

HIGH BAR



SAFETY

This specialist item of gymnastics equipment must only be used under the supervision of a suitably qualified gymnastics coach

OPERATION

1. A minimum of three people are required to assemble the high bar
2. Ensure all parts are to hand - uprights - steel bar - chains - cables, etc.
3. Check all parts for undue wear or damage
4. Lay uprights on floor and slot steel bar into rotating upright castings.
5. Position upright bases equidistant between the floor fixing points.
6. Attach cables to hooks on rotating upright castings.
7. Connect chains to floor fixing points.
8. Two people - one to each upright (along with the connecting steel bar) to place and hold the uprights in a vertical position between the floor fixing points.
9. Third person to connect cables to the chains ensuring the chains/cables are reasonably taut. Only when this operation has been completed is it safe to release the uprights.
10. Check that the uprights are vertical and are parallel with each other.
11. Tension cables equally ensuring tension indicator does not extend beyond the red line.
12. A final safety check of the Bar should be made by the Coach in charge before any gymnast is allowed to work.
13. To disassemble the Bar, follow the assembly instructions in reverse order.

See recommendations in the Continental maintenance manual concerning regular maintenance

BAR REPLACEMENT

Wear and tear within the steel horizontal bar cannot be easily observed. Continental and the FIG therefore recommend that the steel bars are replaced after three years use. A date stamp is put on all Continental Steel Bars at the time of manufacture and the bars must not be used after that date. Please contact Continental to order a replacement bar well in advance of that date.