



SAFETY INFORMATION

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+ MR TRAMPOLINE

Premium Bounce. Ultimate Flight.



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SAFETY RULES: Practice Safe Jumping

Trampolining is an exhilarating activity, but safety should always come first. Please adhere to the following safety rules to ensure a safe and enjoyable trampolining experience:



1. Supervision

Be sure to be supervised by a competent person while using the trampoline.



2. One Person at a Time

Only one person is allowed on the trampoline at any given time to avoid collisions and accidents.



3. Skill-Level Jumping:

Jump within your skill level and comfort zone, avoiding maneuvers and tricks that exceed your abilities.



4. Avoid Landing on Rubber skirts or Padding:

Never jump or land on the padding or rubber skirting as they are not designed to support your weight. Repeatedly aim to land and jump in the centre of the trampoline (aka the sweet spot!).



5. Building your skills further

To advance your trampolining skills, join a gymnastics group or a trampoline park offering qualified training. Never attempt skills beyond your ability.



INSTALLATION & MAINTENANCE SAFETY INSTRUCTIONS

WARNING: Please be careful when lifting, moving, or installing trampoline equipment. Trampoline equipment is heavy and awkward, use appropriate machinery where possible and ask for assistance when lifting heavy and awkward objects. Always use appropriate PPE such as gloves, protective glasses, and sturdy footwear before commencing any maintenance, repairs, or installation.

The Trampoline mat is hand woven and painted with a rubberized paint, while it is durable and suited to withstand UV rays and various weather conditions it is not vandal proof. Do not use sharp objects around the trampoline mat. Avoid sparks, embers, or hot objects from contact with the Trampoline Mat.

Depending on the type of trampoline you have (In-ground or Above ground) there is specific work required to complete each install. Please ensure you have read the documentation, and considered the drawings thoroughly before commencing with installation.

There are also installation guides for each type of trampoline on our [website](#).



Trampoline assembly should be performed by knowledgeable adults following the provided instructions carefully.

Equipment

All trampoline kits will be supplied with relevant screws, nuts, bolts, and washers to assemble the trampoline. General tools & equipment required to assemble a trampoline are as follows:



Gloves



Drill or impact driver
with Phillips head bit



Protective
eye wear



Spirit Level



Ratchet gun/
adjustable spanner
+ M16-M19 socket
bits

Safety Padding

Ensure that safety rubber or padding fully covers the springs and the surrounding area. This is in place to stop feet from falling between the springs.

Location

Your trampoline should be placed on a level surface free of hazards and away from structures, trees, or other potential obstacles. If you are unsure on where to set up your trampoline, you can always speak to the team at Mr. Trampoline for further advice and guidance prior to installation or set up.

Maintenance

Regularly inspect the trampoline for any wear and tear, loose bolts, or damaged parts. It's not unusual for yarn to snap due to wear and tear or due to friction. These should be repaired immediately to prevent further damage. We advise our customers to paint their beds every 3-4 years as this will help protect the yarn from UV and increase the chances of the mat's life span. Proper maintenance includes inspecting the trampoline and making sure that it is in good condition. It is a good idea to do a routine inspection of the trampoline every six months. If you are unable to identify a potential hazard, please get in contact with someone from Mr. Trampoline.



SAFETY WARNINGS

Trampolining can be a fun-filled activity if done responsibly. However, failing to observe proper safety precautions can result in serious injuries. Take note of these safety warnings:



Risk of Injury or Death:

Jumping outside your skill level can lead to severe injury or death.* Always bounce within your ability.

**Never land on head, neck, or shoulders. Always land on feet, knees, backside, or stomach.*



Supervision:

Children should always be supervised by responsible adults while using the trampoline.



Avoid Rough Play:

Refrain from rough play or dangerous stunts on the trampoline that could lead to injury.



Jumping Off the Trampoline:

Never attempt to jump or exit directly from a trampoline, as this can lead to dangerous falls.



Remove Jewelry and Sharp Objects:

Remove all jewelry, sharp objects, or any items that might cause harm or damage while using the trampoline.



Weather Conditions:

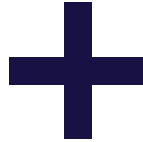
Do not use the trampoline during adverse weather conditions like strong winds, rain, snow, or storms. Consider heat exhaustion during hot or sunny conditions



Weight Limit:

Our trampolines are built to withstand 1000kg*. Do not exceed the recommended weight capacity.

* If you weigh more than 150kg, you may generate more than 6 G-forces when bouncing. This may render you close to the capacity of the trampoline. Please speak with Mr Trampoline staff before continuing to use the trampoline.



Medical Considerations:

Consult a medical professional before using the trampoline if you have any pre-existing health conditions or concerns.

Remember, these warnings are crucial for your safety and the safety of others. Always prioritize safety and exercise caution while using a trampoline. Follow these safety guidelines to ensure a safe and enjoyable trampolining experience. If you have any questions or concerns, please do not hesitate to reach out to us.

Please Note: This document is intended to provide general safety guidelines and should not be considered exhaustive. Users must exercise caution and judgment while using trampoline equipment.