

TRAMPOLINE SPOTTING RIG



SAFETY CHECK

1. Always check rope and all fixings before use
2. Always remove any kinks or knots in the rope before use
3. Pull the belt well clear of the bed when not in use.

INITIAL CHECK

1. Always try a plain jump first with the spotter trying to hold you in mid air. This tests two vital things:
 - a. the integrity of the rig and
 - b. the ability and the weight of the spotter who intends to hold the user for more advanced work.

USAGE RESTRICTION

1. The rig **MUST** only be used by a qualified trampolining coach who has passed the relevant British Gymnastics coaching certificate
2. The spotter should take up all slack in the ropes but avoid jerking the performer.
3. The supporting side ropes should form an angle of 45 degrees with the upper part of the performer's body when standing on the Trampoline before work begins.