

# ASSEMBLY INSTRUCTION MANUAL



30375AA107

## Plum® WEB Springsafe® trampoline



- 8FT (250cm) Trampoline
- 10FT (305cm) Trampoline
- 12FT (366cm) Trampoline

## INTRODUCTION

**Prior to using your new trampoline, please carefully read all the information in this manual.**

Just as with any other type of physical activity, participants can be injured if the correct safety procedures are not followed. To reduce the risk of injury, please follow the appropriate safety rules and tips.

- ❖ Misuse and abuse of this trampoline is dangerous and can cause serious injury!
- ❖ Trampolines, being rebounding devices, propel the performer to unaccustomed heights and into a variety of body movements that they may not be used to, so care should be taken when performing any type of exercise on a trampoline.
- ❖ Always inspect the trampoline before each use for wear to the jumping mat and any loose or missing parts.
- ❖ Assembly instructions, care and maintenance guidance, safety tips, warnings, and jumping/bouncing techniques are all included in this manual. All users and supervisors must read and familiarize themselves with these instructions. Anybody using this trampoline must be aware of their own physical limitations.
- ❖ This trampoline **MUST** be placed on a flat surface; Failure to do so may result in malfunction and could lead to serious injury or death.

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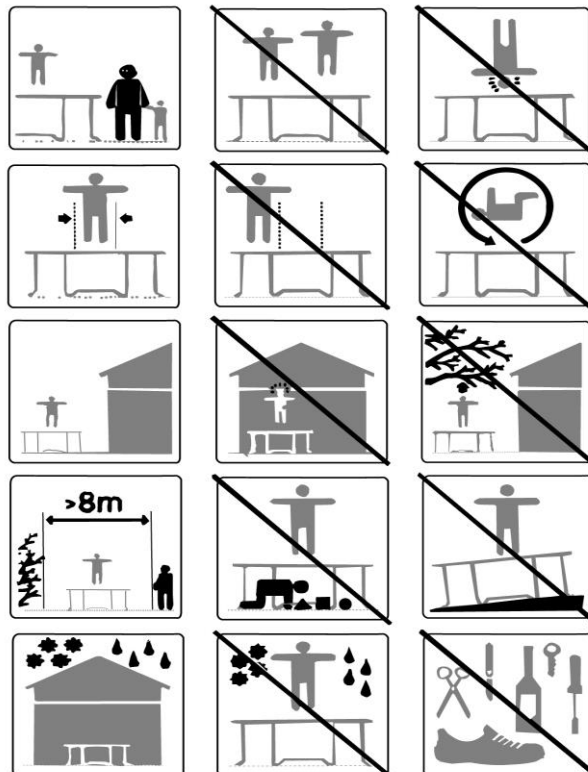
## Warning



NO MORE THAN ONE  
PERSON AT A TIME ON  
THE TRAMPOLINE!  
MULTIPLE JUMPERS  
INCREASE THE RISK OF  
SERIOUS INJURY.



PARALYSIS OR DEATH CAN  
RESULT IF YOU LAND ON  
YOUR HEAD OR NECK!  
WE RECOMMEND YOU DO  
NOT PERFORM SOMERSAULTS  
AS THEY CAN INCREASE  
YOUR CHANCES OF LANDING  
ON YOUR HEAD OR NECK.



\*Max user weight: 100kg

\*Not suitable for children under 36 months

## INFORMATION ON USE OF THE TRAMPOLINE

Initially, you should get accustomed to feel and bounce of the trampoline. The focus must be on the fundamentals of your body position and should practice each bounce (the basic bounces) until you can perform each skill with ease and control.

**To break a bounce, all you need to do is flex your knees before they come in contact with the jump mat.** This is a basic technique and should be practiced while you are learning each of the basic bounces. The skill of 'braking' should be used whenever you lose balance or control of a manoeuvre, or if you are just learning how to jump on a trampoline. Failure to use the 'braking' manoeuvre will increase your risk of getting injured by landing on the frame, springs or off the trampoline completely should you lose control of your jump. A controlled jump is considered landing on the same spot that you took off from. If you do lose control when you are jumping on the trampoline, use the 'braking' manoeuvre when you land and this will allow you to regain control and stop your jump.

*Somersaults (Flips):* We recommend that you DO NOT PERFORM somersaults of any type (backwards or forwards) on this trampoline. If you make a mistake when trying to perform a somersault, you could land on our head or neck and cause serious injury to yourself.

*Foreign Objects:* DO NOT use the trampoline if there are pets, other people, or any objects beneath the trampoline. This will increase the chances of an injury occurring. DO NOT hold any foreign objects in your hand and DO NOT place any objects on the trampoline while anyone is using it. Please be aware of what is overhead when you are using the trampoline. Tree limbs, wires, or other objects located over the trampoline will increase the chance of injuries occurring.

*Number of People on the Trampoline:* No more than one person should use the trampoline at any one time. Having more than one person on the trampoline at the same time can increase the risk of injury.

*Poor Maintenance of Trampoline:* A trampoline in poor condition will increase the risk of injuries. Please inspect the trampoline before each use for bent steel tubes, torn mat, loose or broken springs, and overall stability of the trampoline.

*Location of the Trampoline:* The trampoline must always be set up and used on a level surface. Failure to use the trampoline on a level surface can increase the chance of injury and/or damage to the trampoline.

*Weather Conditions:* Please be aware of the weather conditions when using the trampoline. If the mat of the trampoline is wet, the jumper could slip and injure him or herself. High winds can also cause jumpers to lose control.

*Limiting Access:* When the trampoline is not in use, always store the access ladder in a secure place so that unsupervised children cannot play on the trampoline.

## TIPS TO REDUCE THE RISK OF ACCIDENTS

**Jumper:**

The key to avoiding accidents is to stay in control of your jumps. DO NOT move onto more complicated, more difficult manoeuvre until you have mastered the basic, fundamental bounce. Education is also key to safety and very important. Read, understand, and practice all safety precautions and warnings prior to using the trampoline. A controlled jump is when you land and take off from the same location. For additional safety tips and instructions, contact a certified trampoline instructor.

**Supervisor:**

When supervising other users of the trampoline, supervisors need to understand and enforce all safety rules and guidelines. It is the responsibility of supervisor to provide knowledgeable advice and guidance to all jumpers of the trampoline. If supervision is unavailable or inadequate, the

trampoline could be stored in a secure place, disassembled to prevent unauthorized use, or covered with a heavy tarpaulin that can be locked or secured with lock or chains. The supervisor is also responsible to ensure that the safety placard is placed on the trampoline and that jumpers are informed of these warnings and instructions.

## **TRAMPOLINE SAFETY INSTRUCTIONS**

### **JUMPERS:**

- ❖ Do not use the trampoline if you have consumed alcohol or any drugs.
- ❖ Remove all hard sharp objects from your person before using the trampoline.
- ❖ You should climb on and off in a controlled and careful manner. Never jump onto or off the trampoline and never use the trampoline as a device to bounce onto or into another object
- ❖ Always learn the basic bounce and master each type of bounce before trying more difficult types of bounces. Review the basic skills section to learn how to do the basics.
- ❖ To stop your bounce, flex your knees when you land on the jump mat.
- ❖ Always be in control when you are bouncing on the trampoline. A controlled jump is when you land at the same spot that you took off from. If at any time you feel out of control, try to stop your bouncing.
- ❖ Do not jump or bounce for prolonged periods of time or too high for a number of consecutive jumps.
- ❖ Keep your eyes on the mat to maintain control.
- ❖ Never have more than 1 person on the trampoline at any one time.
- ❖ Always have a supervisor watching you when you are on the trampoline.

### **SUPERVISORS**

- ❖ Educate yourself with the basic jumps and safety rules. To prevent and reduce the risk of injuries, enforce all safety rules and ensure that new jumpers learn the basic bounces before trying more difficult and advanced jumps.
- ❖ All jumpers should be supervised, regardless of skill level or age.
- ❖ Never use the trampoline when it is wet, damaged, dirty, or worn. The trampoline should always be inspected for signs of wear before use.
- ❖ Keep all objects that could interfere with the jumper away from the trampoline. Be aware of what is overhead, underneath, and around the trampoline.
- ❖ To prevent unsupervised and unauthorized use, the trampoline should be secured when not in use.

### **General Safety:**

Do not bounce on the trampoline for extended periods of time because fatigue can increase your chances of becoming injured. Bounce for a brief period of time and then allow others to join in on the fun! Never have more than one person bouncing on the trampoline.

Jumpers should wear t-shirt, shorts or sweats, and regulation gymnastics shoes, heavy socks, or be barefoot. If you are just beginning, you may want to wear long sleeve shirts and pants to protect against scrapes and abrasions until you master correct landing positions and form. Do not wear hard sole shoes, such as tennis shoes, on the trampoline as this will cause excessive wear on the mat material. You should always mount and dismount properly in order to avoid injury. To mount properly, you should PLACE your hand on the frame and either step or roll up onto the frame, over the springs, and onto the trampoline mat. You should always remember to place your hands onto the frame while mounting or dismounting. Do not step directly onto the frame pad or grasp the frame pad. To dismount properly, move over to the side of the trampoline and place your hand onto the frame as a support and step from the mat to the ground. Smaller children

should be assisted when mounting and dismounting the trampoline.

Do not bounce recklessly on the trampoline since this will increase your chances of getting injured. The key to safety and having fun on the trampoline is controlling and mastering the various bounces. Never try to out-bounce another bouncer in terms of height! Never use the trampoline alone without supervision.

## **TRAMPOLINE PLACEMENT**

The minimum overhead clearance required is 24 feet (7.3 meters). In terms of horizontal clearance, please ensure that no hazardous objects are near the trampoline such as tree limbs, other recreational objects (i.e. swing sets, swimming pools), electrical power wiring, walls, fences, etc. For safe use of the trampoline, please be aware of the following when selecting a place for your trampoline:

- ❖ The trampoline **MUST** be placed on a level surface for use.
- ❖ The area should be well-lit.
- ❖ Make sure there are no obstructions beneath, above or around the trampoline.

## **ACCIDENT CLASSIFICATION**

*Mounting and Dismounting:* Be very careful when getting on and off the trampoline. **DO NOT** mount the trampoline by grabbing the frame pad, stepping onto the springs or by jumping onto the mat of the trampoline from an object (e.g. a deck, roof, or ladder). This will increase your chances of getting injured! **DO NOT** dismount by jumping off the trampoline and landing on the ground, regardless of the makeup of the ground. If small children are playing on the trampoline, they may need help in mounting and dismounting.

*Use of Alcohol or Drugs:* **DO NOT** consume an alcohol or drugs when using this trampoline! This will increase your chances of getting injured since these foreign substances impair your judgments, reaction time, and overall physical coordination.

*Multiple jumpers:* If you have multiple jumpers (more than one person on the trampoline at any on-time), you increase the chance of getting injured. Injuries could occur when you fly off the trampoline, lose control, collide with the other jumper(s), or land on the springs. Generally, the lightest person on the trampoline will get injured.

*Striking the Frame of springs:* When playing on the trampoline, **STAY** in the center of the mat. This will reduce your risk of getting injured by landing on the frame of springs. Always keep the frame pad covering the frame of the trampoline. **DO NOT** jump or step onto the frame pad directly since it was not intended to support the weight of a person.

*Loss of Control:* **DO NOT** try difficult manoeuvre, of any manoeuvre until you have mastered it. If you do not follow these guidelines, you increase the risk of someone getting injured.

## **ASSEMBLY INSTRUCTIONS**

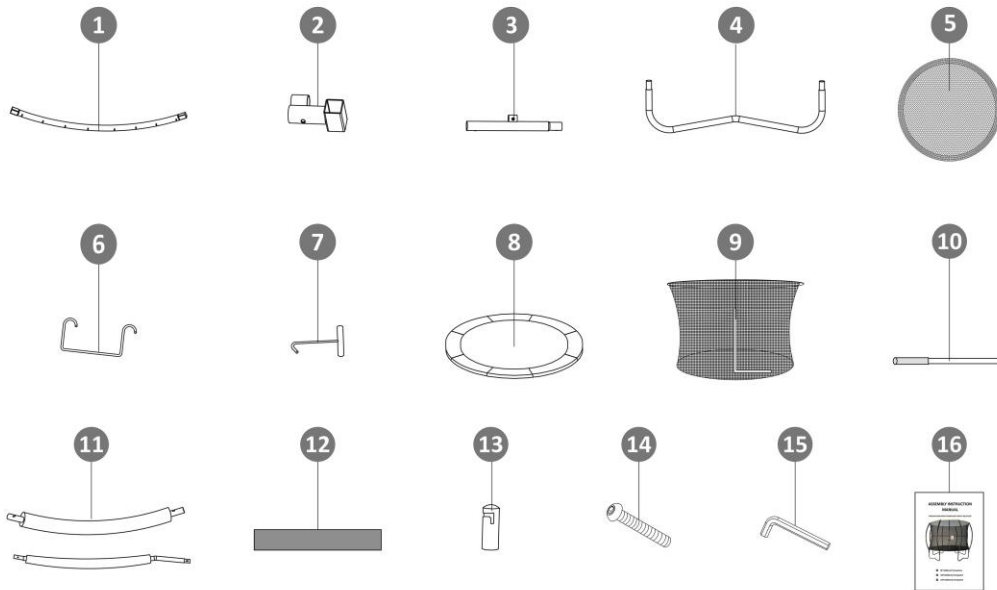
To assemble this trampoline, you will need the special spring loading tool enclosed with your product. During periods of non-use, this trampoline can be easily disassembled and stored. Please read the assembly instructions thoroughly before beginning to assemble the product.

### **PRIOR TO ASSEMBLING**

Please refer to the table below for part descriptions and numbers relevant to your size of trampoline. The assembly steps use these descriptions and numbers as reference for your convenience. Make sure that you have all parts listed. If you are missing any parts, please contact us immediately and do not attempt to continue with the assembly. To prevent any injuries to your hands from pinch points during assembly, **we recommend that you use gloves to protect your hands.**

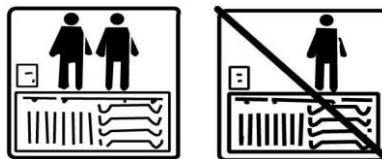
## Parts List

Lay out all trampoline parts in groups. Check, prior assembly, that all parts are complete according to the parts list.



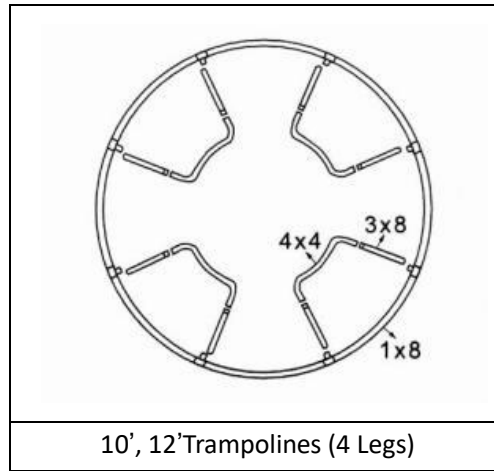
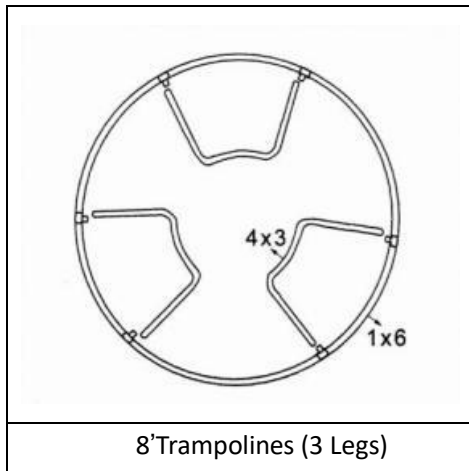
| Part No. | Description of Trampoline Parts                  | 8ft | 10ft | 12ft |
|----------|--|-----|------|------|
| 1.       | Frame tube                                       | 6   | 8    | 8    |
| 2.       | "T" type tube                                    | 6   | 8    | 8    |
| 3.       | Upright tube which connects to the "W" type tube | N/A | 8    | 8    |
| 4.       | "W" type tube                                    | 3   | 4    | 4    |
| 5.       | Trampoline mat, stitched with elastic net        | 1   | 1    | 1    |
| 6.       | Steel hooks                                      | 66  | 88   | 104  |
| 7.       | Hook loading tool                                | 2   | 2    | 2    |
| 8.       | Frame pad  | 1   | 1    | 1    |
| 9.       | Safety net                                       | 1   | 1    | 1    |
| 10.      | Top fiberglass poles                             | 7   | 8    | 10   |
| 11.      | Safety net poles with foam                       | 12  | 16   | 16   |
| 12.      | PVC sleeve for safety pole                       | 6   | 8    | 8    |
| 13.      | Top hat  | 6   | 8    | 8    |
| 14.      | Screws   | 6   | 8    | 8    |
| 15.      | Wrench   | 1   | 1    | 1    |
| 16.      | Instruction Book                                 | 1   | 1    | 1    |

REMEMBER WE RECOMMEND THAT YOU USE GLOVES DURING ASSEMBLY TO AVOID PINCHING AND WE SUGGEST AT LEAST TWO PEOPLE WORK TOGETHER TO ASSEMBLE THE TRAMPOLINE,



### STEP 1-Frame Layout

Please check your steel tube quantity relevant to the size of trampoline you have purchased. All parts with the same design are interchangeable and have no "right" or "left" orientation. To connect the parts, simply slide a section tubing that is smaller on one end into the adjacent section that has a larger opening. These joints are called "connector points".








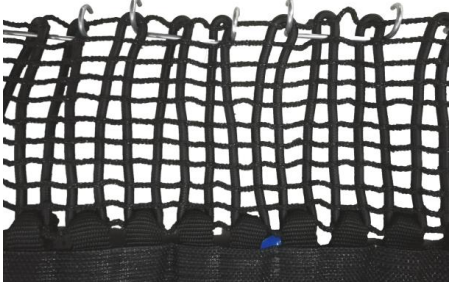
## FRAME ASSEMBLY

Refer to PARTS LIST for identification of parts.

### **WARNING!**

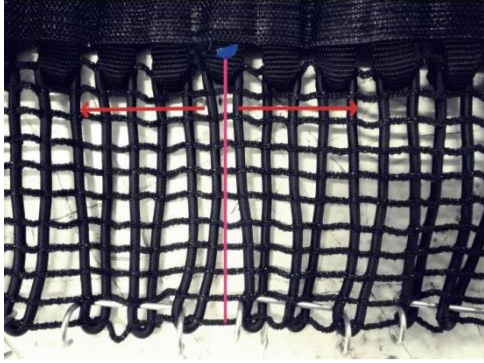
Set-up the trampoline at its final location, which **MUST** be a level surface. After completing the set-up, **DO NOT MOVE** the trampoline! The tension of the elastic mesh may deform the frame.

**WARNING:** We recommend at least 2 adults in good physical condition should carry out the assembly of this trampoline. Wear proper shoes and, when indicated, gloves and maintain balance to prevent a fall. Failure to follow all instructions and warnings may result in serious injury.

|   |  |   |
|---|--|---|
| <p><b>Step 1</b></p>    | <p><b>Step 2</b></p>   | <p><b>Step 3</b></p>   |
| <p>Lay out all trampoline parts in groups (as shown in picture). Check, prior to assembly, that all parts are complete according to the parts list.</p> | <p>Connect frame tubes with T-tube connectors as shown.</p> <p>Note: The welded tube of T tube connector must face outside.</p>  | <p>Insert the Leg Extension (upright tube) into the base Leg (W - tubes) as shown in the picture – Locking pins MUST face inside.<br/>(Upright tube not required on 8ft trampoline range)</p>   |
| <p><b>Step 4</b></p>   | <p><b>Step 5</b></p>   | <p><b>Step 6</b></p>   |
| <p>Place all leg tubes inside the frame circle to line up with T-tube connectors.</p>   | <p>Lift up the frame on one side and insert T-Tube into W-shaped / base leg underneath. Repeat this step to connect rest of W-shaped legs<br/>Note: two or more persons are required to lift the frame on the opposite side.</p> | <p>To prepare the bounce mat to be attached to the trampoline you must first attach the steel hooks. Each hook connects through 3 loops of the bounce mat. You can find one of the blue dot on the bounce mat and this is the start point to connect the hooks.</p> |

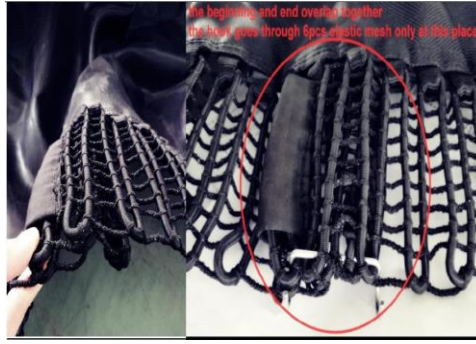


### Step 7



Working to the left or right of the start section you connect the hooks by pushing through 3 elasticated hoops on the bounce mat mesh.

Hold the hook with the round hook section facing towards you and the hooking facing down. Then thread the loop downwards through the first hoop, upwards through the second and then finally downwards through the third loop. All hoops should now be connected over the bar of the hook.



The beginning and end overlap together.  
The hook goes through 6pcs elastic mesh only at this place.

### Step 8



Lay the jumping mat inside the frame.

Handy tip: Before attaching the steel hooks, ensure that bounce mat faces upwards with the logo facing where entrance will be positioned.

### Step 9



Attach the steel hooks to the main frame tubes.

### Step 10



In order to attach the hooks securely, use the provided tool and wear gloves to protect your hands.

**WARNING:** Trampoline is under heavy tension, more effort may be required to attach the springs to the frame. Be careful not to pinch fingers or slip. Serious injury may occur.

### Step 11



Continue to attach the hooks through the elastic net onto the frame tube following a hexagon pattern.

**Step 12**



Attach the remaining hooks to the rest of the frame tube. This will require extra effort as you get towards the final few hooks. Proceed as shown in the picture and use gloves for protection.

**Step 13**



When the trampoline base is set-up as shown, ensure that the legs are at (exactly) a 90° angle to the ground.

**Step 14**



Lay the padding on the outer edge of the frame, covering the hooks.

**Step 15**



Tie all black straps under safety pad to the frame tubes like above picture

**Step 16**



Stick the Velcro on the safety pad and jumping mat to connect them together.

**Step 17**



Insert safety poles to foams. Then connect two ends of safety net poles like the pictures shown. (One upper pole is galvanized; another one lower pole is black powder coated).

**Step 18**



Attach black hats onto the top of all upper poles and make sure the pin locked.

**Step 19**



Insert the safety poles into the PVC sleeves with the head of top hat out of sleeves.

**Step 20**



Insert the contracted tube ends of safety poles into the welded tube on straight tube and tighten up with screws and nuts, shown as the above picture.

**Step 21**



Insert rest of safety net poles into welded tube on T connectors as shown.

**Step 22**



Lay the safety net onto the trampoline. Insert fiberglass poles into the top yellow strap of safety net. Then you can join the ends of two fiberglass poles together. (connect the shortest fiberglass pole at last).

**Step 23**



Insert the fiberglass rod into the top plastic hats as above picture. Make sure the entrance of the safety net locates between two W-shape leg tubes

### Step 24



At the bottom part, connect the safety net to the jumping mat by hanging plastic hooks into the back of elastic net.

### Step 25



Now your trampoline installation is complete.

## **LESSON PLAN**

The following lessons are suggested in order to learn basic steps and bounces before moving onto more difficult, complicated bounces. Before actually getting on and using the trampoline, you should read and understand all safety instructions. A complete discussion and demonstration of body mechanics and trampoline guidelines should occur between the supervisor and student as well.

### Lesson 1

- A. Mounting and Dismounting – Demonstration of proper techniques
- B. The Basic Bounce- Demonstration and practice
- C. Braking (Check the Bounce)-Demonstration and practice. Learn to brake on command
- D. Hands and knees-Demonstration and practice. Stress should be on four-point landing and alignment

### Lesson 2

- A. Review and practice of techniques learned in Lesson 1
- B. Knee Bounce –Demonstration and practice. Learn the basic down to knee and back up before trying half twist to left and right
- C. Seat bounce –Demonstration and practice. Learn basic seat bounce then add a knee bounce, hands and knees; repeat

### Lesson 3

- A. Review and practice skills and techniques learned in previous lessons
- B. Front Drop-To avoid mat burns and teach the front bounce position, all students should be requested to assume the prone position (face down on the ground) while the instructor checks for faulty positions that could cause injury.
- C. Start with a hands and knees bounce and then extend body into prone position, land on the mat and return to feet
- D. Practice Routine-Hands and knees Bounce, Front Bounce, back to feet, seat bounce, back to feet

### Lesson 4

- A. Review and practice skill and techniques learned in previous lessons

## B. Half-Turn

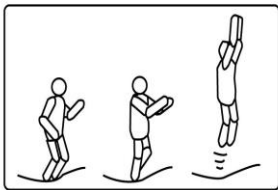
- i. Start from front drop position and as you make contact with the mat, push off with arms in either the right or left direction and turn head and shoulders in same direction.
- ii. During turn, be sure to keep back parallel to mat and head up.
- iii. After completing turn, land in front drop position

After completing this lesson, the student now has a basic foundation of trampoline bounces. Jumpers should be encouraged to try and develop their own routines with the emphasis on control and form

A game that can be played in order to encourage students to try and develop routines is “**BOUNCE**”. In this game, player count off from 1 to X. Player one starts with a maneuver. Player two has to do Player One’s maneuver and add on another. Player Three does the maneuvers of One and Two and then adds a third maneuver. This continues until a player cannot do the routine until someone spells out the word “**BOUNCE**”. The last remaining contestant is deemed the winner! Even when playing this game, it is important to perform your routines under control and not try difficult or highly skilled bounces that you have not yet mastered. A certified trampoline instructor should be contacted to further develop your trampoline skills.

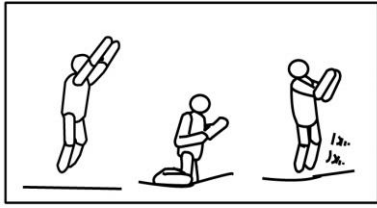
## BASIC TRAMPOLINE BOUNCES

### THE BASIC BOUNCE



1. Start from standing position, feet shoulder width apart and with head up and eyes on mat
2. Swing arms forward and up and around in a circular motion
3. Bring feet together while in mid-air and point toes downward
4. Keep feet shoulder width apart when landing on mat.

### KNEE BOUNCE



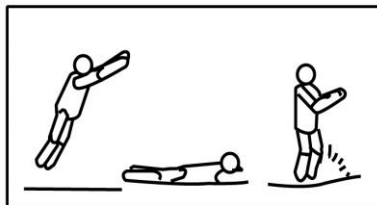
SEAT BOUNCE

1. Start with basic bounce and keep it low.
2. Land on knees keeping back straight, body erect and use your arms to maintain balance.
3. Bounce back to basic bounce position by swinging arms up.



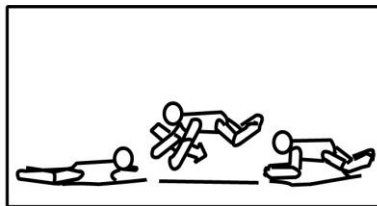
FRONT BOUNCE

1. Land in a flat sitting position.
2. Place hands on mat besides hips
3. Return to erect position by pushing with hands.



180 DEGREE BOUNCE

1. Start with front bounce position
2. Land in prone (face down)
3. Position and keep hand and arms extended forward on mat
4. Push off the mat with arms to return to standing position



1. Start with front bounce position
2. Push off with left or right hands and arms (depending on which way you wish to turn)
3. Maintain head and shoulders in the same direction and keep back parallel to mat and head up
4. Land in prone position by return to standing position by pushing up with hands and arms