printed on the center of the trampoline mat. When you land more than 1 foot away from the edge of the broken circle, stop your jump immediately!! Restart your jump at the broken circle.
- ✔ Use trampoline only with mature, knowledgeable supervision.
- ✔ Stop bounce by flexing keens as feet come in contact with the bed.
- ✔ Learn fundamental bounces and body positions thoroughly.
- ✔ While keeping the head erect, focus eyes on the trampoline toward the perimeter.
- ✔ Bounce in the center of the bed.
- ✔ Avoid bouncing when tired.
- ✔ Secure the trampoline against unauthorized use.
- ✔ Keep objects away which could interfere with the performer.
- ✔ For equipment information, contact the manufacturer.
- ✔ For skill training information, contact a trainer certification organization.
- ✔ Do not use when trampoline is wet or in windy conditions.
- ✔ Read instructions before use.
- ✔ Please do not hang on the top ring, this action may cause injury.
- ✔ For additional information concerning the trampoline equipment, contact the  
BLUE FROGE CUSTOMER SERVICE LINE **0844-7744333**



## **USER INSTRUCTION**

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 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. Also, the person should not exceed 220 lbs (100 kgs). 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.
- 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

**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. If this is done, be sure to secure the tie down to middle of a frame piece. 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

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

DO NOT USE INDOORS.



### WARNING

- ✎ 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 chance of injury. 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 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 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.
- Trampoline over 20 in. (51cm) tall is not recommended for use by children under 6 years of age.
- Check all nuts and bolts for tightness and tighten when required
- Check all spring loaded (pit pin) joints are still intact and cannot come undone during play
- Check all coverings for bolts and sharp edges and replace when required
- Check for evidence of wear or deterioration and replace if needed in accordance with the manufactures instructions

## **TRAMPOLINE SAFETY HANDLING AND CARE INSTRUCTIONS**

### **Mounting and Dismounting:**

Be very careful when getting on and off the trampoline. DO NOT mount the trampoline by grabbing the safety 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 dismounting.



**Use of Alcohol and Drugs:**

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

**Multiple Jumpers:**

Multiple jumpers (more than one person on the trampoline at any one time), 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. No more than one person at a time on the trampoline.

**Striking the Frame or springs:**

When playing on the trampoline, STAY in the center of the mat. This will reduce your risk of getting injured by landing on the frame or springs. Always keep the safety pad covering the frame of the trampoline. DO NOT jump or step onto the safety pad directly since it was not intended to support the weight of a person.

**Loss of Control:**

DO NOT try difficult maneuvers, or any maneuvers 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 your 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 could result in death or paralysis.

**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, or 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 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.

Use trampoline only when the jumping mat is clean and dry. A wet jumping mat is extremely slick and prevents a stable landing.

### **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 level surface.
- ✔ The area is well-lighted. Artificial illumination maybe required for indoor or shady areas.
- ✔ Remove any obstructions from 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 practices specified in 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.

### **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 of the frame sockets.

### **Moving the trampoline:**

If you need to reposition the trampoline, two people should be used. All connector points should be wrapped and secured 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. Keep the trampoline wheels on the ground for ease of movement. Do not lift at the end where the trampoline wheels are located. For any type of other move, you should disassemble the trampoline.

### **Limit Access:**

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

### **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.

#### **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

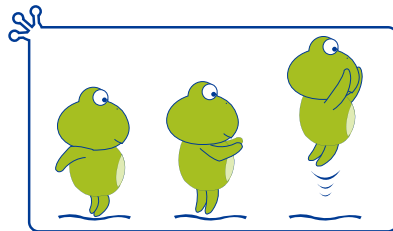
## **Lesson 2**

- A. Review and practice of techniques learned in Lesson 1
- B. Knees 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**

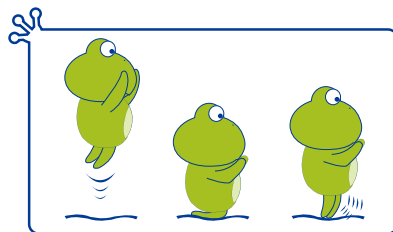
- A. Review and practice skills and techniques learned in previous lessons
- B. Front Drop-To avoid mat burns and teach the front bounce position, all students should be requested to assume the prone position (face down on the ground) while the instructor checks for faulty positions that could cause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

## back to feet



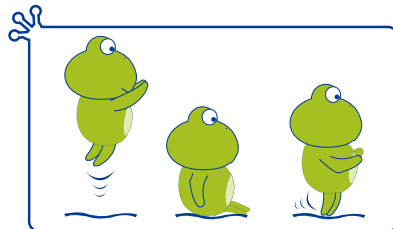
THE BASIC BOUNCE

1. Start from standing position, feet shoulder width apart and with head up and eyes on mat.
2. Swing arms forward and 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 mat.



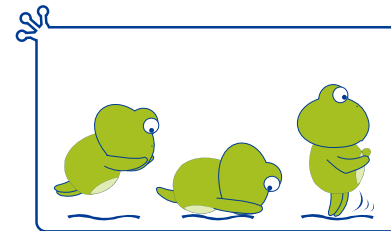
KNEE BOUNCE

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



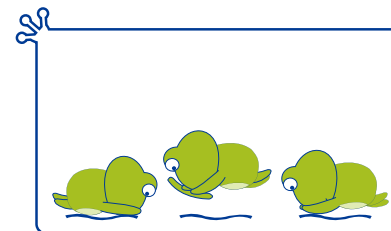
SEAT BOUNCE

1. Land in a flat sitting position.
2. Place hands on mat besides hips, 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 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 position and return to standing position by pushing up with hands and arms.

## ! TIPS

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

## 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 level surface.
- The area is well lit.
- There are no obstructions beneath the trampoline.
- If you do not follow these guidelines, you increase the risk of someone getting injured.

## 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. It is recommended that no less than 2 persons participate in the assembly of this product.

### PRIOR TO ASSEMBLING












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




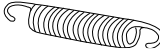






Make sure that you have all parts listed. If you are missing any parts, please refer to this page for instructions on how to attain any parts.

To prevent any injuries to your hands from pinch points during assembly, please use GLOVES to protect your hands.



## PARTS LIST

Key Number	Parts	Description	Number of Parts				
			TR-8	TR-10	TR-12	TR-13	TR-14
1		Trampoline Mat, stitched with Triangle Ring	1	1	1	1	1
2		Safety Pad	1	1	1	1	1
3		T-part with Leg Sockets	6	6	8	12	12
4		Top Rail	6	6	8	12	12
5		Leg Base	3	3	4	6	6
6A		Right L-shaped leg	3	3	4	6	6
6B		Left L-shaped leg	3	3	4	6	6
7A		Short Screws (43mm)	6	6	8	12	12
7B		Long Screws (48mm)	12	12	16	24	24
8		Screws (15mm)	6	6	8	12	12
9		Cap Nut	18	18	24	36	36

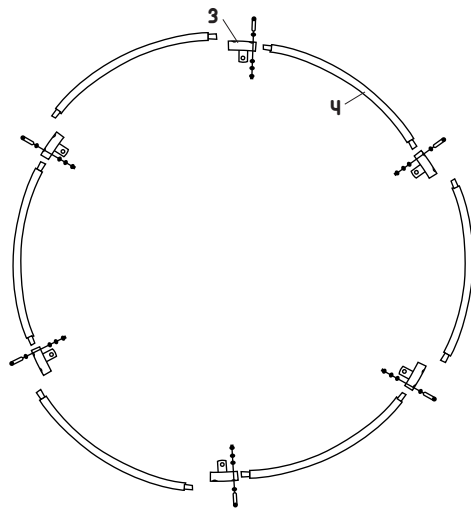
Key Number	Parts	Description	Number of Parts				
			TR-8	TR-10	TR-12	TR-13	TR-14
10		Spring Washer	18	18	24	36	36
11		Large Arc Washer	6	6	8	12	12
12		Flat Washer	36	36	48	72	72
13		Galvanized Springs (5.5")	48	60	72	72	84
14		Safety Instruction Placard	1	1	1	1	1
15		Spring Loading Tool	1	1	1	1	1
16		Wrench	1	1	1	1	1
17		Allen Wrench	1	1	1	1	1
18		Plastic End Cap	3	3	4	6	6
19		Plastic End Cap	3	3	4	6	6

REMEMBER TO USE GLOVES DURING ASSEMBLY TO AVOID PINCHING. AT LEAST 2 PEOPLE ARE REQUIRED TO ASSEMBLE THE TRAMPOLINE.

## ASSEMBLY INSTRUCTIONS

### STEP 1 – Frame layout

There are a total of 21 (8 or 10ft) or 28 (12ft) or 42 (13 or 14ft) pieces of steel tubing parts that is needed to assemble the frame  
Lay out all parts as shown in FIGURE 1.



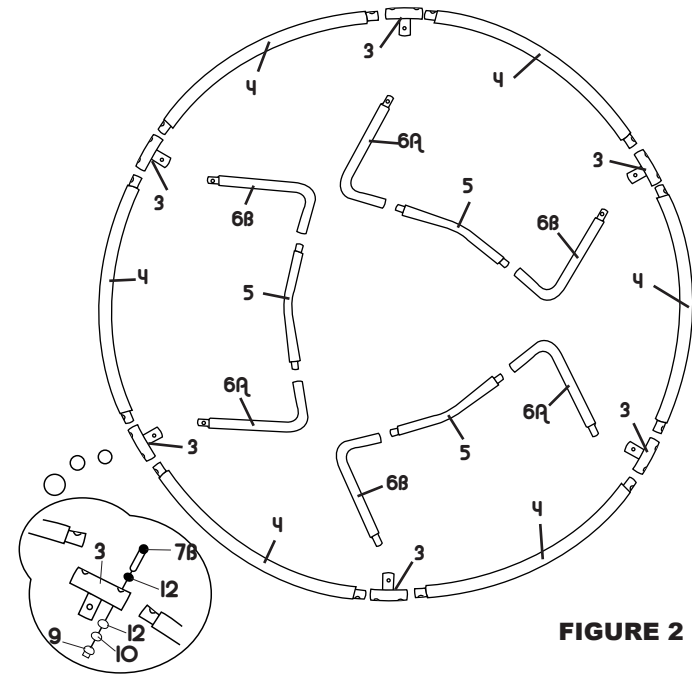
**FIGURE 1**

A. Lay out all frame sections in a circle as shown. Please pay special attention to the sequence of this assembly step.

- B. You should have the following parts:
1. T-part with leg socket (#3)
  2. Top Rail (#4)
  3. Leg Base (#5)
  4. Right L-shaped leg (#6A)
  5. Left L-shaped leg (#6B)

### STEP 2 – Frame Assembly

To connect the parts, slide a section (male) of tubing that is smaller into the T-part with Leg Sockets (#3), secured left and right side by using Long Screw (48mm)(#7B), Flat Washer (#12), Spring Washer (#10) and Cap Nut (#9) as shown in FIGURE 2.



**FIGURE 2**

### STEP 3 – Support Assembly

Attach all L-Shaped Leg (#6A and #6B) onto the Leg Base (#5). Align hole on L-Shaped and Leg Base (#5) secure with Screws (15mm)(#8) and Large Arc Washer (#11) by Allen Wrench (#17) as shown in FIGURE 3.

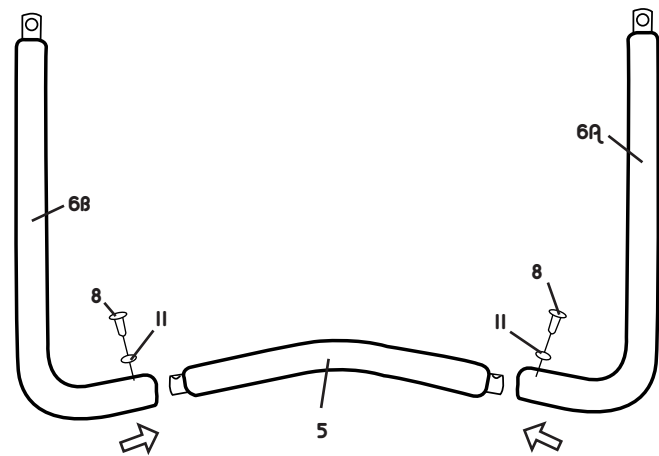


FIGURE 3



#### Important:

Please do not tighten the screws now, just use it to keep the tubes together at this step.

### STEP 4

Layout the support assembly as shown in FIGURE 4.

#### Important note:

6A must be on your right hand side when you are standing outside of the frame circle.

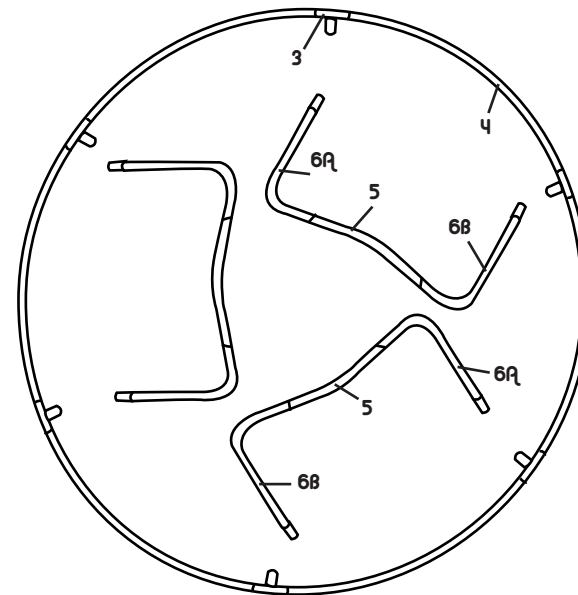
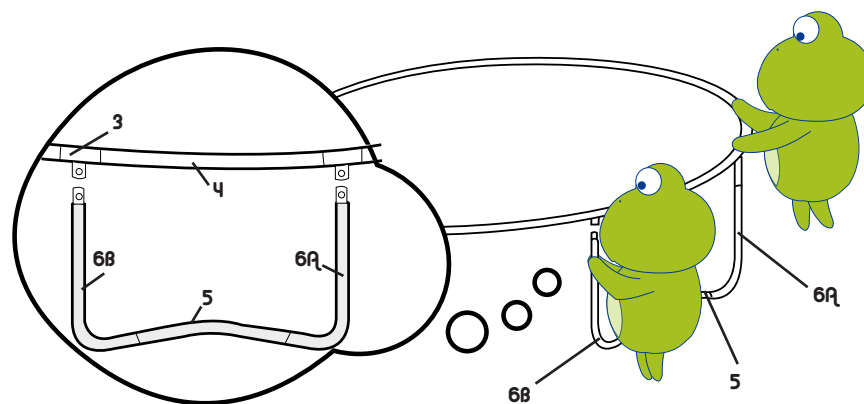


FIGURE 4



### STEP 5

One person lifts one side of the frame and the other person inserts the vertical portion of support assembly into the sockets of the T-part with sockets (#3) as shown in FIGURE 5. Insert the vertical portion of the support assembly to sockets of the T-part with Leg sockets (#3) for all sets of support assembly. See enlarged diagram as shown in FIGURE 5.



Enlarged Diagram

FIGURE 5

### STEP 6

Attach the Plastic End Cap (#18) to the hole on T-part with Leg Sockets (#3) as shown in FIGURE 6.

Then in the next T-part insert Plastic End Cap(#19), alternating from one T-part to the next T-part.

For 13FT and 14FT, for every two Plastic End Cap (#18) put in, in the next T-part put in a Plastic End Cap (#19)

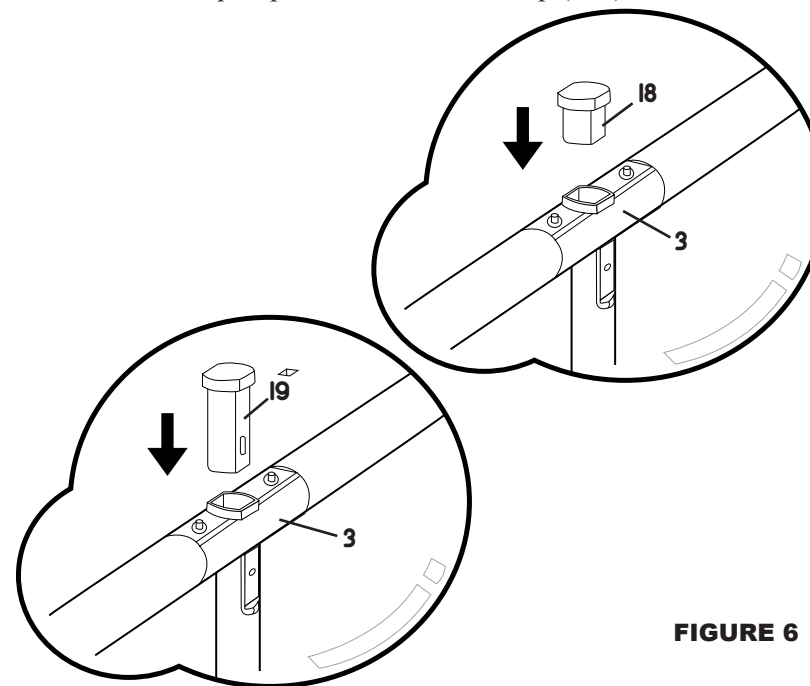


FIGURE 6

### STEP 7

Secure support assembly and T-part with Leg Sockets (#3) by using Screw (43mm) (#7A), Flat Washer (#12), Spring Washer (#10) and Cap Nut (#9) as shown in FIGURE 7, tighten them by using Wrench (#16) and Allen Wrench (#17).

IMPORTANT NOTE: Only tighten the T-part with the Plastic End Cap(#18). You will assemble T-part with the Plastic End Cap (#19) when assembling the enclosure.

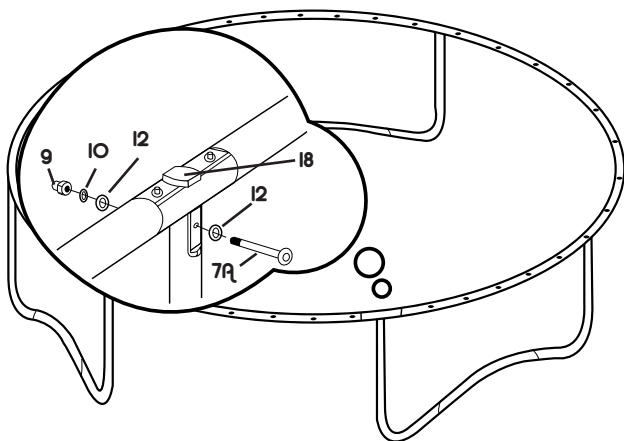


FIGURE 7

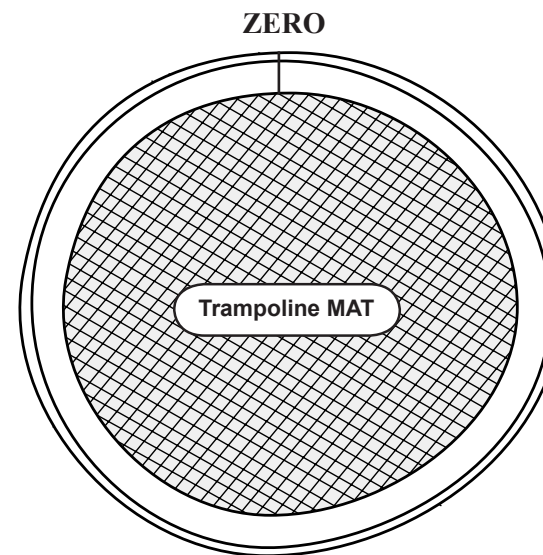


**Important:**

Now, go back to Step 3 to tighten all the screws.

### STEP 8 - ATTACHING THE JUMPING MAT TO THE FRAME

- Warning! Failure to follow instructions may result in damaged springs or frame warping/displacement. SPRINGS SHOULD BE ATTACHED AS PER INSTRUCTIONS BELOW.
  - Make sure all spring hooks face down.
  - All warning labels must be facing upwards.
  - Spring hooks must be pushed securely into the frame holes.
- A. Lay out the trampoline mat (#1) inside the frame with warning labels facing up.

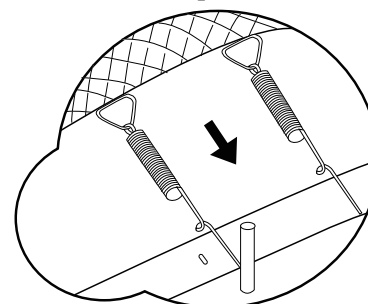


**SPRING LOADING INSTRUCTION**

1. Wear heavy duty working gloves to protect your hand.
2. Use the special spring loading tool included.
3. Hold and align spring so the hook of the spring lines up with hole on the steel frame.
4. Hold spring loading tool underhand and pull spring hook towards steel frame as shown. Drop hook into frame hole until it latches on completely and tap it down if hook is not completely in the hole.

**BE CAREFUL NOT TO PINCH HANDS OR FINGERS.  
USE GLOVES TO PREVENT PINCHING.**

**KEEP SPRINGS DRY AS WET SPRINGS ARE VERY SLIPPERY!**



B. There are total

for 8 FT	48
for 10 FT	60
for 12 FT	72
for 13 FT	72
for 14 FT	84

springs,

for 8 FT	48
for 10 FT	60
for 12 FT	72
for 13 FT	72
for 14 FT	84

Triangle-Ring and

for 8 FT	48
for 10 FT	60
for 12 FT	72
for 13 FT	72
for 14 FT	84

holes on the Top Rail Frame.

None are numbered so please follow the instructions carefully to ensure line up.

- C. Select an arbitrary point on the Top Rail Frame (call it ZERO). First, attach the spring (#13) in the direction and angle as shown to the main frame. After inserting the hook of the spring into the main frame, turn the spring around in the direction towards the trampoline mat as shown above. below. Use the special tool to connect spring and mat by pulling them together and inserting other hook through the Triangle-rings. Keep the ZERO point in mind as you will use this point later to attach the Frame Pad.

D. Next, count holes

for 8 FT	12
for 10 FT	15
for 12 FT	18
for 13 FT	18
for 14 FT	21

on the Top Rail and

for 8 FT	12
for 10 FT	15
for 12 FT	18
for 13 FT	18
for 14 FT	21

corresponding Triangle - Rings. Attach a spring at this point.

You should be at point for

for 8 FT	12
for 10 FT	15
for 12 FT	18
for 13 FT	18
for 14 FT	21

E. Now, count another

for 8 FT	12
for 10 FT	15
for 12 FT	18
for 13 FT	18
for 14 FT	21

on the Top Rail and Triangle-Rings. You should be at point

for 8 FT	36
for 10 FT	45
for 12 FT	54
for 13 FT	54
for 14 FT	63

for 8 FT	24
for 10 FT	30
for 12 FT	36
for 13 FT	36
for 14 FT	42

and attach a spring at this point.

Do this again and you should be at point

F. At this point in the assembly, you should have 4 springs install at points

for 8 FT	ZERO	12	24	36
for 10 FT	ZERO	15	30	45
for 12 FT	ZERO	18	36	54
for 13 FT	ZERO	18	36	54
for 14 FT	ZERO	21	42	63

This even disbursement of tension is

critical to the proper assembly of the rest of the trampoline mat.

G. To attach the remaining

for 8 FT	44
for 10 FT	56
for 12 FT	68
for 13 FT	68
for 14 FT	80

prings, we will use same theory of counting equal hole.

H. Attach spring every

for 8 FT	6
for 10 FT	7
for 12 FT	9
for 13 FT	9
for 14 FT	10

and corresponding Triangle-Rings. In addition to the previously installed springs, you should have springs at for

for 8 FT	6	18	30	42
for 10 FT	7	22	37	52
for 12 FT	9	27	45	63
for 13 FT	9	27	45	63
for 14 FT	10	21	52	73

I. Attach spring every

for 8 FT	3
for 10 FT	3
for 12 FT	4
for 13 FT	4
for 14 FT	5

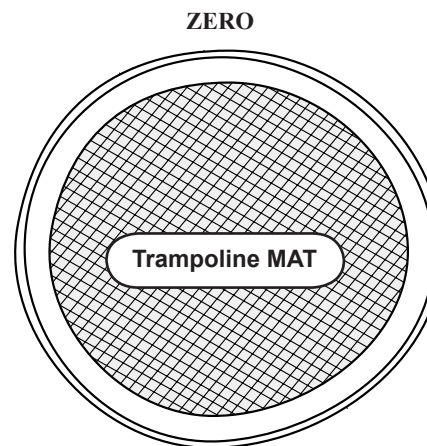
holes and corresponding Triangle-Ring. In addition to have springs at

for 8 FT	3	9	15	21	27	33	39	45
for 10 FT	3	10	18	25	33	40	48	55
for 12 FT	4	13	22	31	40	49	58	67
for 13 FT	4	13	22	31	40	49	58	67
for 14 FT	5	15	26	36	47	57	68	78

J. Attach the remaining springs.

K. If you notice that you have missed a hole and Triangle-Rings connection, recount and remove or attach any springs required to maintain the count of springs.

for 8 FT	36
for 10 FT	45
for 12 FT	54
for 13 FT	54
for 14 FT	63

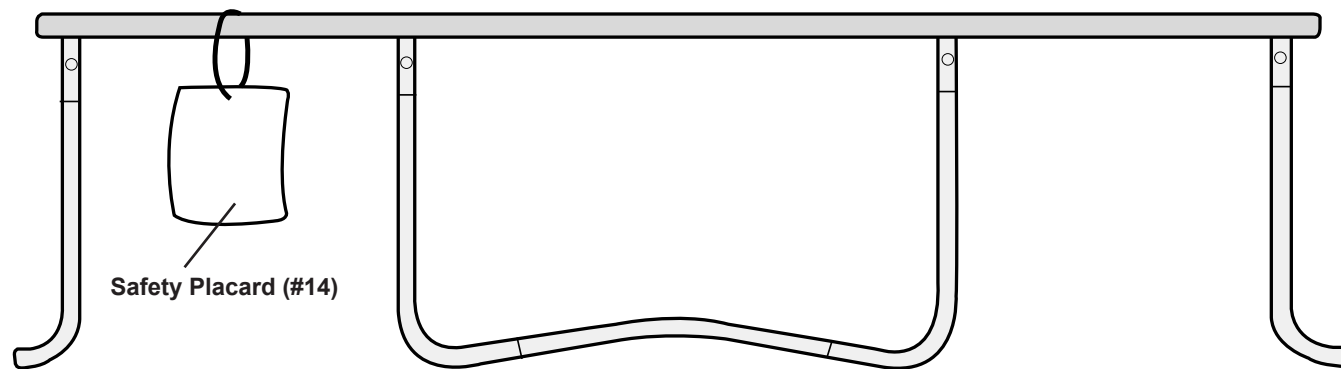


for 8 FT	12
for 10 FT	15
for 12 FT	18
for 13 FT	18
for 14 FT	21

for 8 FT	24
for 10 FT	30
for 12 FT	36
for 13 FT	36
for 14 FT	42

### STEP 9- Safety Placard Attachment

Using the tie wrap, attach the Safety Instruction Placard (#14) to the trampoline. The tie wrap should go around the Top Rail to ensure that it doesn't slide off the trampoline as shown in FIGURE 8.



**FIGURE 8**

### Frame Pad Assembly

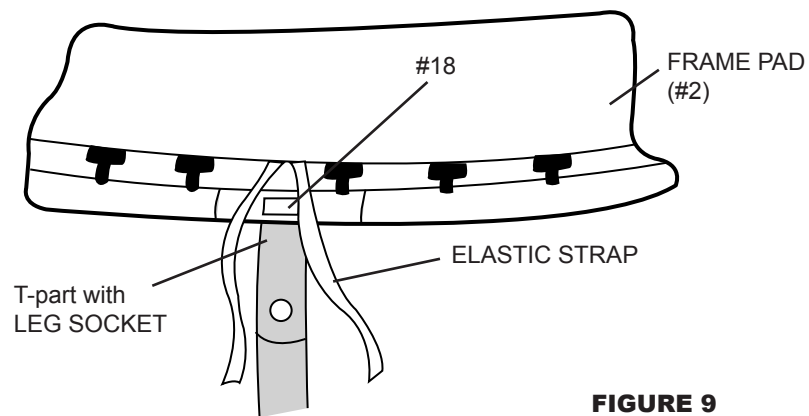


#### **WARNING**

Never use the trampoline without attaching the Frame Pad. Properly tie down the Frame Pad before each use!! Improper assembly of the Frame Pad may lead to injury!!

### STEP 10

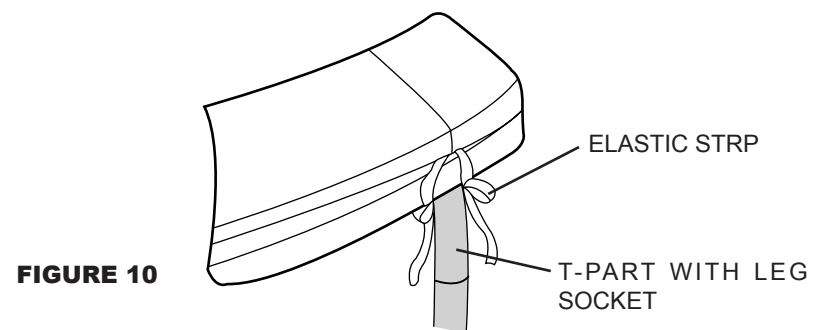
Lay the Frame Pad (# 2) over the trampoline so that the springs and the steel frame are covered. Please ensure that the Frame Pad covers all metal parts. Make sure you line up the elastic straps by T-part with Leg socket with Plastic End Cap (#18) as shown below in FIGURE 9 aligning alternate straps over leg socket.



**FIGURE 9**

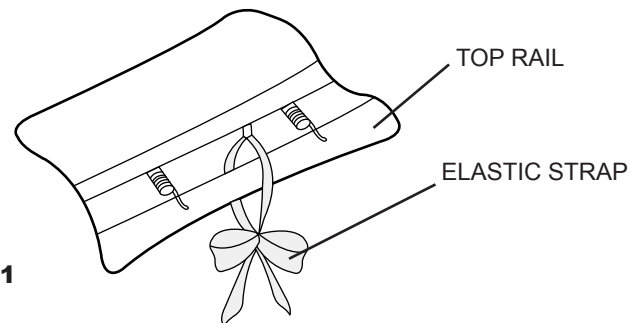
### STEP 11

A. Tie straps around leg socket as shown below in FIGURE 10.



**FIGURE 10**

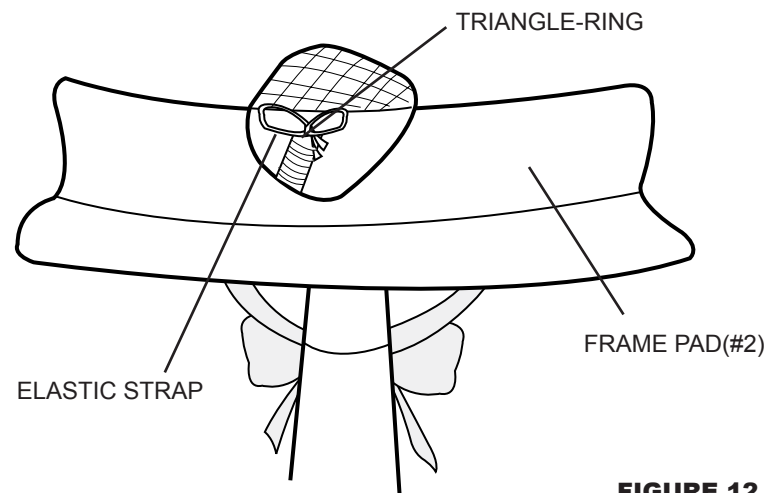
B. Tie straps around top rails as shown below in FIGURE 11.



**FIGURE 11**

### STEP 12

Tie the elastic strap which is near the jumping mat to the triangle-ring with a knot as shown in FIGURE 12. Make sure the knot is tight and the Frame Pad fits securely on the trampoline. Repeat same manner for all straps.



**FIGURE 12**

Perform a complete inspection of the trampoline to make sure all parts are assembled and attached properly.

Read this entire manual and make sure all jumpers completely understand all of the safety rules printed in the manual and on the various warning signs. Instruct all jumpers in the basic bounces described in the manual.



#### **IMPORTANT NOTICE:**

Make sure the safety pad is securely attached to the frame and completely covers the frame and all springs before using this trampoline. Do not use trampoline if even one spring or Triangle-ring is damaged or missing.



## **DISASSEMBLY**

To disassemble the trampoline, follow assembly STEP 1 through STEP 12 in reverse order. Do not attempt to disassemble any frame components before the springs and the mat have been removed. Use gloves to protect your hands from pinch points during disassembly.

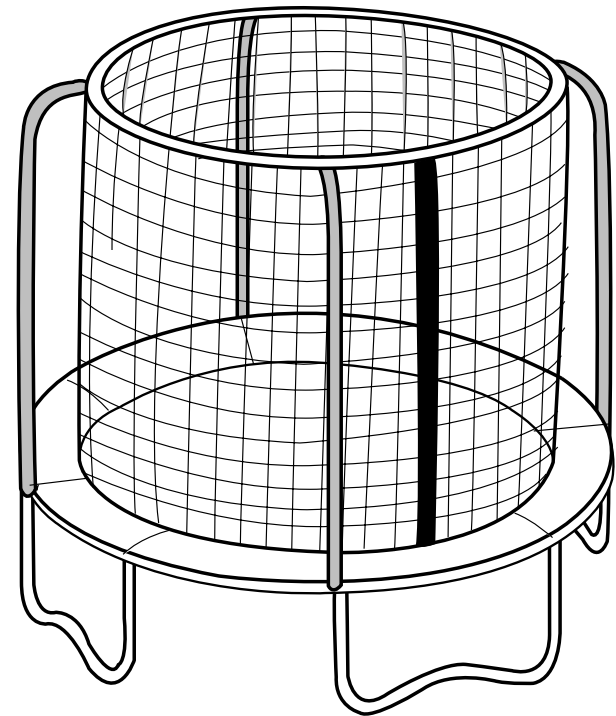
# 8FT~14FT ROUND TRAMPOLINE ENCLOSURE

Assembly, Installation, Care Maintenance, and Use Instructions  
**USER'S MANUAL**

 **WARNING**

THE TRAMPOLINE ENCLOSURE IS ONLY TO BE USED AS AN ENCLOSURE FOR A TRAMPOLINE.  
YOU MUST THOROUGHLY READ AND UNDERSTAND INSTRUCTIONS IN THIS MANUAL, BEFORE ASSEMBLING AND USING THE TRAMPOLINE ENCLOSURE.  
SAVE THIS MANUAL FOR FUTURE REFERENCE.  
MAXIMUM WEIGHT OF THE USER SHALL NOT EXCEED 220LBS/100KGS.

Do not return this product to the store,  
please contact Blue Frog Trampoline Customer Service Helpline 0844-7744333



**THIS PRODUCT PICTURE IS FOR REFERENCE ONLY.  
NUMBER OF LEGS / POLES VARIES FROM  
DIFFERENT SIZE OF TRAMPOLINE ENCLOSURE**

## **ENCLOSURE SAFETY INFORMATION**

**The trampoline enclosure is only to be used as an enclosure for a trampoline and the trampoline must be of the appropriate size as covered by specific enclosure. PLEASE READ ENTIRE INSTRUCTION BOOKLET BEFORE YOU ASSEMBLE OR USE THIS TRAMPOLINE ENCLOSURE.**

## **INSTALLATION OF THE TRAMPOLINE ENCLOSURE**

### **MAKE SURE THE ASSEMBLED TRAMPOLINE IS ON LEVEL GROUND!**

The owner and supervisors of the trampoline and trampoline enclosure are responsible to make all users aware of practices specified in the use instructions.

Use trampoline and trampoline enclosure only with mature, knowledgeable supervision.

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

In areas where there is ice and snow, it is recommended that the trampoline be disassembled and stored for the winter.

Things that children bring into the enclosure.

Children's activities inside the enclosure.

Conditions inside the enclosure while children are using it.

The way children get into and out of the enclosure.

Adequate overhead clearance is essential. The minimum of 24ft (7.3 meters) from ground level is recommended. Provide clearance for wires, tree limbs, and other possible hazards. Lateral clearance is essential. Place the trampoline and trampoline enclosure away from wall, structures, fences, and other play areas. Maintain a clear space on all sides of the trampoline and trampoline enclosure.

For safe use of the trampoline and trampoline enclosure, please be aware of the following when selecting a place:

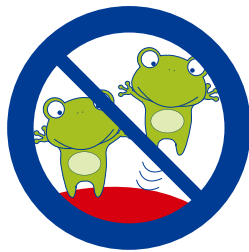
- Place the trampoline and trampoline enclosure on a level surface before use.
- Use the trampoline and trampoline enclosure in a well-lighted area. Artificial illumination may be required for indoor or shady areas.
- Secure the trampoline and trampoline enclosure against unauthorized and unsupervised use.
- Remove any obstructions from beneath the trampoline and trampoline enclosure.
- Do not place trampoline and trampoline enclosure on concrete floor, hard ground surface (i.e. rock), on slippery surface. Do not use indoor or shady areas.

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

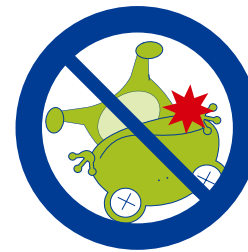
**! WARNING**

**PLEASE READ ENTIRE INSTRUCTION BOOKLET BEFORE YOU USE THIS TRAMPOLINE ENCLOSURE. Use trampoline and enclosure only with mature, knowledgeable supervision.**

**! WARNING**



**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.**

**Trampolines over 20 inches (51 cm) tall are not recommended for children under six years of age. Weight limit: 220LBS/100KGS.**

**Please do not hang on the top ring, this action may cause injury.**

**ASSEMBLING THE TRAMPOLINE ENCLOSURE**

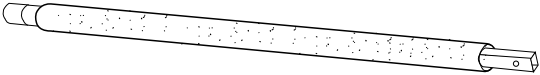
During periods of non-use, this trampoline and trampoline enclosure can be easily disassembled and stored. Please read the assembly instructions before beginning to assemble the product.

**! WARNING**

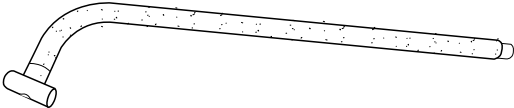
**CHECK ALL NUTS AND BOLTS FOR TIGHTNESS AND TIGHTEN WHEN REQUIRED; CHECK ALL COVERINGS FOR BOLTS AND SHARP EDGES AND REPLACE WHEN REQUIRED CHECK CORDS AND OTHER MEANS OF ATTACHMENTS FOR EVIDENCE OF DETERIORATION. REPLACE WHEN REQUIRED IN ACCORDANCE WITH THE MANUFACTURER'S INSTRUCTIONS.**

### PARTS LIST

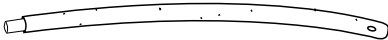
NO.	DESCRIPTION	Q'TY for 8FT trampoline	Q'TY for 10FT trampoline	Q'TY for 12FT trampoline	Q'TY for 13FT /14FT trampoline
A.	LOWER FRAME TUBE WITH FOAM	3 PCS	4 PCS	4 PCS	4 PCS
B.	UPPER FRAME TUBE WITH FOAM	3 PCS	4 PCS	4 PCS	4 PCS
C.	HORIZONTAL TUBE WITH FOAM	6 PCS	6 PCS	8 PCS	12 PCS
D.	SCREW(15mm)	6 PCS	6 PCS	8 PCS	12 PCS
E.	SMALL ARC WASHER	6 PCS	6 PCS	8 PCS	12 PCS
F.	CORD	5 PCS	6 PCS	7 PCS	8 PCS
G.	ENCLOSURE NETTING	1 PC	1 PC	1 PC	1 PC
H.	SAFETY PLACARD	1 PC	1 PC	1 PC	1 PC



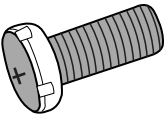
#A LOWER FRAME TUBE WITH FOAM



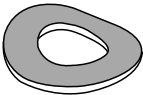
#B UPPER FRAME TUBE WITH FOAM



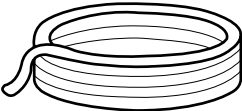
#C HORIZONTAL TUBE WITH FOAM



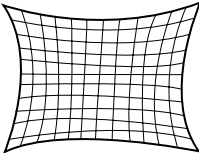
#D SCREW(15mm)



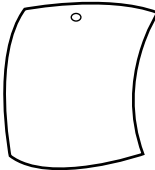
#E SMALL ARC WASHER



#F CORD



#G ENCLOSURE NETTING



#H SAFETY PLACARD

## ASSEMBLY INSTRUCTION

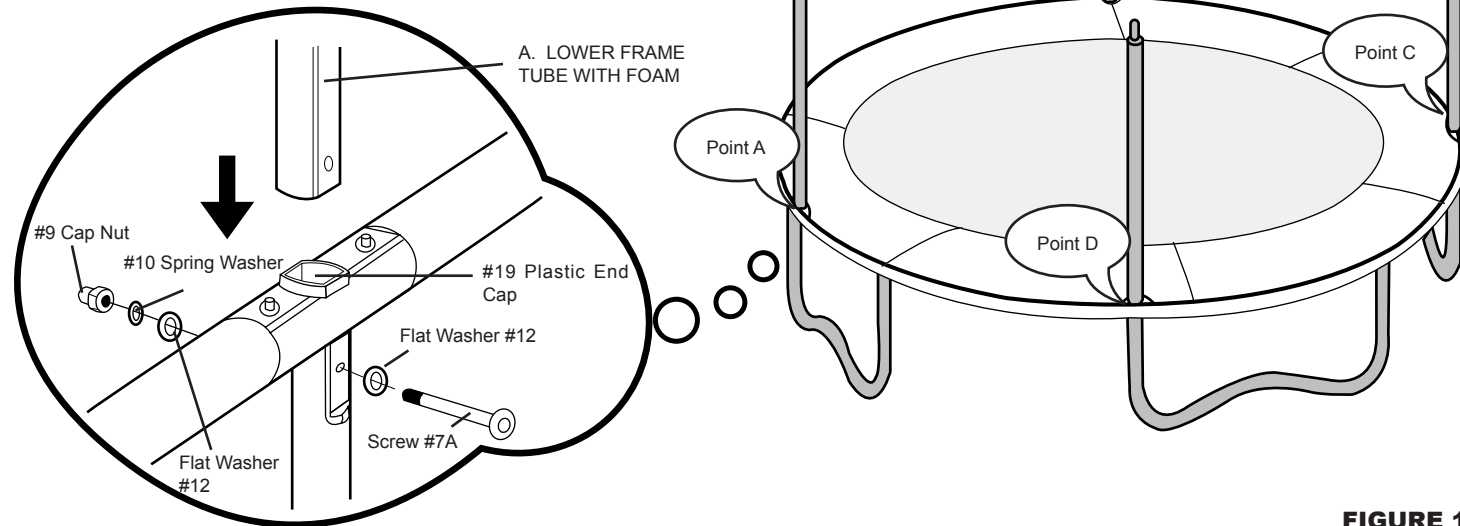
 **CAUTION**  
TWO ADULTS ARE REQUIRED TO ASSEMBLE THIS ENCLOSURE.

### STEP 1

Please have someone helping you to hold the frame tube.

Be steady when you do this step.

Slide #A LOWER FRAME TUBE WITH FOAM into the T-part with Leg Sockets with the Plastic End Cap (#19) of point A, secured by using Screw (43mm) (#7A), Flat Washer(#12), Spring Washer(#10) and Cap Nut(#9) as shown in FIGURE 1. Repeat this step at point B, point C and point D.



**FIGURE 1**

## STEP 2

For 8ft, 10ft, and 12ft enclosure, attach 2pcs of #C HORIZONTAL TUBE WITH FOAM together, secure #D SCREW And #E SMALL ARC WASHER by using ALLEN WRENCH as shown in FIGURE 2.

Repeat this step to make HORIZONTAL TUBE WITH FOAM into the semi-arc HORIZONTAL

For 13ft and 14ft enclosure, attach 3pcs of #C HORIZONTAL TUBE WITH FOAM together, secure #D SCREW and #E SMALL ARC WASHER using ALLEN WRENCH (#17).

NOTE: CONNECT THE TWO or THREE TUBES AS TIGHTLY AS YOU CAN.

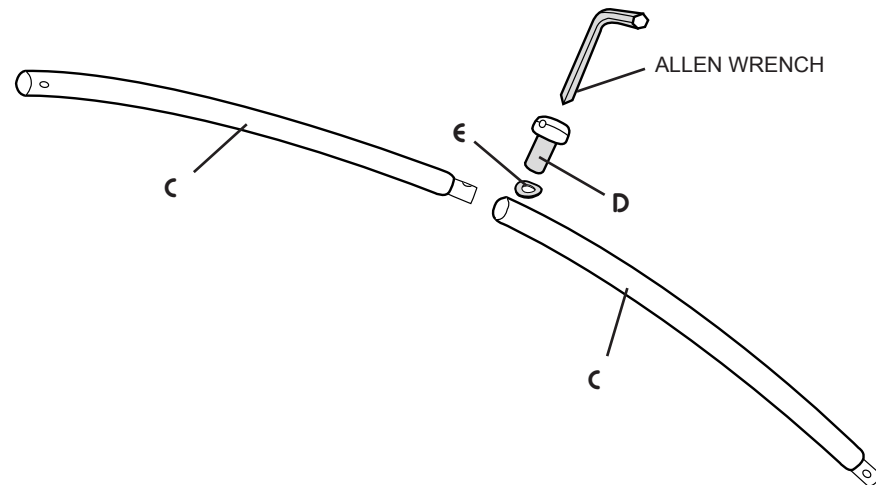


FIGURE 2

## STEP 3

With someone holding the sleeve on top of the #G ENCLOSURE NETTING, insert the semi-arc HORIZONTAL FRAME into the sleeve opening as shown in FIGURE 3. Repeat in the same manner for all sleeves, then place the enclosure netting on the Mat for further use .

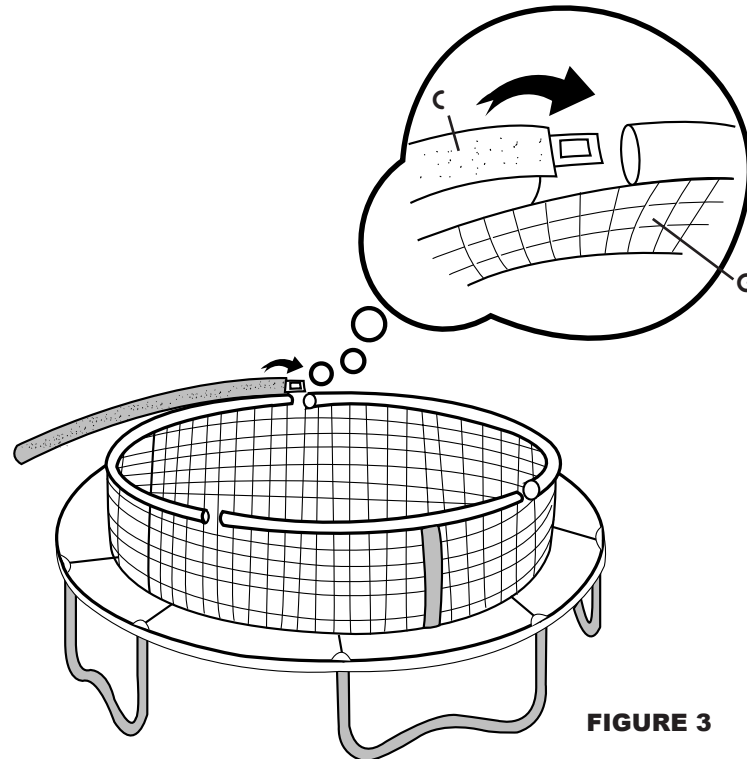


FIGURE 3

#### STEP 4

Connect the ends of the assembled semi-arc HORIZONTAL FRAME from STEP 3 and the #B UPPER FRAME TUBE WITH FOAM by using #E ARC WASHER and #D SCREW (15mm) by using ALLEN WRENCH as shown in ENLARGED DIAGRAM of FIGURE 4. Repeat this step for all the tubes to make a "TOP CIRCLE".

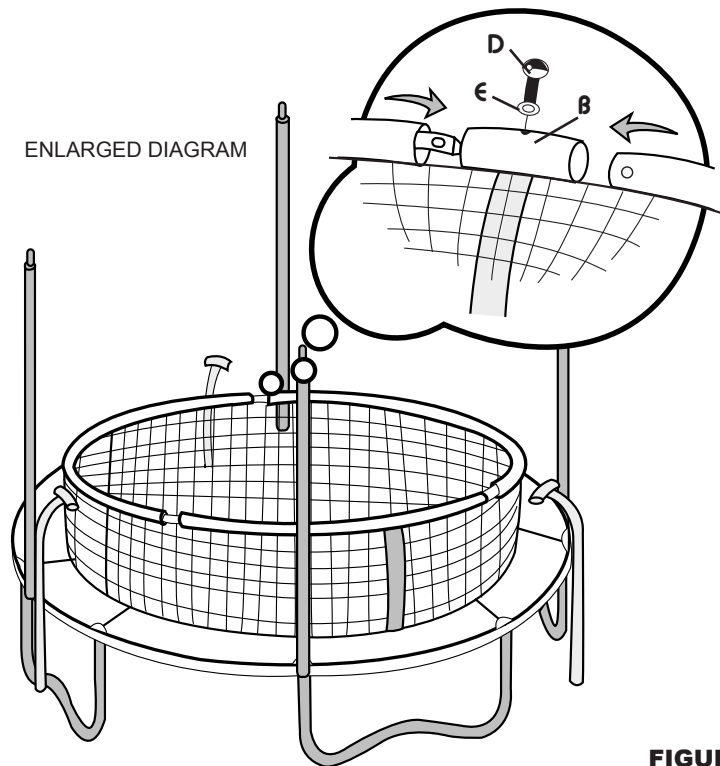


FIGURE 4

#### STEP 5

**CAUTION**  
**TWO ADULTS ARE REQUIRED**

Attach the assembled "TOP CIRCLE" (together with #C and #B) with #G Enclosure Netting to the #A LOWER FRAME TUBE WITH FOAM as shown in FIGURE 5. Do this for all of the tubes.

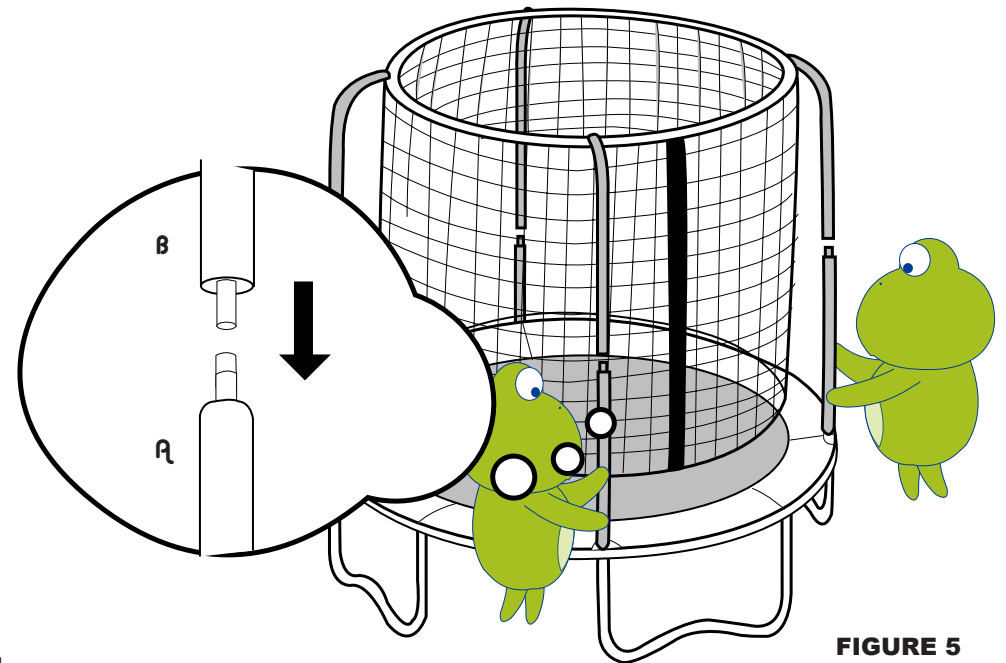
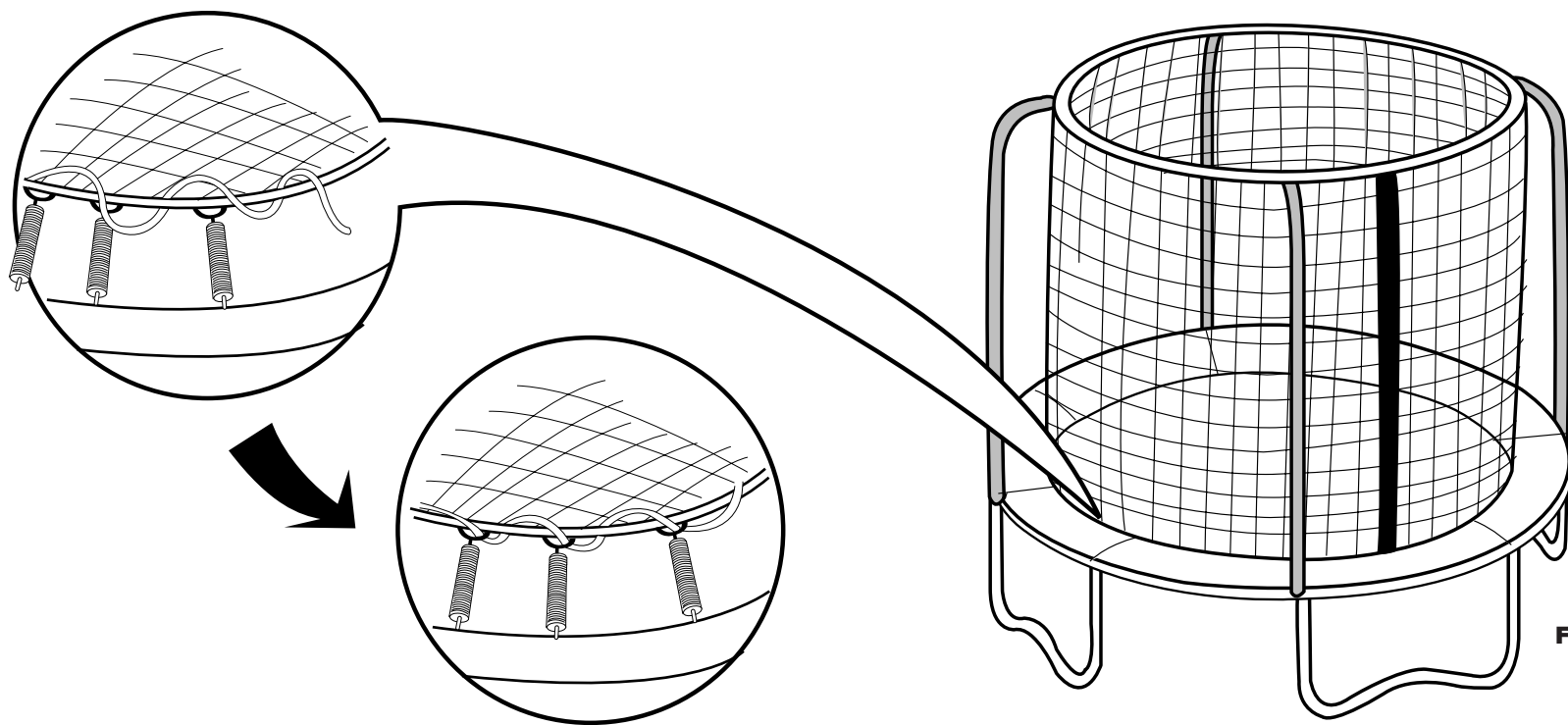


FIGURE 5

**STEP 6**

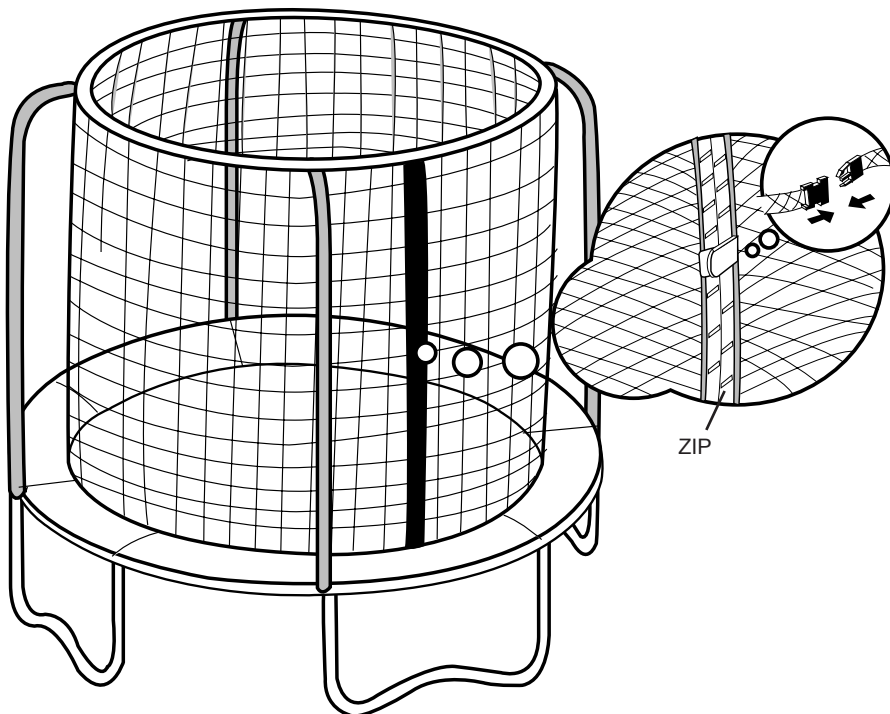
Tie one end of the #F CORD to trampoline mat ring first, pull the CORD through net edge and trampoline mat ring as shown. Pull the CORD over all the trampoline mat rings.



**FIGURE 6**

**STEP 7**

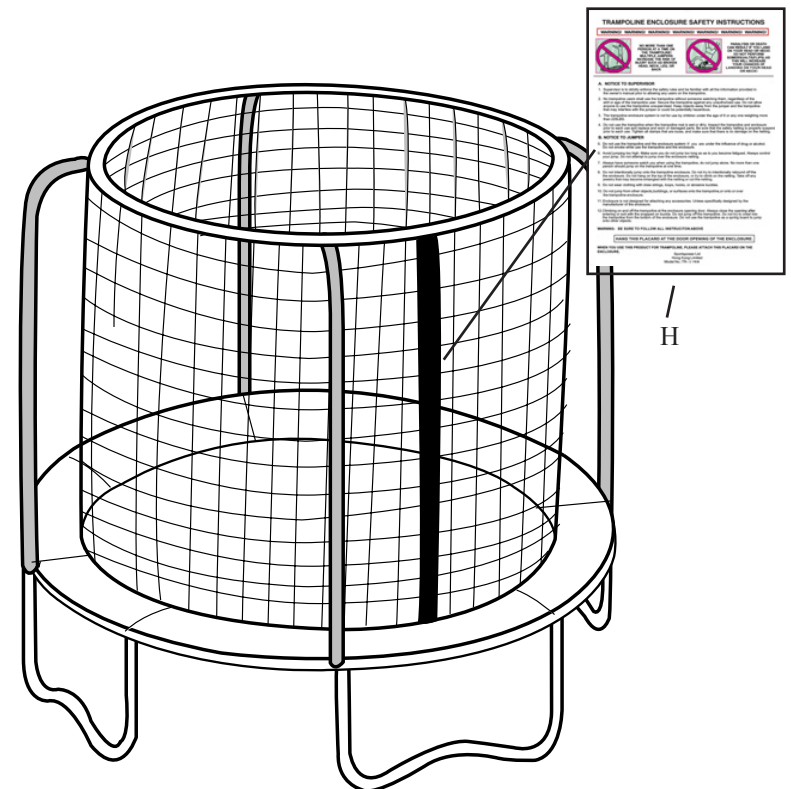
Pull the zipper of ENCLOSURE NETTING at the door which should be located between two leg bases of the trampoline as shown in FIGURE 7. Snap the two buckles closely. (one may be hidden under the pad of the trampoline).



**FIGURE 7**

**STEP 8**

Use the included plastic tie to attach #H Safety Placard to the netting near the door as shown in FIGURE 8.



**FIGURE 8**

## **DISASSEMBLY**

To disassemble, simply follow assembly STEP 1 thru STEP 8 in reverse order, until you have disassembled the enclosure.

## **CARE AND MAINTENANCE**

This trampoline enclosure 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 enclosure 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. Also, the person should weigh less than 220 pounds/100 kgs. 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.

Inspect the trampoline enclosure before each use and replace any worn, defective, or missing parts. The following conditions could present potential hazards:

- Missing, improperly positioned or insecurely attached barrier or enclosure support system (frame) padding and pole caps
- Punctures, frays, tears, or holes worn in the barrier or support system (frame) padding
- Deterioration in the stitching or fabric of the barrier or support system (frame) padding
- Bent or broken support system (frame)
- Sagging barrier
- Sharp protrusions on the support (frame) or suspensions system
- Trampolines are great fun, when used correctly, however most injuries are caused during the use of the trampoline not because of their construction, read these instructions and warning carefully and ensure you follow them at all times
- Follow all assembly and maintenance instructions closely to ensure the equipment is safe to use and lasts as long as possible
- This trampoline is only suitable for domestic use
- Above the trampoline, ensure there is clear and free space to the expected jumping height, it is strongly advised not to place the trampoline under the canopy of surrounding trees
- Do not use the trampoline in the dark
- Do not put any objects on the trampoline
- Do not allow any objects or persons underneath the trampoline
- Animals are not allowed on the trampoline
- Do not smoke while using the trampoline

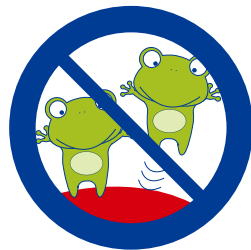
**! WARNING**

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

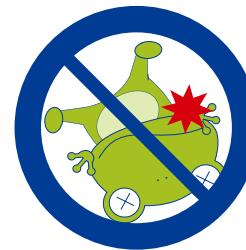
**! WARNING**

**PLEASE READ ENTIRE INSTRUCTION BOOKLET BEFORE YOU USE THIS TRAMPOLINE.**  
Use trampoline only with mature, knowledgeable supervision.

**! WARNING**



**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**

## USE INSTRUCTIONS



### WARNING

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.
- Do not allow more than one person inside of the trampoline enclosure. Use by more than one person at the same time can result in serious injuries.
- Use trampoline enclosure only with mature, knowledgeable supervision.
- Inspect the trampoline enclosure before each use. Make sure the barrier and the enclosure support (frame) padding is correctly and securely positioned. Replace any worn, defective or missing parts.
- Do not attempt to jump over the barrier.
- Do not attempt to crawl under the barrier.
- Do not intentionally rebound off the barrier.
- Do not hang from, kick, cut or climb on the barrier.
- Wear clothing free of drawstrings, hooks, loops or anything that could get caught in the barrier.
- Do not attach anything to the barrier that is not a manufacturer-approved accessory or part of the enclosure system.
- Enter and exit the enclosure only at the enclosure door or barrier opening designated for that purpose.
- Read all instructions before using the trampoline enclosure. Warnings and instructions for the care, maintenance, and use of this trampoline enclosure are included to promote safe, enjoyable use of this equipment.
- A trampoline enclosure installed on a trampoline is raised off the ground. The height of the enclosure increases the risk of a fall when a jumper is entering or exiting the enclosure. Young children in particular may have difficulty getting into and out of the enclosure. To reduce the risk of falling, help young children to get into and out of the enclosure.

- Trampolines are great fun, when used correctly, however most injuries are caused during the use of the trampoline not because of their construction, read these instructions and warnings carefully and ensure you follow them at all times.
- Follow all assembly and maintenance instructions closely to ensure the equipment is safe to use and lasts as long as possible
- This trampoline is only suitable for domestic use
- Above the trampoline, ensure there is clear and free space to the expected jumping height, it is strongly advised not to place the trampoline under the canopy of surrounding trees
- Do not use the trampoline in the dark
- Do not put any objects on the trampoline
- Do not allow any objects or persons underneath the trampoline
- Animals are not allowed on the trampoline
- Do not smoke while using the trampoline

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.

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

- Do not attempt to jump over the netting. Do not intentionally rebound off the netting. Do not hang from, kick, cut or climb on the netting.
- Do not attach anything to the netting that is not a Sports power LTD. approved accessory or part of the trampoline enclosure.
- IF YOU FIND ANY OF THE PREVIOUS CONDITIONS, OR ANYTHING ELSE THAT YOU FEEL COULD CAUSE HARM TO ANY USER, THE TRAMPOLINE AND TRAMPOLINE ENCLOSURE SHOULD BE DISASSEMBLED OR SECURED FROM USE UNTIL THE CONDITION(S) HAS BEEN RESOLVED.
- 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.



- Avoid bouncing too high. Stay low until bounce control and repeated landing in the broken circle in the center of the trampoline bed can be accomplished. Control is more important than height.
- Do not bounce recklessly on the trampoline with enclosure 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 with enclosure alone 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 with enclosure.
- 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 broken circle in the center of the trampoline bed. Do not jump more than 1 foot from the broken circle in 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 and trampoline enclosure must not be used in gusty or severe winds.
- In severe wind situations, the trampoline and trampoline enclosure can be blown about. If you expect windy weather conditions, the trampoline enclosure should be disassembled and the trampoline should be 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
- Do not use the trampoline enclosure when under the influence of alcohol or drugs.
- For further information or additional instructional materials on skill training, contact a competent trampoline instructor.
- Properly secure the trampoline and the trampoline enclosure when not in use. Protect it against unauthorized use.
- Do not jump from other objects, buildings, or surfaces, onto the trampoline, or into or over the trampoline enclosure.

## **TIPS TO REDUCE THE RISK OF ACCIDENTS**

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

### **Jumpers 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 and trampoline enclosure. 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 and trampoline enclosure. If supervision is unavailable or inadequate, the trampoline and trampoline enclosure 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 enclosure and that jumpers are informed of these warnings and instructions.

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

Enter and exit the trampoline enclosure only through the opening in the netting. Place one knee on the frame pad and climb head first through the opening. To exit the enclosure, sit on the bed of the trampoline and climb feet first through the opening. When you are through the opening and sitting on the frame pad, step or jump safely to the ground.

**Customer Service:  
Do not return this product to the store,  
please contact Blue Frog Customer Service Hot line - 0844 7744333**