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TRAMPETTES



SAFETY

1. Crippling injuries can occur during somersaults
2. Use without proper supervision is **DANGEROUS** and should not be undertaken or permitted
3. Before using, **KNOW YOUR OWN LIMITATIONS** and the limitations of the equipment
4. If in doubt always consult your instructor
5. 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

OPERATION

1. **NEVER** forward roll out of any trampette movements unless you are an advanced performer
2. 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
3. **DO NOT** use the trampette if any webbing is cut or broken.

MAINTENANCE

1. Always inspect for loose fittings or damage and test stability before each use
2. Inspect the bed and do not use if any stitching is undone or any webbing damaged – call Continental for advice on repair or replacement.

Regularly check all items for wear (e.g. check for broken threads or worn webbing).
If replacements are necessary, contact Continental.

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