
Preschool Trampoline User Manual



**Assembly, Installation, Care, Maintenance,
and Use Instructions**



WARNING



**READ THESE MATERIALS PRIOR TO ASSEMBLING
AND USING THIS TRAMPOLINE AND ENCLOSURE.**

**Failure to assemble and use this Preschool Trampoline
as specified in this manual will automatically void the warranty.**



Read all assembly, installation, care, maintenance, and use instructions in this manual prior to assembling and using this Trampoline and Enclosure.

Please save this manual for future reference and check our website for the latest manual revisions.

LIABILITY DISCLAIMER:

While every attempt is made to embody the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risk of injury due to use, assembly, or transportation. All merchandise is sold on this condition, which no representative of the company can waive or change.

Warning

This Preschool Trampoline and Enclosure Combination is intended to be used by only one person at a time, weighing not more than 100 lbs.

BEFORE YOU BEGIN

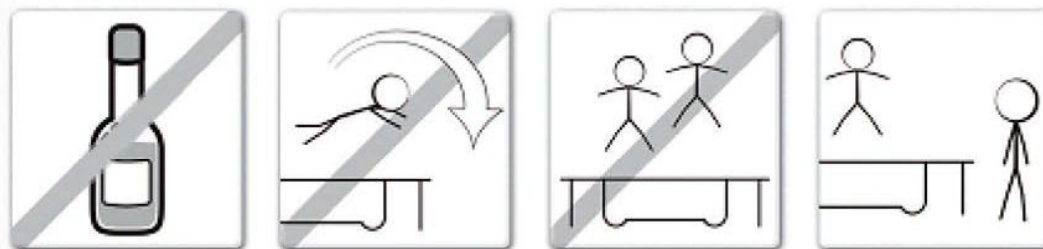
Thank you for purchasing a Propel Preschool Trampoline. This Trampoline and Enclosure Combination comes equipped with warnings and instructions for its proper assembly, care, maintenance, and use. This information must be read by all supervisors and users before any person is allowed to use it.

Follow all warnings pictured below or otherwise included in this manual. If you have any questions regarding these warnings, please contact us.

After reading this manual, if you have further questions, or if you would like to contact us, please visit our web site at www.spartan-sport.at

Warning

1. DO NOT attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.
2. Do not allow more than one person on the trampoline or inside the trampoline enclosure. Use by more than one person at the same time can result in serious injury.
3. Use trampoline and trampoline enclosure only with mature, knowledgeable supervision.



INSTRUCTIONAL MATERIAL

AND RULES FOR USE

Warning

1. DO NOT attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.
2. Do not allow more than one person on the trampoline. Use by more than one person at the same time can result in serious injuries.
3. Use trampoline only with mature, knowledgeable supervision.
4. Inspect the trampoline and trampoline enclosure before each use. Make sure the barrier and the enclosure support (frame) and frame padding is correctly and securely positioned. Replace any worn, defective, or missing parts.
5. Users may become entangled in or strangled by loose cords or in gaps between trampoline and enclosure.
6. 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.
7. Do not attempt to jump over the barrier.
8. Do not attempt to crawl under the barrier.
9. Do not intentionally rebound off the barrier.
10. Do not hang from, kick, cut, or climb on the barrier.
11. Wear clothing free of drawstrings, hooks, loops, or anything that could get caught while using the trampoline/enclosure and result in entanglement or strangulation, or both.
12. Do not attach anything to the barrier that is not a manufacturer-approved accessory or part of the enclosure system.
12. Enter and exit the enclosure only at the enclosure door or barrier opening designated for that purpose.
14. Climb on and off the trampoline. It is a dangerous practice to jump from the trampoline to the floor or ground when dismounting, or to jump onto the trampoline when mounting. Do not use the trampoline as a springboard to other objects.

15. Stop bounce by flexing knees as feet come in contact with the trampoline bed. Learn this skill before attempting others.
16. Learn fundamental bounces and body positions thoroughly before trying more advanced skills. A variety of trampoline activities can be carried out by performing the basic fundamentals in various series and combinations, performing one fundamental after another, with or without feet bounces between them.
17. Avoid bouncing too high. Stay low until bounce control and repeated landing in the center of the trampoline can be accomplished. Control is more important than height.
18. While keeping the head erect, focus eyes on the trampoline toward the perimeter. This will help control bounce.
19. Avoid bouncing when tired. Keep turns short.
20. Properly secure the trampoline when not in use. Protect it against unauthorized use.
21. Keep objects away which could interfere with the performer. Maintain a clear area around the trampoline.
22. Do not use the trampoline while under the influence of alcohol or drugs.
23. For additional information concerning the trampoline equipment, contact the manufacturer.
24. For information concerning skill training, contact a certified trampoline instructor.
25. Bounce only when the surface of the bed is dry. Wind or air movement should be calm to gentle. The trampoline must not be used in gusty or severe winds.
26. Read all instructions before using the trampoline and trampoline enclosure. Warnings and instructions for the care, maintenance, and use of this trampoline and trampoline enclosure are included to promote safe, enjoyable use of this equipment.
27. Do not allow children to access trampoline while unattended. Do not leave children inside the enclosure.

OVERVIEW OF TRAMPOLINE AND ENCLOSURE COMBINATION USE

The first practice sessions of your new Trampoline and Enclosure Combination use should focus on learning fundamental body positions and practicing the eight basic jumps (see pages 7-8).

During this learning period, jumpers should practice these basic techniques and perfect them. Braking, or checking the jump, should be taught first and stressed as a safety measure. Jumpers should break their jump whenever they start to lose their balance or control. Do this by flexing the knees sharply upon landing and absorbing the upward thrust of the mat. This allows the jumper to stop suddenly and avoid losing control.

With any Trampoline use, the takeoff and landing points of a good, controlled jump are at the same place. A skill is considered learned only when a jumper is able to perform it correctly time after time. Jumpers should never go on to more advanced jumps until they can perform all eight basic jumps correctly each time.

User should read and understand rules. Supervisor should be sure that these rules are always properly followed:

1. Appropriate clothing should be worn, and could consist of a T-shirt and shorts. However, beginning jumpers may wish to wear loose-fitting, protective clothing such as a long-sleeved shirt and long pants, until correct landing techniques are mastered. This will reduce the chance of Mat (Jumping Surface) burns from improper landings on elbows and knees.
2. Jumpers should wear regulation gymnastic shoes or heavy socks, or they may jump barefoot. Street shoes or tennis shoes should not be worn when using the Trampoline and Enclosure Combination as they cause excessive wear on the Trampoline mat. Additionally, street shoes will introduce foreign materials to the jumping surface, causing it to wear prematurely.
3. Jumpers should never practice alone and unsupervised.
4. Only one person should be inside the Trampoline and Enclosure at a time.
5. Uncontrolled jumping should not be permitted under any circumstances. All skills should be learned at moderate jumping heights. Control, rather than height, should be emphasized.
6. Due to the Enclosure, the only way to exit the Trampoline is to climb through the door and off the Trampoline. Use caution when exiting from the Trampoline to the ground surface.

INSTRUCTIONAL PROGRAM AND MODEL LESSONS

The following lessons are examples of an instructional program. They should follow a complete discussion and demonstration of body mechanics between the supervisor and the student(s). See pages 7 and 8 for descriptions of basic jumping skills.

Lesson 1

1. Mounting and dismounting (entering and exiting the Enclosure)—Demonstration and practice of proper techniques.
2. Fundamental jump—Demonstration and practice.
3. Braking (stopping the jump)—Demonstration and practice. Braking on command.
4. Hand and knee drop—Demonstration and practice, stressing four-point landing and alignment.

Lesson 2

1. Review and practice all skills previously learned.
2. Knee drop—Half twist to the right, to the left, to the feet, and then to the knees.
3. Seat drop—Half twist to the feet. Seat drop, knee drop, hand and knee drop, repeat.

Lesson 3

1. Review and practice all skills previously learned.
2. Front drop—To save time and avoid mat (bed) burns, all students should be requested to assume the front drop position on the floor while the instructor checks for faults.
3. Suggested progression: from hand and knee jump, the body is extended for the landing in the front drop position, and the rebound is made to the feet.
4. Practice routine—Hand and knee drop, front drop, feet, seat drop, half twist to feet.

Lesson 4

1. Review and practice all skills previously learned.
2. Back drop—Demonstration, emphasizing the forward thrust of the hips by arching the body as one leg is brought forward from the standing (not jumping) position, and the drop to the back with the chin held forward to the chest and eyes forward on the frame pad. Supervising this skill is most important. Demonstration of back drop with low jump and practice of both techniques.

Lesson 5

1. Review and practice all skills previously learned, encouraging original routines based on them.
2. Half turntable—Start from the front drop position and push to the left or right with the hands. Turn the head and shoulders in the same direction. Keep the back parallel to the mat and the head up. After completing a half turn, land in the front drop position.

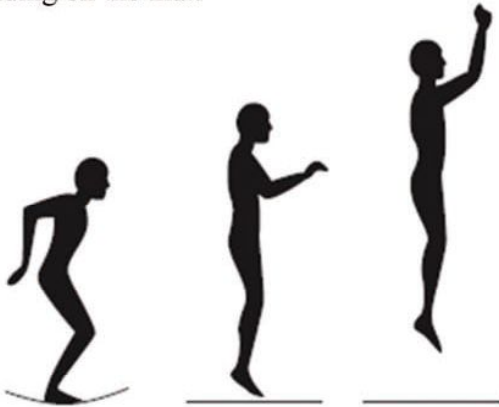
Lesson 6

1. Review and practice all skills previously learned.
2. Swivel hips—Suggested progression: seat drop, feet, half twist, repeat; seat drop, half twist to feet, repeat; seat drop, half twist to seat drop.
3. Half turntable

FUNDAMENTAL TRAMPOLINE SKILLS

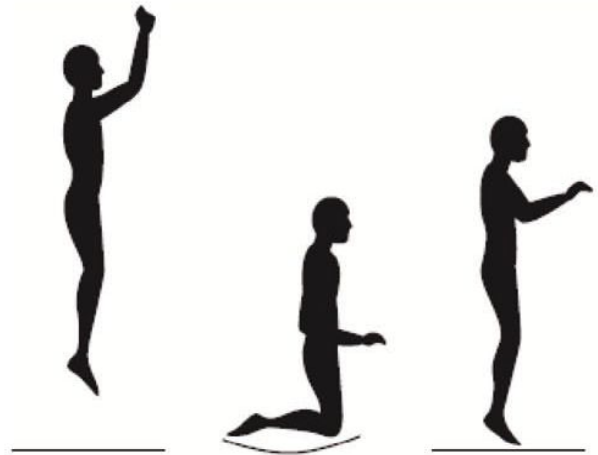
Fundamental Jump

1. Start from a standing position with your head erect and your eyes on the frame pad.
2. Swing your arms forward and up in a circular motion.
3. Bring your feet together and point your toes downward while in the air.
4. Keep your feet about 15 inches apart when landing on the mat.



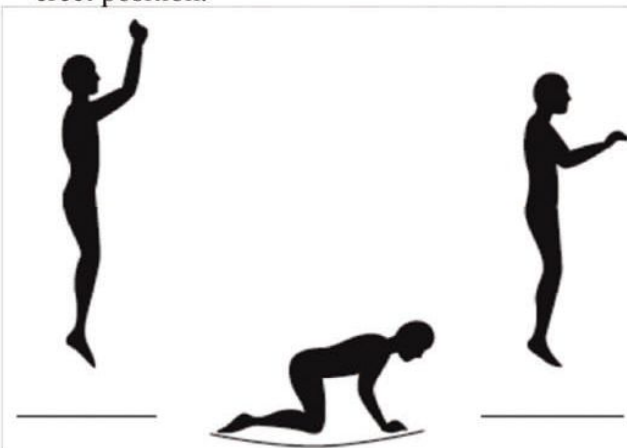
Knee Drop

1. Start bouncing from a standing position, keeping your eyes on the frame pad.
2. Land on your knees, keeping your back straight and your body erect.
3. Come back up to an erect position.



Hand and Knee Drop

1. Start bouncing from a standing position, keeping your eyes on the frame pad.
2. Land on the mat on your hands and knees.
3. Push with your hands and come back up to an erect position.



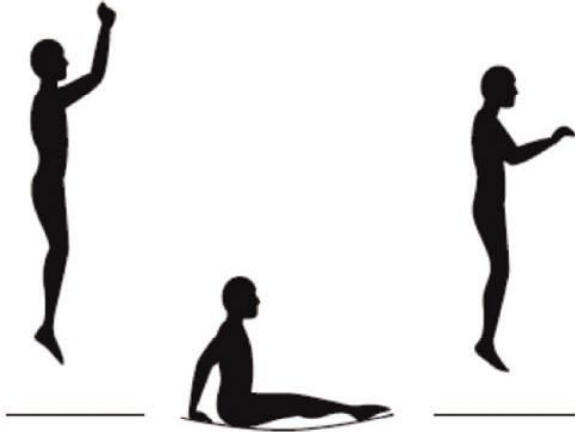
Back Drop

1. Start from a low bounce and land on your back.
2. Keep your chin forward on your chest as you land.
3. Kick forward and up with your legs to return to an erect position.



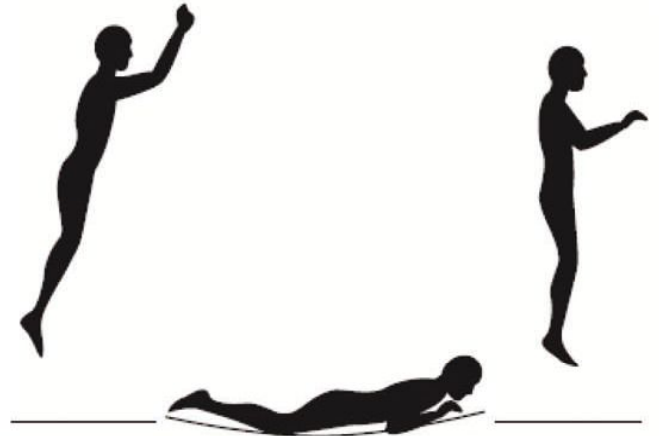
Seat Drop

1. Land in a sitting position with your legs parallel to the mat.
2. Place your hands on the mat beside your hips.
3. Push with your hands to return to an erect position.



Front Drop

1. Start from a low bounce and land on the mat in a prone position.
2. Keep your head up and your arms extended forward on the mat.
3. Push with your arms to return to an erect position.



Half Turntable

1. Start from the front drop position and push to the left or right with your arms to begin turning your body in the opposite direction.
2. Turn your head and shoulders toward the direction that your body is turning.
4. Keep your back parallel to the mat and your head up.
5. After completing a half turn, land in the front drop position.



Swivel Hips

1. Start with a seat drop.
2. Turn your head to the left or right and swing your arms up in the same direction.
3. Turn your hips in the same direction as your head and arms, completing a twist.
4. Land in the seat drop position.



ASSEMBLY INSTRUCTIONS



- Adequate overhead clearance is essential. A minimum of 8 ft from ground level is recommended. Provide clearance for ceilings, wires, tree limbs, and other possible hazards.
- Lateral clearance is essential. Place the trampoline away from walls, structures, fences, and other play areas. Maintain a clear space on all sides of the trampoline and trampoline enclosure.
- Place the trampoline and trampoline enclosure on a level surface before use.
- Use the trampoline and trampoline enclosure in a well-lit area. Artificial illumination may be required for indoor or shady areas.
- Secure the trampoline and trampoline enclosure against unauthorized and unsupervised use.
- Remove any obstructions from beneath the trampoline and trampoline enclosure.
- The owner and supervisors of the trampoline and trampoline enclosure are responsible to make all users aware of practices specified in the use instructions.
- The trampoline and enclosure combination should not be installed or used on concrete, asphalt, or other similarly hard surfaces. Using your trampoline and enclosure combination in such locations can increase the likelihood of injury when entering or exiting your trampoline.

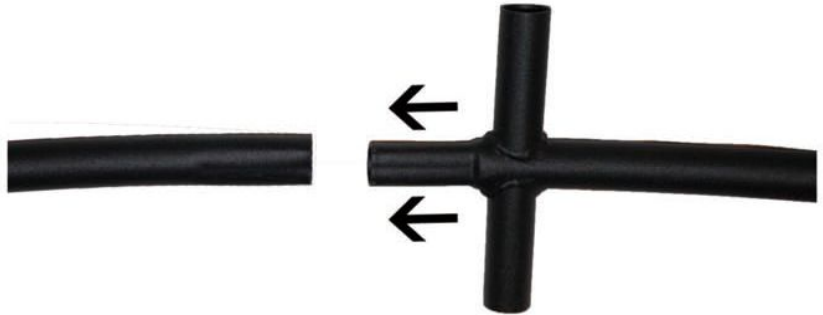
IMPORTANT ASSEMBLY INFORMATION

- You will need a Phillips screw driver (not included) to assemble this Preschool Trampoline.
- Wear gloves to protect your hands from pinch points during assembly.

Preschool Trampoline Assembly

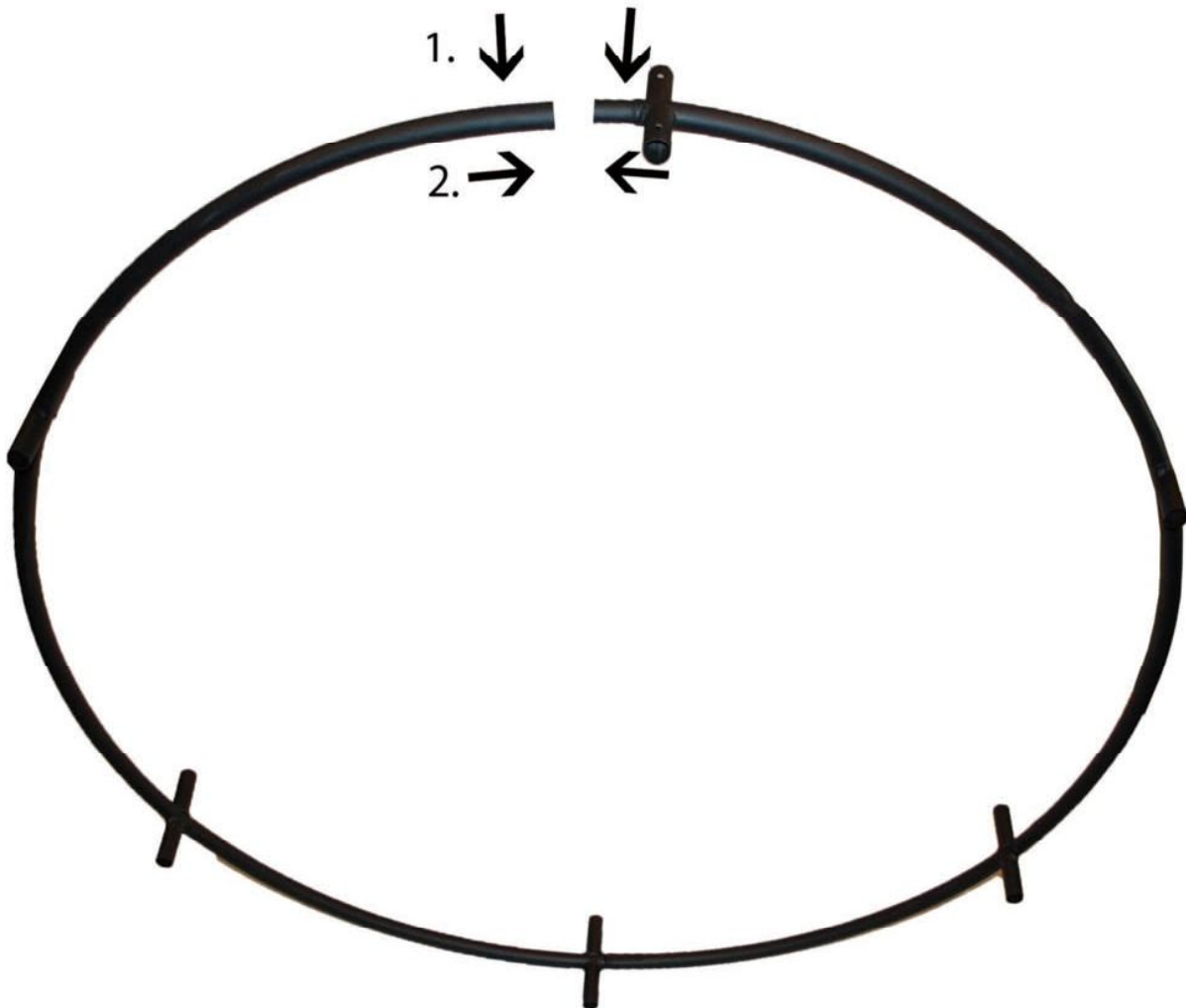
Read and understand all assembly instructions before beginning the assembly process.

Step 1- Connect one Frame Piece to another by inserting the crimped end of one piece into the open end of the other.

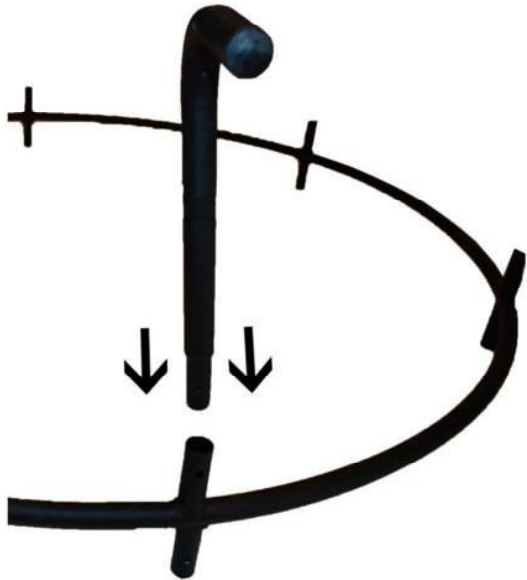


Step 2- Repeat step 1 until all six Frame Pieces are inserted to the next to form a circle with all but one connection made.

Step 3- Stand the Frame up on its end and grasp one free end with each hand. Press gently downward while making the last connection.



Step 4- With the Frame circle completed; return it to a position on the ground. Locate one of the curved Legs and insert it into one of the slots on the Frame. Rotate the leg so that it curves outward and the screw holes line up and secure it in place with a screw. Repeat until all of the Legs are in position and screwed in place.



Step 5- Identify the Upper and the Lower Enclosure Pole sections. The Upper section has a plastic cap on the top and the Lower section has an open top. Both sections are crimped on the bottom. Insert the crimped end of an Upper Enclosure Pole section into the open end of a Lower section, making sure to align the screw holes. Secure both sections together with a screw and repeat the process until all six Enclosure Poles are assembled.



Step 6- Flip the Frame so that the Legs are facing downwards and insert each Enclosure Pole into a slot in the frame. DO NOT screw the Enclosure Poles in place.



Step 7- For Safety, the Jumping Mat and Safety Enclosure are sewn together as one piece. Unfold the Jumping Mat/Safety Enclosure Combo and locate the small Pole Sleeves sewn near the top of the Enclosure Netting. Slide one Sleeve over the top of each Enclosure Pole so the Enclosure is hanging loosely in position over the Frame.



Step 8- Find the zippered opening on the Enclosure and locate the Bungee Loop below the right end of the Enclosure zipper. Feed a Bungee through the Bungee Loop and attach it to the Frame as shown in the depictions on the next page.



Step 8- Count 5 Bungee Loops right and attach a bungee on the left side of the next Enclosure Pole. Repeat this process, attaching one Bungee to every 5th Loop until you have attached 6 Bungees.

Step 9- Circle your way around the Trampoline and attach one Bungee next to each one you have already attached. Repeat this process until all 30 Bungees are attached.



Step 10- Lift the Enclosure Pole Sleeves off the top of the Enclosure Poles and lay the Enclosure on the Jumping Mat. Remove the Enclosure Poles.

Step 11- Unfold the Frame Pad/Safety Skirt combo and place it on the Trampoline. Be sure that the Enclosure Pole slots are sticking up through the slits in the Pad.



Step 12- Screw the Safety Skirt in place at the bottom of each Leg.



Step 13- Replace the Enclosure Poles making sure to align the screw holes near the bottom of the Enclosure Poles with those on the Frame.



Step 14- Screw the Enclosure Poles in place.



Step 15- Reattach the Enclosure Pole Loops to the top of the Enclosure Poles and screw them in place.



Step 16- Secure the hook and loop fasteners sewn to the Enclosure to the Enclosure Poles.

WARNING LABEL PLACEMENT



The label has been attached to the Trampoline Enclosure at the indicated location. Please verify that the label is not missing or illegible. If so, please contact us and request free a replacement.



Make sure that all parts are securely attached. Familiarize yourself and all users of the Trampoline and Enclosure Combination with all safety precautions, use and instructional materials, and the care and maintenance instructions in this manual before using the Trampoline and Enclosure Combination.

Your Preschool Trampoline is now fully assembled.

MOVING THE PRESCHOOL TRAMPOLINE

If the Trampoline and Enclosure Combination needs to be moved, it can be done easily by two adults. Keep the Trampoline horizontal, and lifted slightly. If it is necessary to take the Preschool Trampoline through a doorway, remove the enclosure poles, turn the trampoline on its side, and roll through the doorway.

DISASSEMBLY

To disassemble (take apart) the Trampoline and Enclosure Combination, follow the Trampoline and Enclosure Combination assembly steps in reverse order. Do not attempt to disassemble any Trampoline Frame parts before the bungees and Mat have been completely removed. Use gloves to protect your hands from pinch points while taking the Trampoline apart.

CARE AND MAINTENANCE

CARE

Do not allow pets on or within the Trampoline and Enclosure Combination, as their claws may damage the Frame Pad or snag and pull the Mat material or Enclosure netting.

This Trampoline and Enclosure Combination is intended to be used by only one person at a time, weighing not more than 100 lbs.

The user should be either barefoot, wearing socks, or wearing gymnastic shoes. Street shoes or tennis shoes should not be used with this Trampoline and Enclosure Combination.

The user should remove all objects from his/ her person that may cause injury or damage to the Mat or to themselves. Heavy, sharp, or pointed hard objects should never touch the Mat or be allowed within or around the Trampoline and Enclosure Combination.

When used outdoors, snow or ice should not be allowed to build up on the mat as this can overstretch the bungee springs and cause damage to the mat.

MAINTENANCE

Your Preschool Trampoline was manufactured using the highest quality materials. It was crafted to provide you and your family with years of enjoyment and exercise. Proper maintenance and care will help to prolong the life of the Trampoline and Enclosure Combination and reduce the possibility of injury. The following guidelines should always be followed.

1. If you live in a snowy region or experience long periods of non-use, you should remove your Pad, Mat, and Enclosure and store them in a dry area. This can add years to the life of these parts.
2. Inspect the trampoline and trampoline enclosure before each use and replace any worn, defective, or missing parts. The following conditions could represent potential hazards:
 - (1) Missing, improperly positioned, or insecurely attached barrier or enclosure support system (frame) padding and pole caps or frame padding,
 - (2) Punctures, frays, tears, or holes worn in the barrier or support system (frame) padding or in the bed or frame padding,
 - (3) Deterioration in the stitching or fabric of the bed or frame padding or in the barrier or support system (frame) padding,
 - (4) Ruptured springs,
 - (5) A bent or broken frame or enclosure support system (frame),
 - (6) A sagging barrier or bed, or
 - (7) Sharp protrusions on the frame or suspension system.

If any of these conditions exist, the Trampoline and Enclosure Combination should be taken apart, or otherwise protected against use, until the condition is repaired.

PARTS LIST

Letter	Part Name	Quantity
A	Frame Tube	6
B	Leg Piece	6
C	Enclosure Pole – Upper Section	6
D	Enclosure Pole – Lower Section	6
E	Frame Pad with Safety Skirt	1
F	Jumping Mat with Safety Enclosure	1
G	Bungee Springs	30
H	Screws	24

