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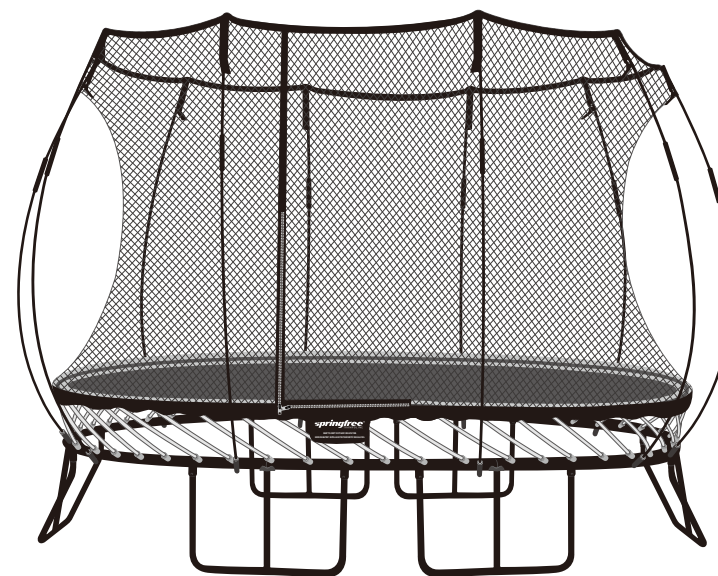


WARNING / ATTENTION!

READ THESE WARNINGS AND MATERIALS BEFORE ASSEMBLY AND USE OF THE TRAMPOLINE AND ENCLOSURE.

TRAMPOLINE AND ENCLOSURE INSTALLATION, CARE,
MAINTENANCE, SAFETY, AND USE INSTRUCTIONS

springfree[®]
TRAMPOLINE





WARNING

READ THESE WARNINGS AND MATERIALS BEFORE ASSEMBLY AND USE OF THE TRAMPOLINE AND ENCLOSURE.



Treat any loaded rod with caution until you are sure it is properly installed or uninstalled. Keep face clear of loaded rods. An improperly installed rod could release and cause facial injury or blindness.



No more than one person at a time. Multiple jumpers increase the chances of loss of control and collision and can result in serious head, neck, back, leg, arm or other injuries.



No somersaults or flips. Landing on the head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.



Never remove a net rod from its net rod pocket or disengage (unlock) the metal joiner while the net rod is under tension.



Do not hold onto, or place fingers between the rods while someone is jumping on the trampoline.



If you anticipate severe weather, consider lowering the enclosure, moving the trampoline to a sheltered location or disassembling the trampoline completely.



The trampoline is not intended for children under 6 years of age as entrapment hazards may result.



The Maximum User Weight for this trampoline is located on the front panel of this manual. Jumpers at or near the Maximum User Weight should take extra precautions in their manoeuvres to ensure they do not initiate contact with the ground while jumping as this can cause serious injury.





WARNING

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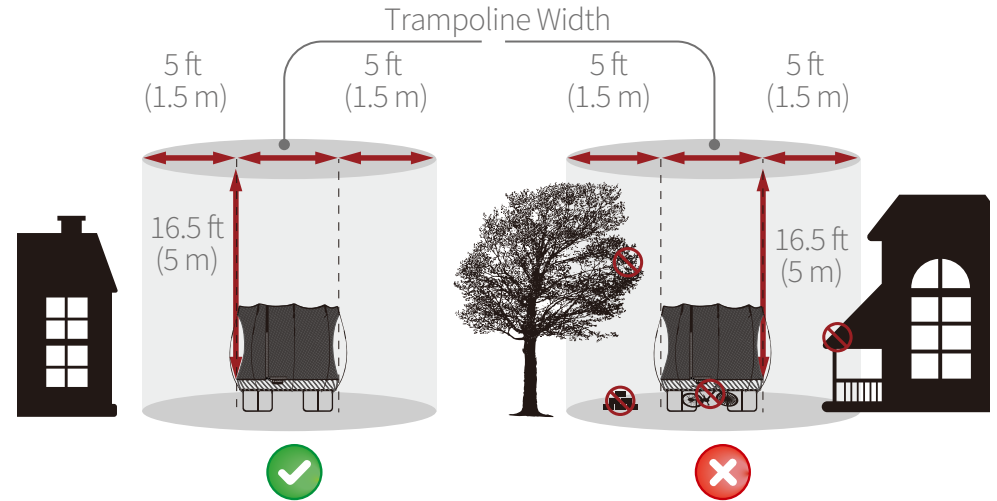
- Two people are recommended for assembly.
- Keep small children at least 25 ft (7.5 m) away while assembling the trampoline; they could be injured by improperly assembled rods releasing and ejecting from the frame.
- Be aware that when loaded, the rods can spring back and may cause injury. Keep your face well clear of the rods during assembly or disassembly. An improperly installed rod could release and cause facial injury or blindness.
- The sleeves on the rods are intended to provide protection from fibers or splinters. Do not remove. If they are damaged, replace them.
- Only use approved Springfree® Trampoline accessories, and install in accordance to installation instructions. Do not make modifications to the trampoline or accessories.
- Use trampoline/enclosure only with mature, knowledgeable supervision. Enforce all safety rules and be familiar with these warnings and materials to assist in following trampoline enclosure instructions and trampoline safety.
- Properly secure the trampoline against unauthorized and unsupervised jumping when not in use. If a trampoline ladder is used, the supervisor should remove it from the trampoline when leaving the area to prevent unsupervised access.
- Record the purchase date of your trampoline on the net serial number tag. It is located under the net warnings, which are sewn into the edge of the net next to the entrance.
- Do not attempt to use the trampoline / enclosure until it is completely assembled.
- The owner and supervisor of the trampoline/enclosure are responsible for ensuring all users are aware of the warnings and practices specified.
- The enclosure is only to be used as an enclosure for a trampoline and the trampoline must be of the appropriate size and model as specified by and supplied by Springfree Trampoline.
- The trampoline shall be assembled by an adult in accordance with the Assembly Instructions and thereafter checked before the first use.
- Do not bury the trampoline as this can alter the safety elements of the trampoline and may result in injury.
- Ensure that you follow the instructions as set out in the Assembly Instructions supplied.



WARNING

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INSTALLATION AND PLACEMENT



- Maintain a minimum clearance of 16.5 ft. (5m) above the mat [in USA and Canada, 24 ft. (7.3m) above the trampoline from ground level] in order to prevent users from inadvertently contacting overhead hazards such as electrical wires, tree limbs or clotheslines.
- Maintain a minimum clearance of 5 ft. (1.5m) [in EU countries, 6.5 ft. (2.0m)] on all sides of the trampoline. This area should not include concrete, bitumen, brick or other hard surfaces or be in the proximity of other conflicting installations (e.g. pools, swings, slides, and climbing frames) as these can cause serious injuries if users fall off the trampoline.
- Place the trampoline on a flat level surface with impact attenuating properties such as grass and ensure that it is sufficiently stable to prevent it from tipping over and/or blowing away.
- Place the trampoline/enclosure in a well-lit area. Artificial illumination may be required for indoor or shady areas.
- Do not locate the trampoline on top of other objects or store anything underneath the trampoline bed. Make sure that the area around, underneath and above the trampoline is clear of objects that could interfere with the person jumping. Do not allow children, pets, toys or other play equipment to be present under the trampoline.
- The trampoline is intended for indoor/outdoor usage. Refer to Trampoline Location Information above.

YEARS OF SPRINGFREE FUN

Welcome to the Springfree family! Each of our products have been thoroughly tested for maximum functionality and performance and inspected to ensure the highest level of quality. If you encounter any issues during assembly or if you believe your product has a manufacturing fault or defect, locate and contact your nearest Springfree Trampoline customer service center. Alternatively, you can lodge a warranty claim online at <http://springfr.ee/wclaim>. If you made your purchase at a store, contact Springfree Trampoline first, before returning your product.

As part of the Springfree family, you can trust that your family will enjoy many years of backyard fun. Not only will you enjoy the peace of mind that comes from our commitment to quality and safety, you'll also have access to the expertise and support of our friendly Customer Care team.

MAINTENANCE SUPPORT

As with any investment for your home, your Springfree Trampoline will need some basic care and attention to ensure it stays in top condition for many years. As a Springfree owner you'll receive handy tips and friendly reminders to help maintain your trampoline.

REPLACEMENT COMPONENTS

Your Springfree Trampoline is designed to be robust and strong, but like any product installed outdoors, accidents can happen and damage can occur. That is why we supply spare parts for all Springfree models and our Customer Care team are on hand to assist.

CLEANING PROCEDURE

Over time, your trampoline may accumulate dirt and surface build-up as a result of local climate and environment including grime, moss, lichen, and insects. The only cleaning product that should be used on the trampoline is a mild liquid dishwashing soap labelled as dye and chemical free, non-toxic, and safe for use in hand washing. Do not use any oil or solvent-based cleaners, or hydrocarbon propelled insecticides on your trampoline as such products may result in degeneration of the product.

1. Keep trampoline fully assembled during washing.
2. Use a bucket of clean warm water and a long handled soft bristle broom.
3. Thoroughly wet the trampoline net and mat using a hose.
4. Apply the washing solution onto the net using a sponge or cloth.
5. Using the same sponge or cloth, work the solution into the mat. **WARNING:** This will make the mat slippery.
6. When finished, rinse the trampoline thoroughly with clean water and let air dry.

CARE AND MAINTENANCE

Springfree Trampoline is made from the highest quality materials. Components of this trampoline are susceptible to deterioration from use and environmental conditions, such as sunlight, rain, salt and heat, to varying degrees. It is essential that you inspect the following areas before each use and replace any worn, defective, or missing parts before further use. Use only parts that are recommended by the manufacturer.

1. Punctures, frays, tears, or holes in bed, bed edge or in enclosure barrier.
2. Deterioration in the stitching or fabric of the bed, the edge system or enclosure barrier.
3. Broken, missing, or splintered white mat rods, or white mat rods disconnected from the mat edge.
4. A sagging, loose, or improperly or insecurely attached mat or net.
5. Broken or damaged enclosure entry system (e.g. zippers or enclosure barrier).
6. White mat rods need not fully inserted in frame sockets or the ball at the end of the mat rod not secured into the mat rod holder.
7. Deteriorated, missing or damaged mat rod holders.
8. Missing or improperly assembled black net rods, or black net rods not completely inserted into the net pockets.
9. Missing C-clips from the net rod sockets on the frame.
10. Bent or broken frame or sharp protrusions on the frame, bed suspension system or enclosure barrier.
11. Frame joints correctly installed and all nuts and bolts installed and secured.
12. If your trampoline is outdoors it is recommended that it be equipped with a device that in strong wind conditions prevents displacement. Springfree Ground Anchors are available for purchase for all models.
13. It is an industry recommendation that components such as enclosures which can be exposed to high level of wear and UV are inspected and if required, replaced every 10 years or when damaged.

TRAMPOLINE HEALTH CHECK

Your Springfree Trampoline is designed using the highest quality materials. However, all products will incur general wear and tear, so it's important to inspect your trampoline from time to time. Use this health check to help guide you through an inspection of your Springfree to ensure your trampoline remains in great condition.

Date of Purchase:

day / month / year

(Retain proof of purchase)

Installation Date:

day / month / year

(Check serial label on the net for installations)

TRAMPOLINE POSITIONING

- Trampoline is positioned and stable on a flat, level surface.
- Trampoline is positioned on a soft surface (e.g. well-maintained grass).
- Minimum clearance of 16.5 ft. (5 m) above the mat [in USA and Canada, 24 ft. (7.3 m) above the trampoline from the ground].
- Minimum clearance of 5 ft. (1.5 m) [in EU countries, 6.5 ft. (2 m)] from hard surfaces or other conflicting installations (e.g. pools, swings, slides, and climbing frames).
- The space beneath the trampoline bed is clear of objects (e.g. bikes, lawn mowers, garden tools and toys).

TRAMPOLINE FRAME RODS

- Frame is in good condition (e.g. not bent, broken, or corroded) with no sharp edges.
- Legs and frame joints are secured and bolted into position with the centre legs positioned under the frame.
- Leg and frame joints are in good condition (e.g. no signs of stress, or corrosion).
- White mat rods are not damaged.
- All white mat rods are correctly seated into mat rod holders and frame sockets.
NOTE: Always inspect from underneath the trampoline.
- There is no deterioration white mat rod sleeves.

TRAMPOLINE MAT (JUMPING SURFACE)

- Mat is in good condition (e.g. no punctures, tears, holes, sagging or other damage).
- Fabric and stitching around the edge of the mat is in good condition.
- Mat rod holders are all correctly seated in the mat (e.g. small tab outside the mat).
NOTE: Always inspect from underneath the trampoline.

TRAMPOLINE NET

- Net is in good condition (e.g. no punctures, tears, holes, sagging or other damage).
- Stitching of the net is in good condition (e.g. around enclosure rod pockets, zippers).
- Net entrance zippers are in good working condition.
- C-clips at the base of the black net rods are all present and correctly engaged.
- All black net rods are correctly installed (e.g. joiners properly engaged, black net rod ball fully seated into the top of the net pocket and bottom of rod fully seated in frame socket).

If you've checked any of these boxes, contact your nearest Springfree Trampoline customer service center.

NOTE: This is an inspection only. If you need to disassemble any part of the trampoline please refer to the Assembly Disassembly Instructions, and adhere to all safety warnings and follow all procedural steps.

WINTER CARE

Springfree trampolines are constructed with all weather parts, however, there are several steps you can take to guard your trampoline from winter climate extremes.

1. If you anticipate severe or extreme weather, or your region has high snow falls, your trampoline should be moved to a sheltered location or disassembled.
2. Regularly clear the snow from your trampoline. Do not allow snow or ice to accumulate on the trampoline as this may shorten the life of the white mat rods. Damage caused by excessive snow loads on the trampoline is not covered under warranty.
3. The most effective tool to remove snow build up from your trampoline is a soft bristle broom. Do not use anything with sharp edges.

USER WARNINGS

Please read the following precautions carefully before you assemble and use the trampoline and enclosure. Retain for future reference.

1. Do not exceed the maximum user weight. (Refer to information on the front panel of this manual and on the trampoline WARNING labels).
2. Children should be educated by responsible adults to always climb on and off the trampoline, and never jump or bounce off. It is dangerous practice to jump or bounce from a trampoline when dismounting. Never use rods or suspension elements as hand grips when getting on or off the trampoline.
3. Do not use the trampoline as a springboard to other objects. Use the trampoline only for trampoline style bouncing.
4. Bounce in the center of the mat.
5. Stop bounce by flexing knees as feet come in contact with the trampoline bed. Learn this skill before attempting others.
6. Learn fundamental bounce and body positions thoroughly before trying more advanced manoeuvres. A variety of trampolines activities can be carried out by performing the basic fundamentals in various series and combination, or performing one fundamental bounce after the other, with or without bounces between them.
7. Avoid bouncing too high or for too long. Stay low until bounce control and repeated landing in the center of the trampoline can be accomplished. Always control your bounce. Control is more important than height. Do not try to jump over the enclosure.
8. While keeping the head erect, focus eyes on the trampoline toward the perimeter. This will help control your bounce.
9. To learn more advanced trampolining skills contact a suitable gymnastics/trampoline club.
10. Limit the time of continuous usage. Avoid jumping when tired.
11. Do not allow a child or other person under the trampoline.
12. Do not use the mat / bed when it is wet. The mat will be slippery and make landing less sure.

13. Keep small children away from the trampoline while others are bouncing on it because the edge can move in and out vigorously. There is potential for injury if the bouncer lands heavily on or near the edge.
14. Do not use a trampoline while under the influence of alcohol or drugs. Balance, perception and assessment of risk will be affected and may lead to injury.
15. Wear comfortable clothing that won't become entangled in the trampoline's components and become a strangulation hazard. Do not wear jewellery or drawstrings / cords that can catch on the trampoline and create a strangulation hazard. Remove shoes as they may damage the bed and increase the risk of injury.
16. Adults should model safe use of trampolines when children are present.
17. Active, competent supervision is essential. Always supervise children while they are using the trampoline.
18. Enter and exit the enclosure only at the enclosure door or barrier designated for that purpose.
19. Do not eat while jumping. Do not jump immediately after a meal.
20. Always close the net opening before jumping.
21. Empty pockets and hands before jumping.
22. Do not attempt to crawl under the enclosure.
23. Properly secure the trampoline when not in use. Protect it against unauthorised use. If a trampoline ladder is used, the supervisor should remove it from the trampoline when leaving the area to prevent unsupervised access by children under 6 years of age.
24. Use only when the enclosure net has no holes, mat rods are secure in the mat rod holder and the frame socket, and the enclosure is properly suspended.
25. Enclosure systems are designed to prevent users falling off the trampoline. Do not allow users to intentionally bounce towards or off the barrier, as this can unbalance the trampoline and continual impact may damage the enclosure. Do not hang, kick, cut or climb on the enclosure. Do not attempt to jump over the enclosure.
26. Do not attach anything to the enclosure that is not a manufacturer-approved accessory or part of the enclosure system.
27. This enclosure is to be used only in connection with certain trampolines. Read and follow all warnings and instructions before using the trampoline / enclosure. Warnings and instructions for the care, maintenance, and use of this trampoline are included to promote safe, enjoyable use of this equipment.
28. Check the trampoline / enclosure before use and ensure it is correctly and securely positioned and in good condition. Replace any worn, missing or broken parts. Use only parts that are recommended by the manufacture.
29. Anchor and secure the trampoline in strong wind conditions and do not use.
30. Keep enclosure tightly fastened to the trampoline in accordance with the manufacturer's instructions. Failure to properly assemble and maintain a tight, secure trampoline/enclosure boundary may result in serious injury, strangulation, or death.

31. Trampoline is intended for indoor and outdoor usage. Refer to trampoline installation location.
32. Modifications made by the customer to the original trampoline (e.g. the adding of an accessory) shall be carried out according to the instructions of the manufacture.
33. The trampoline shall neither be installed over concrete, asphalt or any other hard surface nor at proximity of other conflicting installations (e.g. paddling pools, swings, slides, climbing frames etc.).
34. The edge of the Springfree trampoline is designed to reduce injury. It is not designed to cope with deliberate, continuous, vigorous bouncing.
35. Check all trampoline components for wear or damage prior to reassembly and use.

ACCIDENT PREVENTION

RESPONSIBILITIES OF THE OWNER AND THE SUPERVISOR

1. Use trampoline / enclosure only with mature, knowledgeable supervision.
2. Active, competent supervision is essential. Always provide supervision for all jumpers regardless of age or skill.
3. Understand and enforce all of the safety rules and information in this manual.
4. Assess skill level, provide basic jump instructions, and ensure all users understand and follow the trampoline safety guidelines.
5. Properly secure the trampoline when not in use. Protect it against unauthorised use. If a trampoline ladder is used, the supervisor should remove it from the trampoline when leaving the area to prevent unsupervised access by children under 6 years of age.
6. Keep small children away from the trampoline while others are bouncing on it because the edge can move in and out vigorously. There is potential for injury if the bouncer lands heavily on or near the edge.
7. Do not allow a child or other persons under the trampoline.
8. No more than one person at a time. Multiple jumpers increase the chances of loss of control and collision and can result in serious head, neck, back, leg, arm or other injuries.
9. Inspect the trampoline / enclosure before each use to avoid potential hazards.
10. Keep enclosure tightly fastened to the trampoline in accordance with the manufacturer's instructions. Failure to properly assemble and maintain a tight, secure trampoline/enclosure boundary may result in serious injury, strangulation, or death.
11. Do not attach anything to the trampoline / enclosure that is not a manufacturer-approved accessory or part of the trampoline / enclosure system.
12. Over-confidence can lead to injury.

RESPONSIBILITIES OF THE USER

1. Children should be educated by responsible adults to always climb on and off the trampoline, and never jump or bounce off. It is dangerous practice to jump or bounce from a trampoline when dismounting. Never use rods or suspension elements as hand grips when getting on or off the trampoline.
2. Before jumping, warm up the muscles. This increases blood flow, which increases flexibility, joint mobility and reduces the risk of injury.
3. When initially using the trampoline, bounce in the center center of the mat with low controlled bounces.
4. Understand the basic trampoline skills and techniques below.
5. Understand and follow all the safety guidelines. In particular, do not attempt or allow somersaults and do not allow more than one person on the trampoline / in the enclosure at a time.
6. Make sure someone is supervising at all times. Empty pockets and hands before jumping.
7. Always close the net opening before jumping.
8. Do not eat while jumping. Do not jump immediately after a meal.
9. Avoid bouncing too high or for too long. Stay low until bounce control and repeated landing in the center of the trampoline can be accomplished. Always control your bounce. Control is more important than height. Do not try to jump over the enclosure.
10. Do not use the trampoline as a springboard to other objects. Use the trampoline only for trampoline style bouncing.

For further information or additional instructional material, contact a certified trampoline instructor.

BASIC TRAMPOLINE SKILLS

BOUNCING

The most important basic skill in jumping on a trampoline is controlling the height and landing of your bounce. The basic bounce should always begin low, with jumper always landing with both feet at the same time. High, reckless bouncing should never be allowed. The goal is to land as close to the center of the mat as possible.

STOPPING

This technique allows the jumper to gain control by stopping quickly. It is done by keeping your feet in contact with the bed and absorbing the rebound of the trampoline with your knees and waist. This skill should be learned first and should be employed whenever you feel out of balance or land away from the center area. To learn the stop bounce:

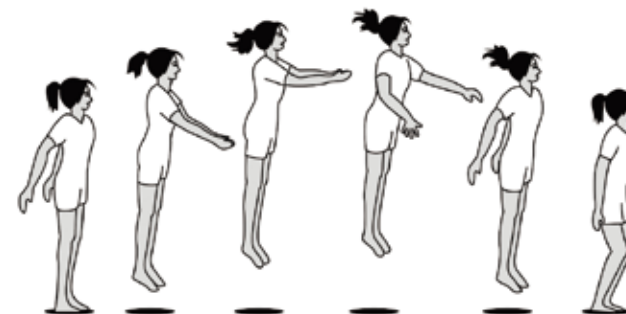
1. Stand in center of the bed with feet about hipwidth apart.
2. Attempt about three easy bounces. Keep them low and controlled.

3. Focus your eyes towards the perimeter of the trampoline while bouncing in order to keep your balance.
4. Stop the bounce by bending at your knees and hips with your feet in contact with the bed.
5. Your torso should remain vertical. When stopping the bounce, move your arms either in front of your body or above your head.

KEEPING YOUR BALANCE

Arms are very important for proper control and lift. When you go up, your arms go up to a set position at approximately shoulder height and shoulder width. They should remain in this balanced position until you start down. Then they circle down and slightly behind the hips, ready to lift again as you bounce up. There are three phases that your arms go through when bouncing, as follows.

1. The first is the drive phase. As you make contact with the trampoline, your legs push hard into the trampoline and your arms start to drive up in front of your body.
2. The second is the lift phase, where your arms continue to drive up in front of your body until they are straight above your head.
3. The third phase is the balance, where your hands flair out the side and your arms slowly come back down, keeping your body balanced, ready to start the process again.



BOUNCE VARIATIONS

The figures below show three variations: the tuck, the pike and the straddle pike. These should be assumed at the top of the bounce before resuming the normal landing position on your feet. Practice these simple variations and concentrate on perfect form. Make sure that your toes are pointed and fingers are straight. These are simple variations to the basic bounce and are very important for gaining experience in coordinated movement.

TUCK



PIKE



STRADDLE PIKE



BASIC LANDING POSITIONS

Proper position for all seat, hand and knee drops should first be practiced on the ground in a stationary position and then on the trampoline bed. Drops should be performed after 'priming' the trampoline bed. Priming is done by bending your knees and pushing down repeatedly on the trampoline bed, thereby setting the bed in motion. Feet stay in contact with the bed during the entire priming motion.

THE SEAT DROP

If you are at or near the maximum user weight you should not attempt this manoeuvre from a height greater than 4.5 ft (1.4 m) above the bed as there is a risk of spinal injury due to contact with the ground. To learn the seat drop:

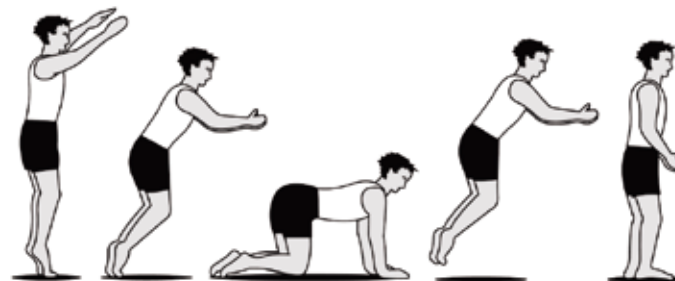
1. From the standing position, prime the bed several times.
2. Pick up your feet at the top of the last bounce and sit down. Land so your body is in a sitting position with legs straight out in front and your toes pointed. Hands should be on the bed slightly behind your hips. Fingers should be together and your toes pointed.
3. Push on the bed with your hands to rebound up to your feet.



THE HANDS AND KNEES DROP

To do this drop properly, there should be as much weight on your hands as on your knees. Your back should be parallel to the bed. Knees and hands should land simultaneously with the middle of the body landing in the center of the trampoline. Hands should be directly under the shoulders; knees should be directly under the hips and your toes should be pointed. To learn the hands and knees drop:

1. Get down on your hands and knees on the bed. Make sure you have weight on both your hands and your knees. Do not sit on your heels.
2. Remain in this position and try to bounce. Do not rock back and forth between the hands and knees. Develop an even landing on all four points.
3. From the standing position, prime the bed several times. Lift upward with your hips, reach forward with your hands and land on all fours. Look slightly in front of your hands on landing. Push to rebound to your feet.



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