



## Trampoline owner's manual

**You must read the following prior to use of the trampoline and make this document available to anyone involved with using the trampoline at your facility:**



### **IMPORTANT SAFETY WARNING**

**TRAMPOLINES CAN BE DANGEROUS.** They are large, heavy pieces of equipment, and can cause injury during setting up, in use or misuse, and when putting away. They must only be used with the utmost care and diligence and only under the supervision of a suitably qualified person.

### **IMPORTANT WARNING REGARDING SETTING UP AND PUTTING AWAY**

You must follow the instructions in this manual regarding setting up and putting away your trampoline. The procedure must only be undertaken by **at least two qualified strong people** who have been trained in the procedure.

It is vital to ensure that the end leaves of the trampoline **NEVER UNDER ANY CIRCUMSTANCE** are allowed to gain momentum when being folded or unfolded. If they do, then not only do you risk injury to the persons setting out or folding the trampoline, but you risk damaging the trampoline end leaf which requires expensive remedial work which must be undertaken at Continental's premises.

If an end leaf is allowed to gain momentum (or is dropped) when setting out the trampoline there is a real risk that the end leaf will bend. Also, if the trampoline is used without the leg brace correctly inserted, there is a real risk that the end leaf will bend. These are the only two ways (other than other types of misuse) that a trampoline end leaf can bend and are both considered to be misuse and the necessary remedial work will not be carried out under warranty. Trampoline end leaves can not bend in normal use

This product has been manufactured to the highest standards, and it will give years of satisfaction if the following guidelines are followed:

### **Servicing & maintenance**

Equipment must be regularly serviced by Continental Sports Ltd ("Continental"). Continental accepts no liability for loss or damage arising as a result of:

- (i) The equipment having been serviced by persons, other than those of the manufacturer, or
- (ii) Replacement parts, additional parts or accessories manufactured by persons other than Continental Sports Limited having been incorporated into, or attached to the equipment, or
- (iii) The equipment having been adapted for use, or operated or used in such a way as does not conform to the recommendations of the manufacturer.

### **Damage**

Equipment damaged, abused or worn from extended use, will be repaired at prices ruling at the time of inspection.

Further, Continental accepts no liability for any expenses or losses incurred as a result of interruptions in the use of any equipment.

### **Special considerations regarding 6mm or 4mm webbing**

Continental's 6mm trampoline beds have been developed to meet the needs of performers who are advanced in their activities and wish to achieve greater lift and height than that given by the 13mm and 25mm web beds and, therefore, 6mm beds are not recommended for general physical education classes. Because of the extreme impact generated by the more advanced performers using a 6mm bed, it should be understood that these beds will not take the abuse or have the life expectancy of the normal web beds used for physical education classes and Continental makes no warranties regarding replacements in the event of shortened bed life.

The very narrow webbing makes even small repairs very impractical and therefore this bed should be discarded as a safety precaution if and when it shows damage or wear.

### **Care of your trampoline**

TRAMPOLINES **MUST** BE OPENED AND CLOSED BY AT LEAST TWO STRONG TRAINED PEOPLE.

Your trampoline is designed and constructed to withstand normal and consistent use. However, like any other quality product it requires care to maintain its appearance and effectiveness and to prolong its life. Here are a few steps to follow in caring for your trampoline:

**FRAME:** The frame needs only an occasional wipe with a damp cloth to retain its finish. Check regularly that ALL Allen screws are tight.

**BED:** The web bed can give you many years of trampolining provided it is looked after. Washing the bed will cause it to shrink and become harder. Try to avoid the necessity to wash the bed by keeping it as clean as possible. If the bed must be washed then wash it in lukewarm (never hot) water and mild detergent while still stretched out on the frame to reduce shrinkage to a minimum. Rinse well with clean, cold water and allow to dry while stretched out on the frame.

The solid nylon bed can also be treated as above but never use hot water. Never permit outdoor shoes or even plimsolls with dirt or grit on the soles to be worn when jumping on this bed.

**STORAGE:** If your trampoline is to be stored for a long period of time it is recommended that you remove the bed and suspension system.

**PERFORMANCE:** Be sure that anyone mounting or dismounting the trampoline steps directly from the frame onto the bed and not on the suspension system and does not pull on the pads. Your cables or springs will last much longer if this precaution is taken. Also make sure all four leg braces are in position prior to performing. 5 metres of head room floor to ceiling is the minimum. Check to see hooks on springs or cables point downwards.

**PROPER ATTIRE:** See that everyone wears proper clothing for Trampolining.

**STORAGE:** Always lock up your trampoline when not in use, ensuring legs and top rails are secured.

# CODE OF PRACTICE FOR TRAMPOLINING

Issued by the British Trampoline Federation 1986

1. THE HALL
  - 1.1 Site the trampoline away from overhead projections, walls or any protruding structure which could cause injury to trampolinist/pupil.
  - 1.2 Light from windows should not dazzle the trampolinist/pupil.
  - 1.3 The trampoline area should be protected from stray balls or other projectiles.
  - 1.4 The height of the hall should be at least 5m/16ft. for recreational use and 8m/26ft. for competition use.
  - 1.5 There should be space to store the trampolines locked away from the working area. Alternatively the trampoline frames should be secured against unauthorised use.
2. SAFETY CHECK FOR THE EQUIPMENT.

to be carried out before use or at least weekly.

  - 2.1 The roller stands for freely revolving hooks, freely swivelling and running castors.
  - 2.2 Allen screws on leg braces, chains and joints where applicable.
  - 2.3 That all frame pads are securely in place (either wide pads for safety sides or coverall pads) which should conform to BS specification No. 1892.

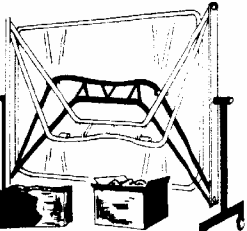
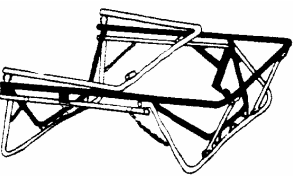
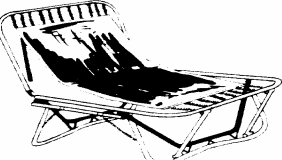
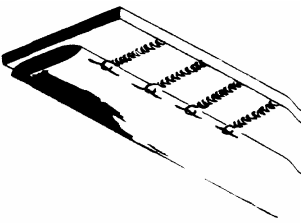
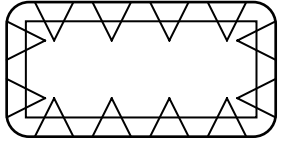
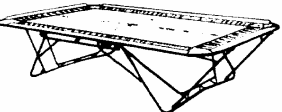
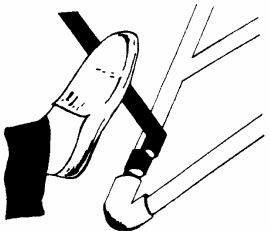
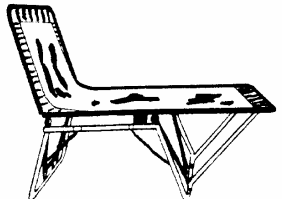
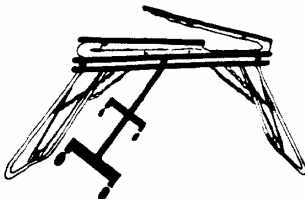
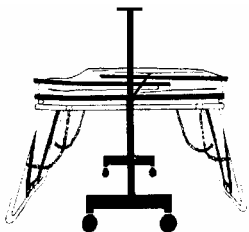
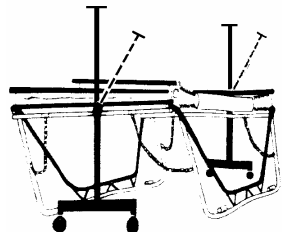
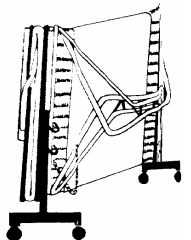
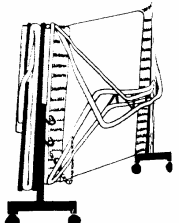
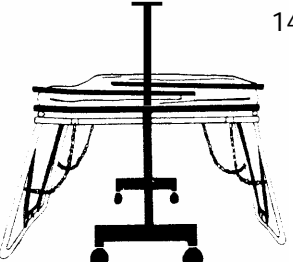
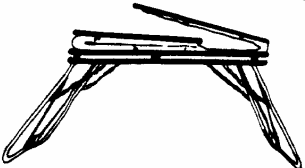
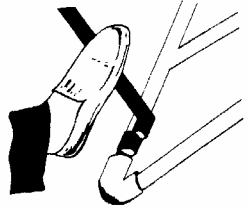
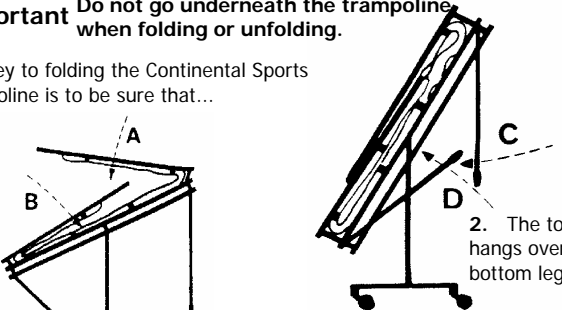
It is even better if safety landing mattresses are supported on a firm base at the ends of the trampoline (special mats and support frames can be purchased for competition trampolines).
  - 2.4 The pads for tears, loose or missing straps or soft areas where little protection would be afforded anyone landing on that section
  - 2.5 The outer frame for wear at the hinges and bowing of the long side due to dropping of the ends.
  - 2.6 The anchor bars, on both frame and bed, for excessive wear from the hooks of the cables or springs.
  - 2.7 The springs or cables to ensure that they are all in place with hooks downwards, a suitable tension and the same length.
  - 2.8 CHECK The Beds for;
  - 2.9 Tears or thin areas on the solid beds.
  - 2.10 Breaks in the webbing or loose stitching which might allow a toe or finger to catch and cause injury.
  - 2.11 Uneven tension, indicated by red lines not being straight - can be rectified by moving springs to even the tension.

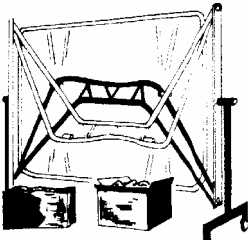
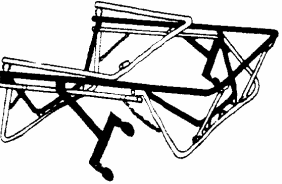
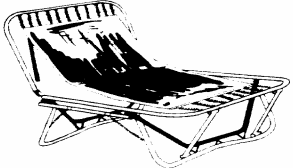
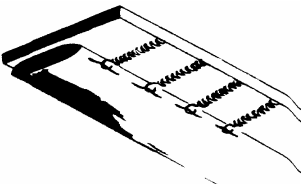
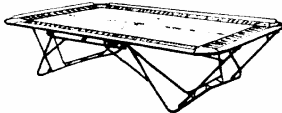
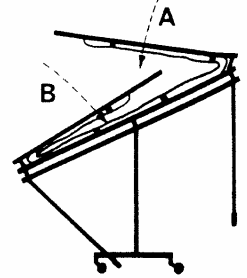
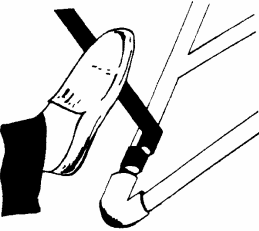
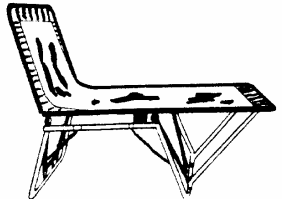
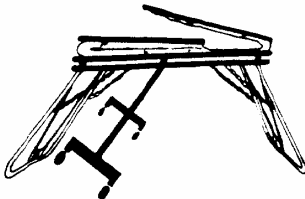
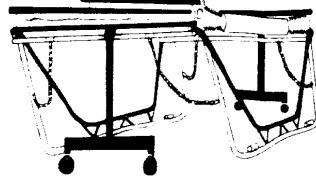
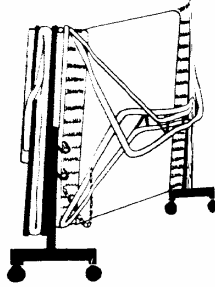
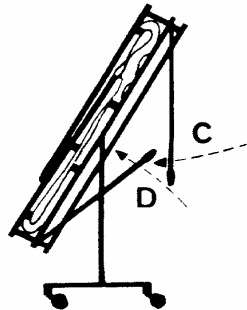
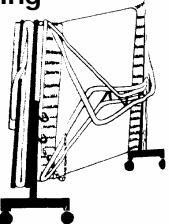
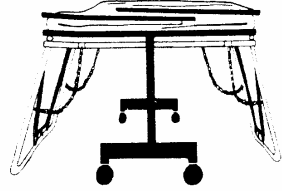
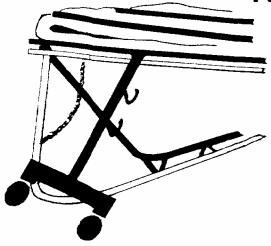
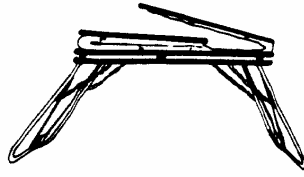
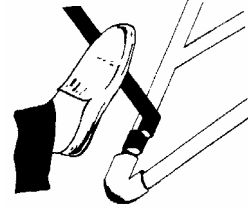
Worn or broken anchor bars around the edge of the bed.  
High tension caused by excessive shrinkage of the bed.
  - 2.12 All damage should be reported to the responsible authority. If necessary the trampoline should be taken out of service until repaired by the manufacturer or an Approved Agent and declared safe.
3. ERECTING AND FOLDING THE TRAMPOLINE
  - 3.1 This should be carried out only by trained staff or under the direct supervision of trained staff, by at least two strong trained persons.
  - 3.2 The trampoline is HEAVY. Make sure that no heavy part such as the frame ends or the whole trampoline is allowed to move quickly and develop a high momentum.
  - 3.3 During use, place the roller stands well away from the trampoline.
  - 3.4 NEVER pull the trampoline frame towards you when folding it up and do not walk under it. The trampoline weighs approximately 250kg/5cwt. and could tip over on top of you possibly causing serious injury.
4. AFTER USE PUT THE TRAMPOLINE IN THE STORE AND SECURE IT AGAINST UNAUTHORISED USE.
5. IF LEFT IN THE GYMNASIUM LOCK IT UP TO PREVENT USE.
  - 5.1 THE TEACHER/COACH OR SUPERVISOR.
  - 5.2 All those teaching or supervising trampolining should have a Trampoline Coaching Award or at least should have attended a Coaching or Safety Course [which satisfied the management's requirements] and have a knowledge of emergency procedures.

The Teacher/Coach or Supervisor should NEVER allow:
  - 5.3 Any trampolinist/pupil to take part after illness/injury or absence due to injury/illness without first checking that the pupil is fit to meet the demands of performance.
  - 5.4 Jumping without correct footwear - trampoline shoes or socks should be worn if there is a foreseeable danger of toes going through the holes in the bed.
  - 5.5 Jumping for long periods - 45 seconds to one minute is sufficient.
  - 5.6 Double bouncing without permission.
  - 5.7 Horse-play or fooling around.
  - 5.8 Eating on Trampoline.
  - 5.9 Wearing of any jewellery, watches, chains or any article which could catch on the bed or could harm the spotters or the trampolinist/pupil.
  - 5.10 Long hair being free; it should be tied back, nails should be trimmed.
  - 5.11 Participation without sports clothing.

Jumping without at least four trained spotters of suitable size or safety landing mattresses as alternative protection.
  - 5.12 New Skills without checking the readiness of the trampolinist/pupil and without using progressive practices.
  - 5.13 Somersaulting without permission.
  - 5.14 First attempts at multiple somersaults without the use of the overhead support rig and safety landing mattresses.

Use of the overhead support rig without checking the secure attachment of the ropes, the swivels, the buckles and the ability to support the weight of the trampolinist/pupil.
  - 5.15 Any accident to go unrecorded.
6. THE TRAMPOLINIST/PUPIL
  - 6.1 Never attempt to unfold or fold the trampoline on your own or if the person in charge is not present.
  - 6.2 Trampoline shoes or socks must be worn if there is a danger of toes going through the holes in the bed.
  - 6.3 Never use the trampoline unless your teacher/coach is present.
  - 6.4 Never attempt difficult skills without the permission of the teacher/coach.
  - 6.5 Never get involved in "TESTS OF DARING" with others.
  - 6.6 Pay attention to the advice of the person supervising the activity.
  - 6.7 Pay attention at all times when spotting for others.
  - 6.8 If in doubt ASK the teacher/coach.
  - 6.9 Inform the teacher/coach if you have had any accident in the last six months which caused unconsciousness from a blow on the head.
  - 6.10 Inform the teacher/coach of any medical condition which may affect your fitness to participate.

<p><b>Assembly</b> 1</p>  <p>Your Continental trampoline consists of three basic parts: Frame, Bed, Suspension system.</p>	<p>2</p>  <p>Unfold as shown in pictures 13-15 so frame rests on legs. Hook suspension system (springs or cables) into frame ends only. Have hooks down on opened end of frame.... up on closed end.</p>	<p>3</p> <p>When fitting steel springs use spring tool provided to avoid over-stretching.</p>  <p>Open bed and hook into springs or cables. Unfold end leaf, stretching bed and suspension system into place, insert end braces in bushings on leg.</p>	<p>4</p>  <p>Hook side springs or cables evenly along side rails. Do not completely finish one side before starting other, but space the work evenly to ensure equal pull.</p>	<p>5</p> <p>For 101 Trampolines only. Attach trampoline pad riser strap to four corner cleats using the four elastic cables provided</p>  <p>Fit twelve elevator springs interlaced with riser straps in positions shown.</p>	<p>6</p> <p>For 99 Trampolines ensure four elastic cables are fitted across corners of frame to prevent the possibility of people stepping through.</p>  <p>Attach frame pads using fixing straps. Your Continental Sports trampoline is now ready for use.</p>
<p><b>Folding</b> 7</p>  <p>Kick out leg braces (at bottom). Note ! Do not hang on end leaf. Use feet not hands when removing the leg braces.</p>	<p>8</p>  <p>Lift and fold end rail.</p>	<p>9</p>  <p>Go to opposite end of trampoline and kick out leg braces and fold end leaf over. The trampoline is now ready to attach the roller stands</p>	<p>10</p>  <p>Place roller stand hand lever in extended position making sure the locating pin is engaged securely in place. Raise securing arm to uppermost position and locate roller stand pivot pin into socket on trampoline side rail.</p>	<p>11</p>  <p>When roller stands are in place. ONE person at each side of the trampoline is required to operate the roller stands. Before disengaging locating pin ensure that the hand lever is firmly held with one hand. Rotate the hand lever towards the floor and re-engage locating pin securely in place.</p>	<p>12</p>  <p>Unclip karabina hooks on chains of end folded last and push leg below hinges, to allow opposite leg to rotate underneath. Re-fasten chains. Pick up lower leg and fold under top leg rotating trampoline into the vertical position.</p>
<p><b>Unfolding</b> 13</p>  <p>Grasp top leg and lower bottom leg to floor, rotating frame. Unfasten karabina hooks on both chains of the top leg and push down on leg below hinge. This allows opposite leg to swing through, re-fasten chains.</p>	<p>14</p>  <p>Spread leg sections. Before disengaging locating pin ensure that the hand lever is firmly held with one hand. Rotate hand lever to it's extended position and re-engage locating pin securely in place.</p>	<p>15</p>  <p>Remove roller stands. Pull leg sections (below the chain) Two people to unfold one end leaf and secure by inserting leg braces into bushes on leg. Note ! Do not hang on end leaf. Use feet not hands when locating the leg braces.</p>	<p>16</p>  <p>Unfold other end leaf and secure leg braces. The trampoline is now ready to use.</p>	<p><b>Important</b> Do not go underneath the trampoline when folding or unfolding.</p> <p>The key to folding the Continental Sports trampoline is to be sure that...</p>  <p>1. The top leaf (A) hangs over the bottom leaf (B).</p> <p>2. The top leg (C) hangs over the bottom leg (D)</p> <p>When transporting to another building or over rough ground, it is best to strap the legs in place and to strap the roller stands to the frame. Never bump up and down steps.</p>	

<p><b>Assembly</b> 1</p>  <p>Your Continental trampoline consists of three basic parts: Frame, Bed, Suspension system.</p>	<p>2</p>  <p>Unfold as shown in pictures 12-15 so frame rests on legs. Hook suspension system (springs or rubber cables) into frame ends only. Have hooks down on opened end of frame.... up on closed end.</p>	<p>3</p>  <p>When fitting steel springs use spring tool provided to avoid over-stretching.</p> <p>or cables. Unfold end leaf, stretching bed and suspension system into place, insert end braces in bushings on leg.</p>	<p>4</p>  <p>Hook side springs or cables evenly along side rails. Do not completely finish one side before starting other, but space the work evenly to ensure equal pull.</p>	<p>5</p>  <p>For 99/77 Trampolines ensure four elastic cables are fitted across corners of frame to prevent the possibility of people stepping through.</p> <p>Attach frame pads using fixing straps. Your Continental Sports trampoline is now ready for use.</p>	<p><b>Important</b> 6</p> <p><b>Do not go underneath the trampoline when folding or unfolding.</b></p> <p>The key to folding the Continental Sports trampoline is to be sure that....</p>  <p>1. The top leaf (A) hangs over the bottom leaf (B).</p>
<p><b>Folding</b> 7</p>  <p>Kick out leg braces (at bottom). Note ! Do not hang on end leaf.</p> <p>Use feet not hands when removing the leg braces.</p>	<p>8</p>  <p>Lift and fold end rail.</p>	<p>9</p>  <p>Go to opposite end of trampoline and kick out leg braces and fold end leaf over. Insert roller stands into pivot point.</p>	<p>10</p>  <p>Two people to lift leg at end folded last, thus allowing roller stands to swing into position.</p> <p>(Unfasten karabina hooks on both chains, 99 only) and place hands on bed and push forward. Trampoline will roll along floor allowing rear leg to fold under, use front leg to control movement.</p>	<p>11</p>  <p>(Re-fasten hooks, 99 only) and pick up rear leg and fold under front leg. Trampoline is now ready to wheel away.</p>	 <p>2. The top leg (C) hangs over the bottom leg (D)</p>
<p><b>Unfolding</b> 12</p>  <p>Grasp top leg and lower bottom leg to floor, rotating frame. Unfasten karabina hooks on both chains of the top leg and push down on leg below hinge. This allows opposite leg to swing through, re-fasten chains.</p>	<p>13</p>  <p>Spread leg sections.</p>	<p>14</p>  <p>At each side lift trampoline and remove roller stands. Splay legs of trampoline until chains are under tension.</p>	<p>15</p>  <p>Two people to unfold one end leaf and secure by inserting leg braces into bushes on leg. Note ! Do not hang on end leaf.</p> <p>Use feet not hands when locating the leg braces</p>	<p>16</p>  <p>Unfold other end leaf and secure leg braces. The trampoline is now ready to use.</p>	<p>When transporting to another building or over rough ground, it is best to strap the legs in place and to strap the roller stands to the frame. Never bump up and down</p>