



TRAMPETTE - operation and maintenance



Trampette

- NEVER forward roll out of any trampette movements unless you are an advanced performer
- Crippling injuries can occur during somersaults
- Do not attempt to learn somersaulting without the appropriate use of a spotting rig, safety belt or other safety aid under the supervision of a qualified instructor
- Any activity involving motion or height creates the possibility of accidental injury. This equipment is intended for use ONLY by qualified participants under supervised class or competitive conditions
- Use without proper supervision is **DANGEROUS** and should not be undertaken or permitted
- Before using, **KNOW YOUR OWN LIMITATIONS** and the limitations of the equipment
- If in doubt always consult your instructor
- Always inspect for loose fittings or damage and test stability before each use

Regularly check all items for wear. If replacements are necessary contact Continental.

See recommendations in the Continental maintenance manual concerning regular maintenance inspections and reports.