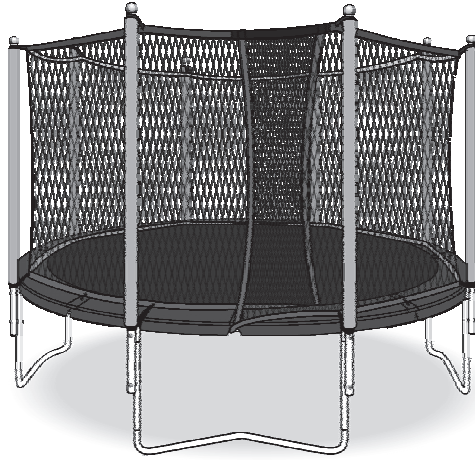


# JumpSport® Elite



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[www.JumpSport.com/Installation-Videos](http://www.JumpSport.com/Installation-Videos)



## 10ft JumpSport Elite Trampoline System User's Manual

Assembly, Installation, Care, Maintenance, and Use Instructions

### **WARNING**

**Read these materials prior to assembling and using this  
trampoline and Trampoline Enclosure**



DO NOT attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis or death, even



DO NOT allow more than one person on the trampoline. DO NOT allow more than one person inside the trampoline enclosure. Use by more than one person at the same time can result in serious injury.

Use trampoline only with mature, knowledgeable supervision.



DO NOT attempt to jump over the barrier.



DO NOT intentionally rebound off the barrier.

Retain address information for future use.

**JumpSport, Inc.**  
**1680 Dell Ave.**  
**Campbell, CA 95008 U.S.A.**

**The maximum user weight is 240 pounds. This  
trampoline is not recommended for use by children**

Instruction Manual P/N: INS-P-11746-02D  
JumpSport Elite 10ft Trampoline System P/N: UNE-U-11726-02

Patent info at: **Patents.JumpSport.com**  
**408-213-2551**  
**[www.jumpsport.com](http://www.jumpsport.com)**

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## Trademarks

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## Patents

This product includes technology associated with one or more of the following U.S. Patents:

No. 6,053,845

No. 6,261,207

No. 6,840,891

No. 6,846,271

No. 7,060,001

Additional Patents Pending.

Patent info at: [Patents.JumpSport.com](http://Patents.JumpSport.com)

## How to Contact Customer Support

Should you require customer service or technical support for your JumpSport Elite Trampoline System, please contact JumpSport's Customer Service department at:

408-213-2551

6:00am – 5:00pm Monday through Friday, Pacific Time



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# Assembly and Installation

## Preparation

Before you begin assembling your JumpSport Elite Trampoline System, make sure your trampoline is in a proper location.

## Trampoline Placement

 **CAUTION:** When deciding on where to place your trampoline, consider the following:

## WARNING

Overhead Clearance	Adequate overhead clearance is essential. A minimum of 24 feet from ground level is recommended. Provide clearance for wires, tree limbs, and other possible hazards.
Lateral Clearance	Lateral clearance is essential. Place the trampoline and trampoline enclosure away from walls, structures, fences, and other play areas. Maintain a clear space on all sides of the trampoline and trampoline enclosure.
Level Surface	Place the trampoline and trampoline enclosure on a level surface before use.
Lighting	Use the trampoline and trampoline enclosure in a well-lighted area. Artificial illumination may be required for indoor or shady areas.
Security	Secure the trampoline and trampoline enclosure against unauthorized and unsupervised use.
Ground Clearance	Remove any obstructions from beneath the trampoline and trampoline enclosure.

**Note:** The trampoline enclosure is only to be used as an enclosure for a trampoline and the trampoline must be of the appropriate size as covered by the specific enclosure.

**Note:** The owner and supervisors of the trampoline are responsible to make all users aware of practices specified in the Use Instructions.

**IMPORTANT:** The best surface on which to place your trampoline is dirt or grass. However, if you plan to install the trampoline on a very hard surface such as concrete or asphalt, a dense foam — similar to what can be found in public playgrounds — should be installed under each leg. Contact JumpSport Customer Service if you have any questions.

**It is the responsibility of the purchaser to become familiar with all of the information in this booklet, to convey the warnings to all users, and to enforce JumpSport’s rules for safe use.**

**This unit is not intended for commercial or public use, and such use is strictly prohibited.**

**The maximum user weight is up to 240 pounds.**

**This trampoline is not recommended for use by children under six years of age.**



## Trampoline Placement

### Windy Conditions

It is possible for the trampoline to be blown about by a high wind. If you anticipate high winds, the frame should be secured to the ground with the use of a JumpSport Trampoline Anchor Kit. If you anticipate severe winds, the trampoline should be moved to a sheltered location or completely disassembled. Our anchor kit can be found in the

#### **Diagram 2 JumpSport Trampoline Anchor Kit**

Accessories section at [www.jumpsport.com](http://www.jumpsport.com).



**WARNING:** Do Not use or stand near the trampoline in windy or gusty conditions. A trampoline can become airborne when exposed to sustained wind or gusting wind conditions. This can result in serious injury, paralysis, or death, as well as property damage. To reduce these risks, disassemble the trampoline and enclosure and store them until weather conditions improve. Anchoring a trampoline frame may prevent the trampoline from moving as a result of the wind, but even anchored trampolines can become airborne or damaged. Consult a qualified contractor to determine what type of anchor works best in your location.

**Use a JumpSport Trampoline Anchor Kit to tie down your Elite Trampoline System.**

(Photo is for illustration only and may not match actual product)

### Moving the Trampoline

If you need to move your trampoline periodically, it should be moved by at least two people, and kept horizontal during the move. Both people should stand next to each other on one of the short ends of the trampoline, and lift that end of the trampoline. Rotate that end of the trampoline about five feet, then go to the opposite end of the trampoline, and do the same thing. This will slowly rotate each end of the trampoline toward your desired destination, and is the easiest way to move the trampoline due to its heavy weight. Disassemble the trampoline for any move greater than a few feet.

### Care

Do not allow family pets on the trampoline, as claws may snag and pull the trampoline mat material or net material, or damage the frame pad or pole foam.

The Elite Trampoline System is intended to be used by one person at a time, weighing less than 240 pounds. The user should either be barefoot or wearing gymnastic slippers or non-cleated athletic shoes. The user should remove all sharp objects from their person that may cause injury or damage to the trampoline mat. Heavy, sharp, or hard pointed objects should not contact the mat surface.

## Parts List (Trampoline)

Your Elite Trampoline System is shipped with the parts shown below. The trampoline parts ship in 2 separate boxes which may arrive on different days. If any parts are missing, immediately call JumpSport Customer Service at 408-213-2551.

Reference #	Part #	Description	Quantity
1	LEG-A-11745-01	Horizontal leg piece	3
2	LEG-P-11744-01	Vertical leg piece	6
3	RAI-P-11743-01	Rail piece with 2 leg sockets, 12 spring notches	3
4	RAI-P-20328-01	Rail piece with no leg sockets, 12 spring notches	3
5	MAT-A-11749-01	Mat, 72 V-rings	1
6	SPR-P-10059	Spring, 8.5 inches	72
7a	PAD-A-11751	Frame pad section	6
7b	PAD-P-11752	Pad connector, with grommet (connects frame pad sections)	12

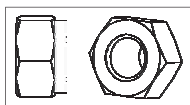
**Tools** Installation of the safety enclosure **requires a 13mm hex wrench (included) or a deep socket with a ratchet or cordless drill, and a 5mm Allen wrench (included)**. An 8 foot A-Frame ladder will be useful for some steps (use care and follow procedures for use). Safety glasses and gloves are also recommended for safety.

## Parts List (Safety Enclosure)

Your Elite Trampoline System is shipped with the parts shown below. The safety enclosure parts ship in a separate box, which has a smaller box inside of it. If any parts are missing, immediately call JumpSport Customer Service at 408-213-2551.

**Note:** Do NOT discard the foam tubing (Reference #13 and #14); it is needed to make the pole assemblies. It is not just packing material. Not all poles will have foam around them. And do NOT remove any caps from the ends of any of the support poles.

Reference #	Part #	Description	Quantity
10	POL-A-11401-02	Lower support pole, with snap-button	6
11	POL-P-11497-02	Upper support pole, notch at one end	6
12	CAP-P-21441-00	Pole cap, black slotted	6
13	FOA-P-10078	Long foam tubing (1 tube packed over 1 pole)	6
14	FOA-P-10103	Short foam tubing (2 tubes packed over 1 pole)	6
15	SLE-P-11607-01	Pole sleeve, blue vinyl	6
16a	BOL-P-10081	M8 bolt, Allen head	12
16b	SPA-P-10083	Pole spacer, black	12
16c	WAS-P-10082	Washer	24
16d	NUT-P-10084	M8 Nylock nut	12
16e	NUT-P-10622	M8 acorn nut, capped end, black	12
17	TOO-P-10158	Wrench, 13mm hex	1
18	TOO-P-10159	Wrench, 5mm Allen	1
19	NET-P-21388-00	28ft x 6ft heavy-duty rectangular mesh net	1
20	STR-P-11150	Short strap with buckle (approximately 2 feet long)	12
21	CAP-P-21441-00	Ball end cap (fits over pole cap), black	6
22	STR-P-11157	Long strap with buckle (approximately 3 feet long)	6
23	BUN-P-10110	Bungee t-anchor	2



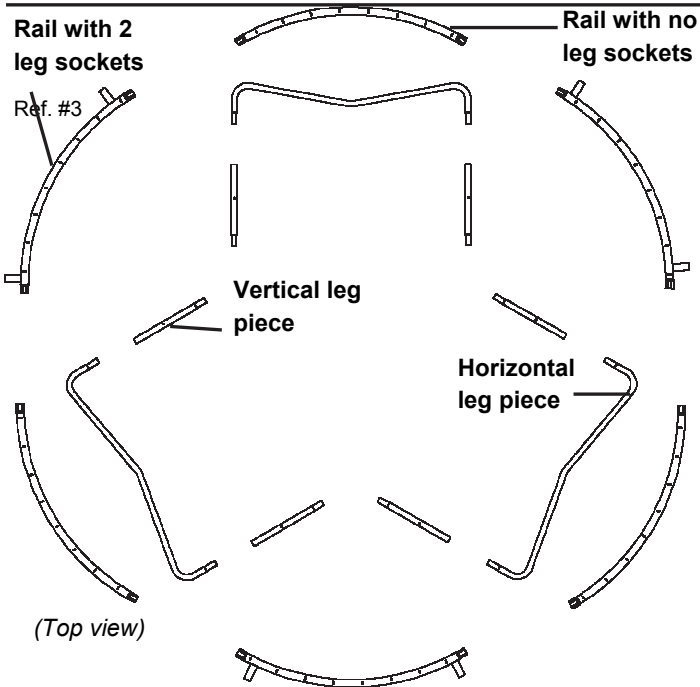
Nylock nut (Ref. #16d)



Acorn nut (Ref. #16e)

## Assembly

**Note:** We recommend at least 2 people participate in assembling the trampoline. Use page 6 to help with part names and numbers.

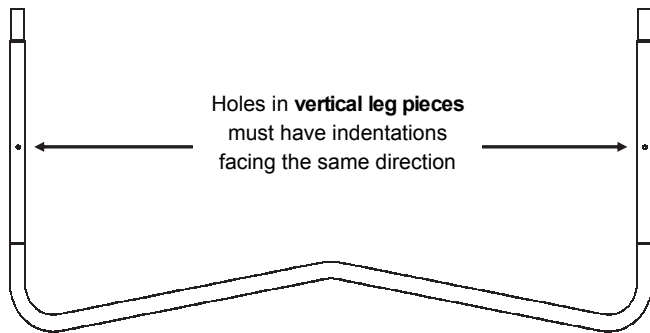


1) Lay all rail and leg pieces in a circle as shown. See page 6 for detailed part descriptions.



2) Using 1 horizontal leg piece and 2 vertical leg pieces, build a leg assembly as shown above.

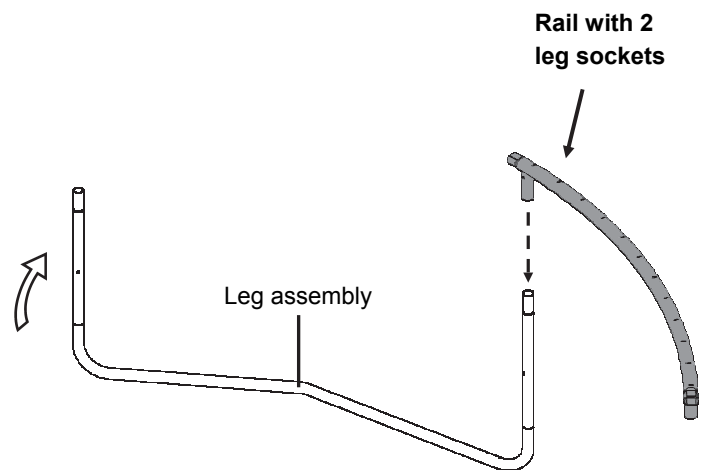
If applicable, snap buttons on ends of horizontal leg pieces will need to



3) **IMPORTANT:** The holes through the vertical legs—located near the center of each vertical leg and not related to the snap buttons—will be used for connecting the enclosure poles in a later step. On one side, the hole will be flat and flush with the leg. On the other side, the hole will be indented into the leg. You can see and feel a difference between each side by running your finger along the hole.

Both vertical leg pieces must have the indented side facing the same direction, and when you attach the leg assemblies to the rails in the next steps, the indented side must face out and away from the trampoline.

>> Repeat Step 2 with all remaining leg pieces. When finished, you will have 4 complete leg assemblies. See next page for how to properly align the leg assemblies.



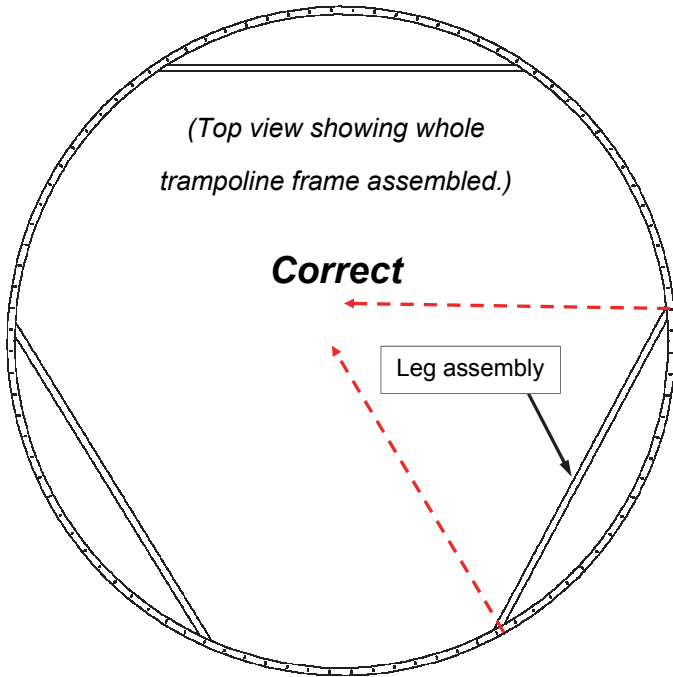
4) Stand 1 leg assembly upright and connect a rail with 2 sockets as shown.

**IMPORTANT:** See next page for how to properly align the leg assemblies.

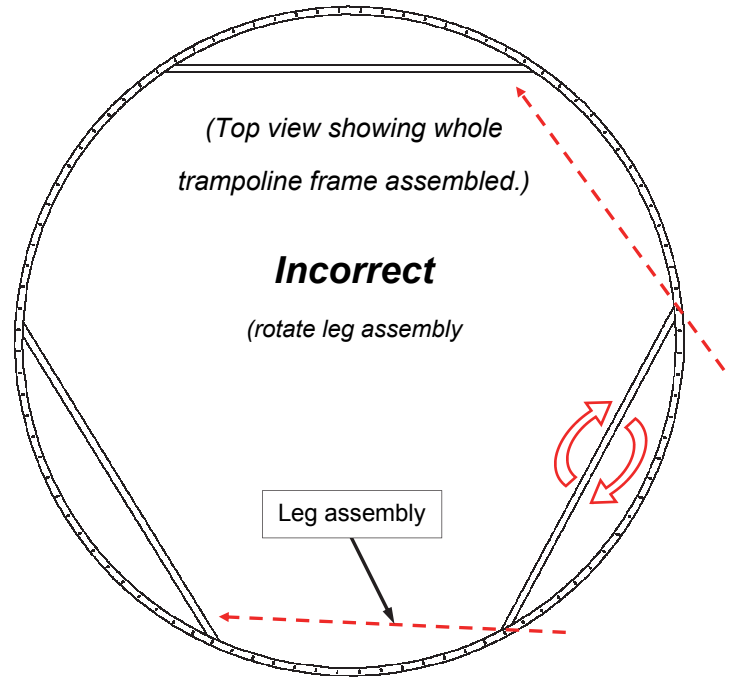
## Assembly and Installation Instructions

**IMPORTANT:** As you connect leg assemblies to rails, pay careful attention to snap buttons in horizontal legs. All snap buttons are designed to point toward center of trampoline when properly installed. Indented holes in vertical legs need to be facing away from trampoline, and aligned with holes in leg sockets of trampoline.

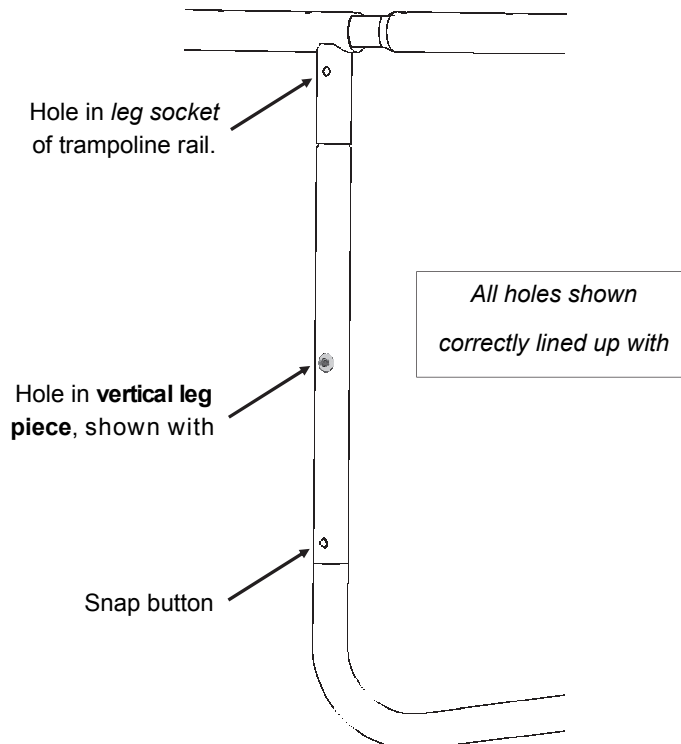
If snap buttons in horizontal legs are not pointing toward middle of trampoline, you will have to flip the whole leg assembly around 180 degrees. Then double-check to be sure vertical leg pieces still have indented side facing away from trampoline. If not, rotate each vertical leg piece around 180 degrees too.



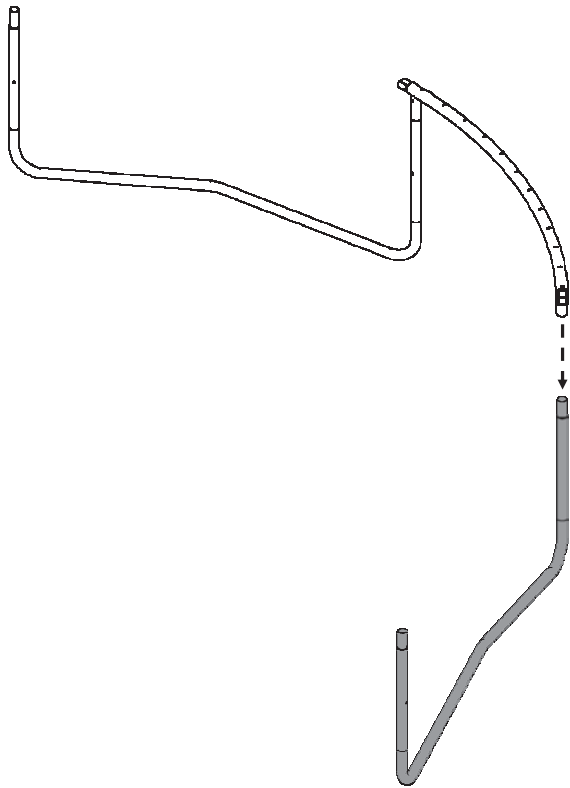
(Snap buttons in horizontal legs must point toward center of trampoline.)



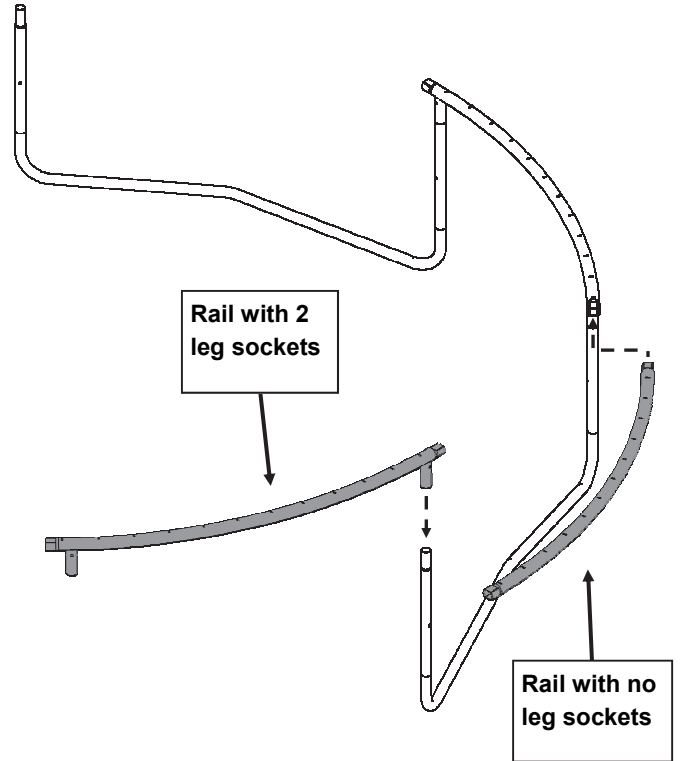
(Snap buttons in horizontal legs must point toward center of trampoline.)



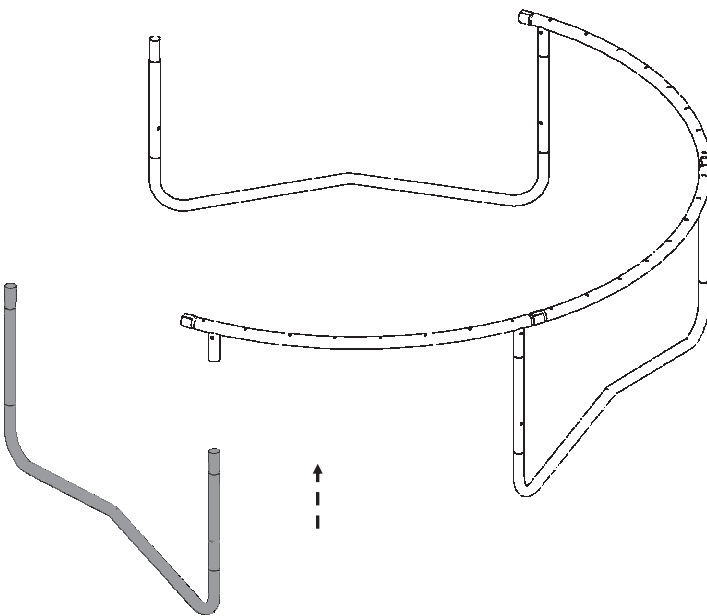
## Assembly and Installation Instructions



5) Connect another leg assembly to same rail with 2 sockets.

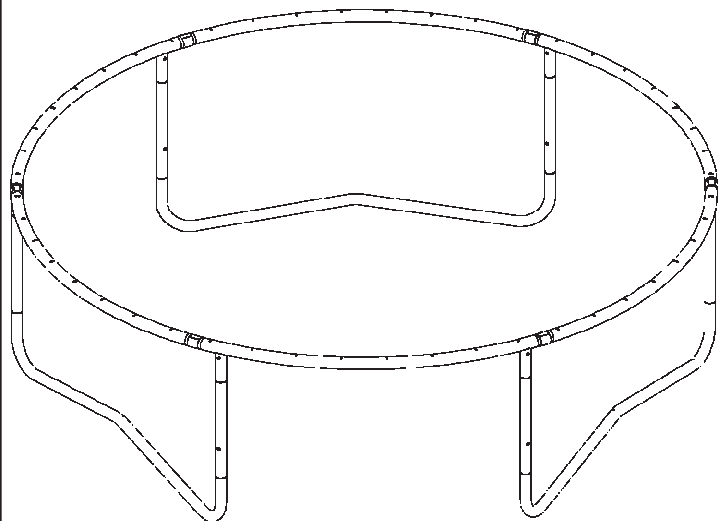


6) Connect rail with no sockets, then rail with 2 sockets.



7) Connect next leg assembly to rail with 2 sockets.

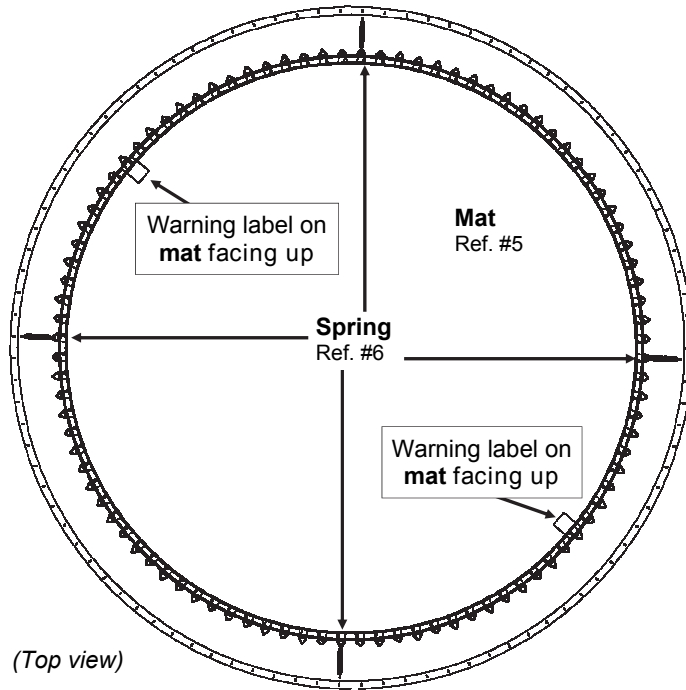
>> Repeat Steps 6 and 7 all the way around until all rail pieces and leg assemblies are connected together.



8) Completed frame.

**Note:** The frame may not be snug at this point. This is normal until you start adding the mat and springs, which add tension to the frame to help keep everything snug.

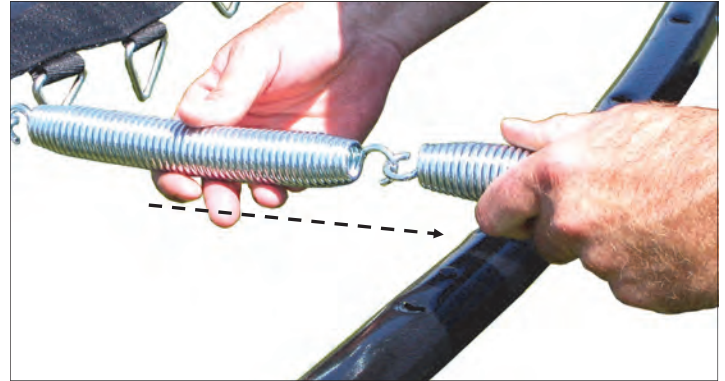
## Assembly and Installation Instructions



(Top view)

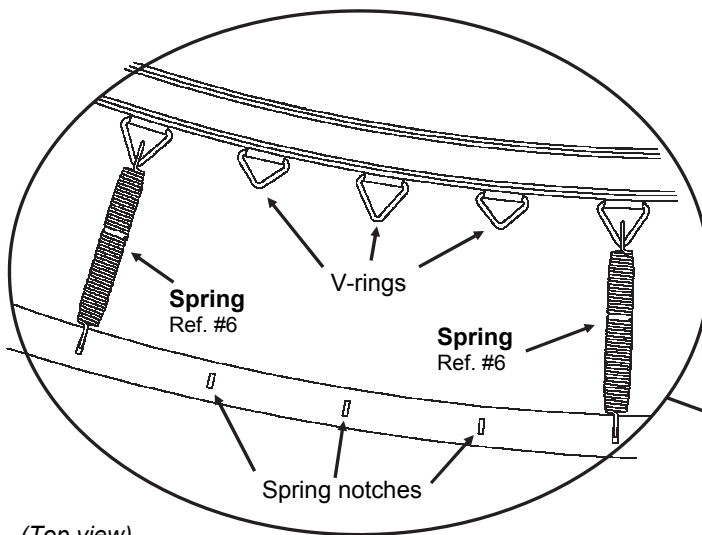
**9)** Connect jumping mat to trampoline frame using 4 springs. Connect each spring to a V-ring and spring notch, approximately 1/4 circle apart from each other. Warning labels must face up.

**Note:** For this step, the springs do not have to be perfectly spaced. They are to help keep tension on the mat temporarily while you attach the remaining springs.



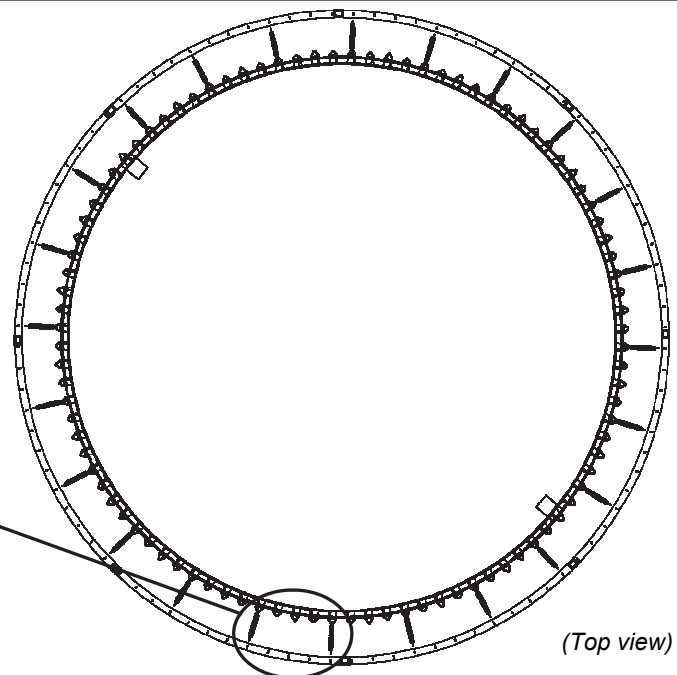
**TIP:** For easy spring installation, connect spring to V-ring of mat and pull toward you, to connect to frame. Use a second spring as a tool to hook onto the one you are installing.

**IMPORTANT:** If you have a PowerBounce Trampoline, open the separate PowerBounce box and use those instructions to install the PowerBounce springs while you install the standard springs in the following steps.



(Top view)

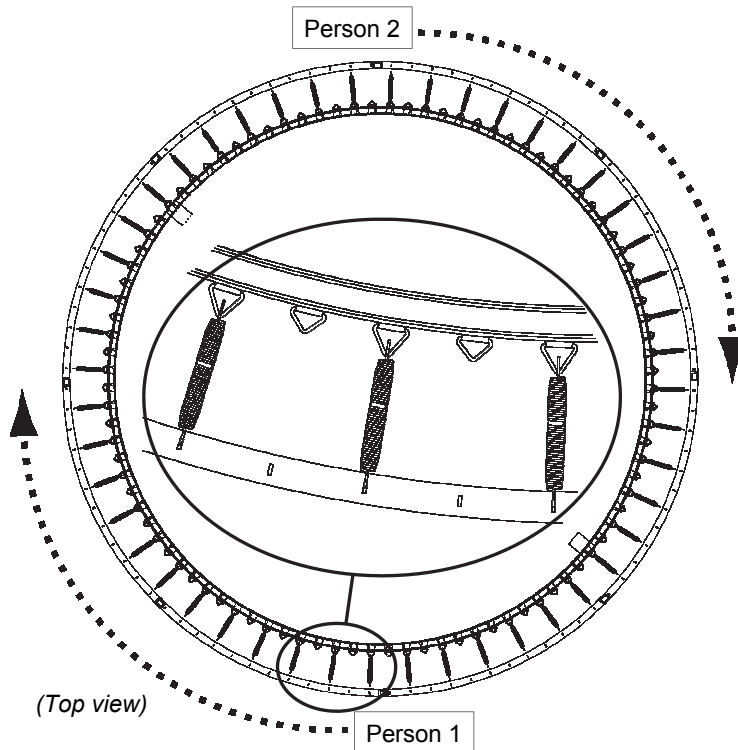
**10)** Start at a spring that is already connected. While standing outside the frame, count 4 V-rings and spring notches clockwise, and connect another spring. The easiest way to connect a spring is to hook spring onto V-ring, then pull it toward you and hook it into spring notch on top of frame rail.



(Top view)

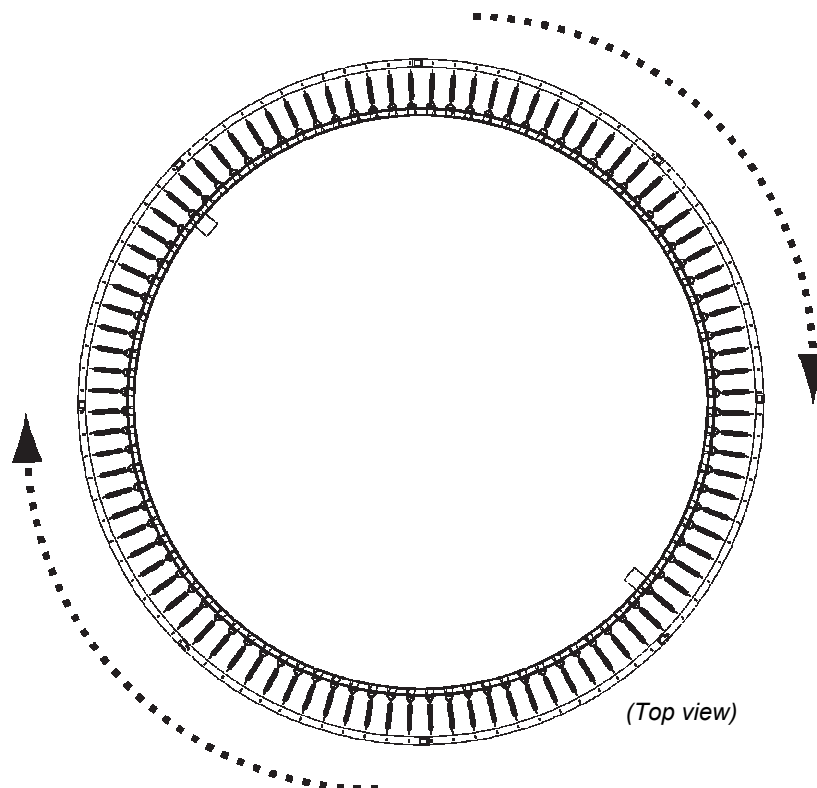
**11)** Continue counting 4 V-rings and notches and connecting a spring until you have gone all the way around the trampoline.

When you get to a spring that you connected in Step 9, reposition it if necessary, so that the springs are all spaced exactly 4 V-rings and spring notches apart.



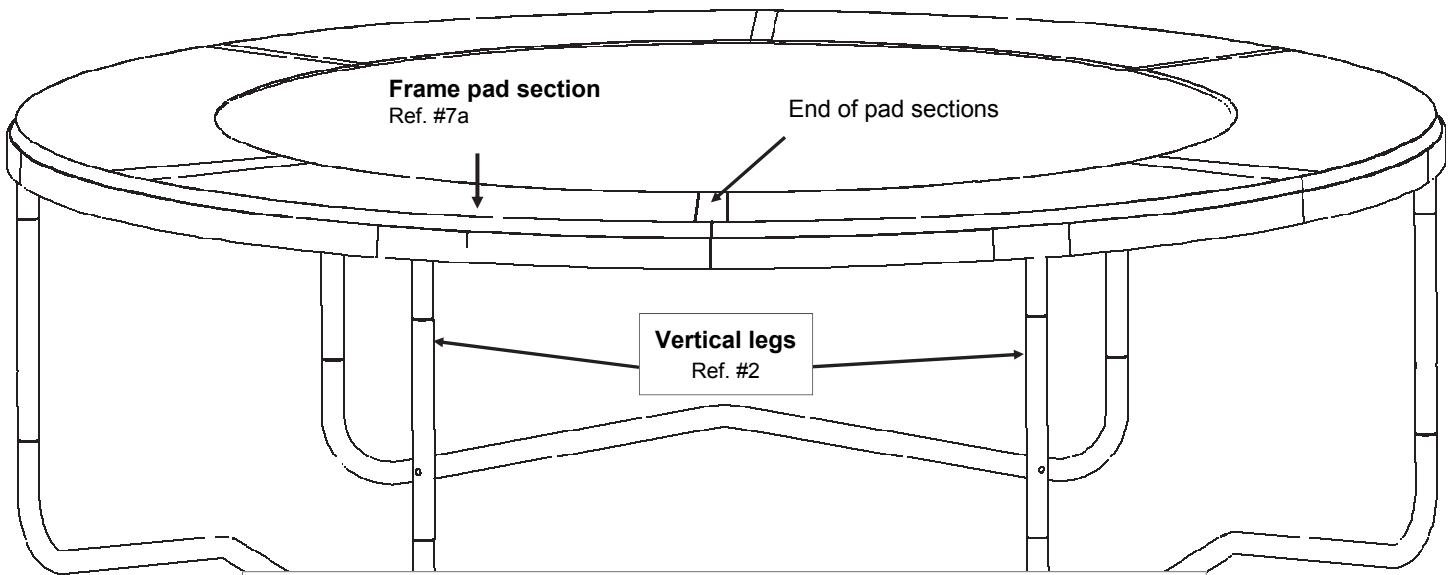
**12)** Now connect a spring to every middle V-ring and spring notch, working clockwise around the trampoline. Have someone work across from you, also going clockwise.

**Note:** It is important to have someone working across from you. Otherwise the springs could over-extend and become difficult to connect, or possibly even damaged.



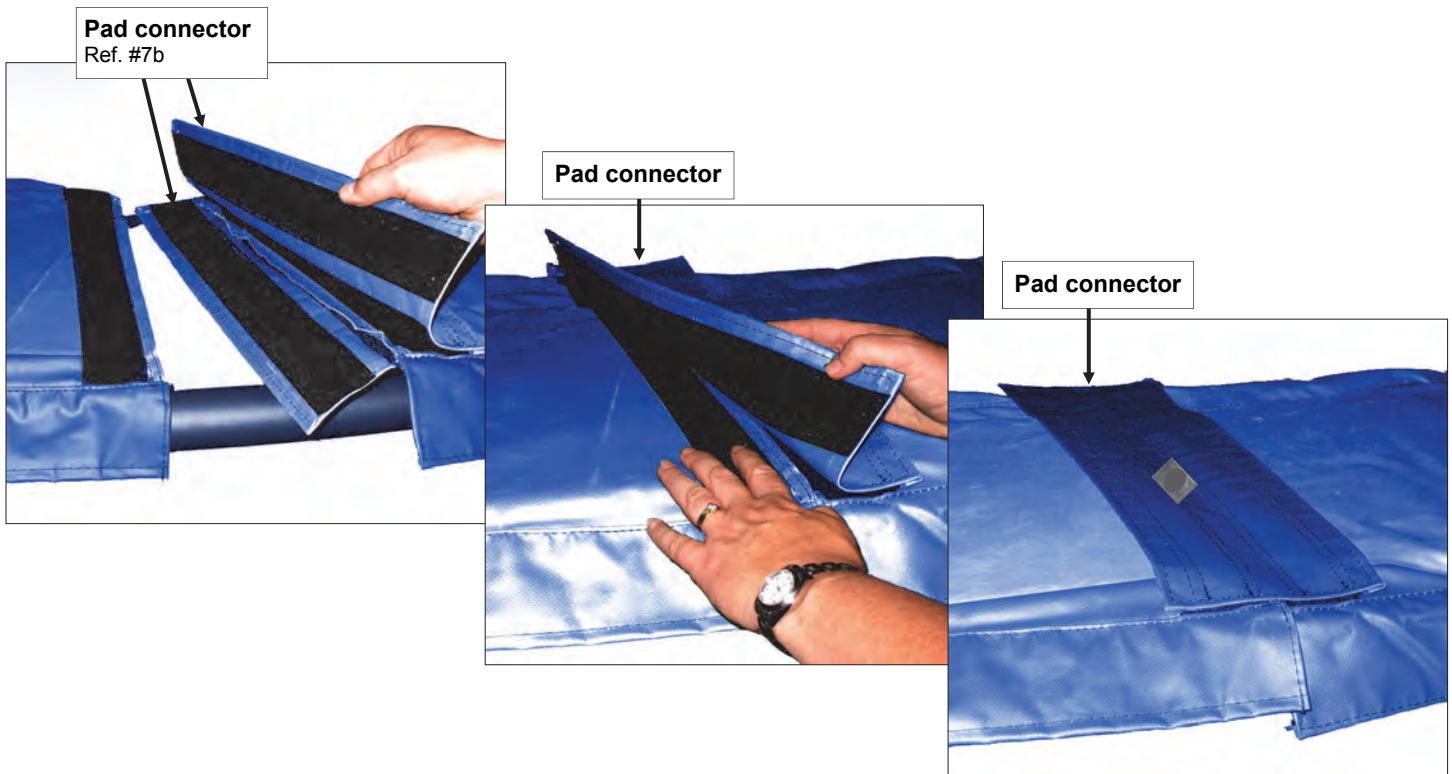
**13)** Connect all the remaining springs to the trampoline, again working clockwise, with someone working across from you.

## Assembly and Installation Instructions



**WARNING:** Trampoline use is not recommended without the frame pad installed (see Picture on page 20). The frame pad is designed to reduce the possibility of injury by protecting the user from coming into contact with the frame and springs of the trampoline. It is very important that you properly and securely attach the frame pad to the frame, and that it is in the correct position prior to using the trampoline.

- 14)** Lay the 8 frame pad sections on the trampoline to create a full circle around the trampoline frame. Align pad sections so that the end of each pad section lines up directly in-between each vertical leg. Bottom of pad will have button bungee t-anchors (as shown on next page).



- 15)** Two pad connectors are used to connect adjacent pad sections together; one pad connector connects to the bottom of each pad section and the second pad connector connects to the top of each pad section.



## Assembly and Installation Instructions



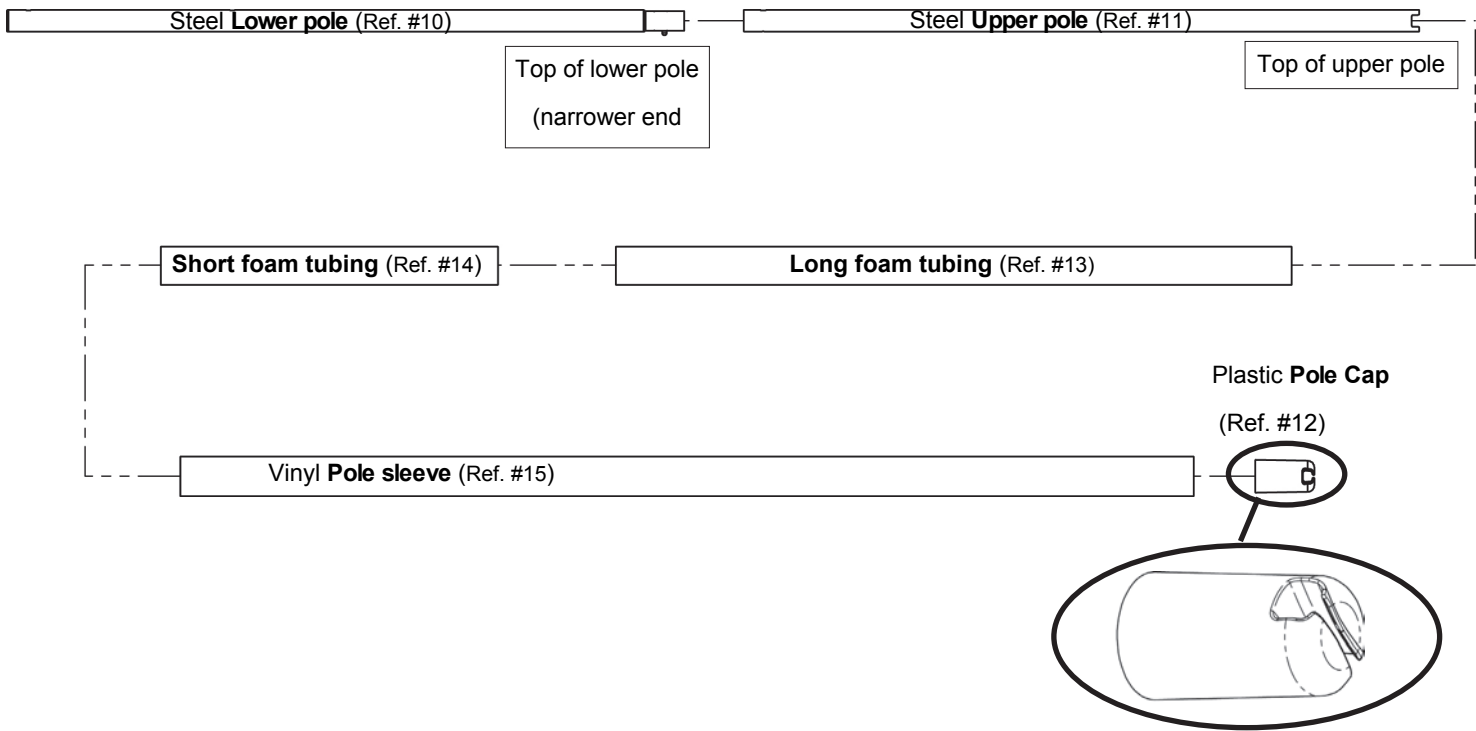
**16)** Between the poles on the top of the frame pad, you will find a button bungee. Lift the pad at one of these button bungee locations. The bungee on the bottom side of the pad will be used to secure the pad around the frame of the trampoline.



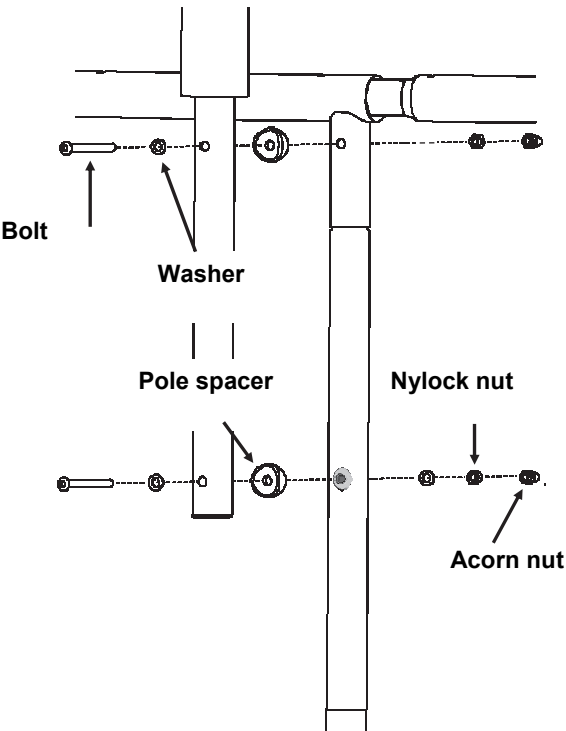
**17)** Secure button bungee t-anchor around frame of trampoline, as shown.

>> Repeat at every button bungee t-anchor until all 12 t-anchors are securely fastened to the frame of the trampoline.

**Assembly and Installation Instructions**



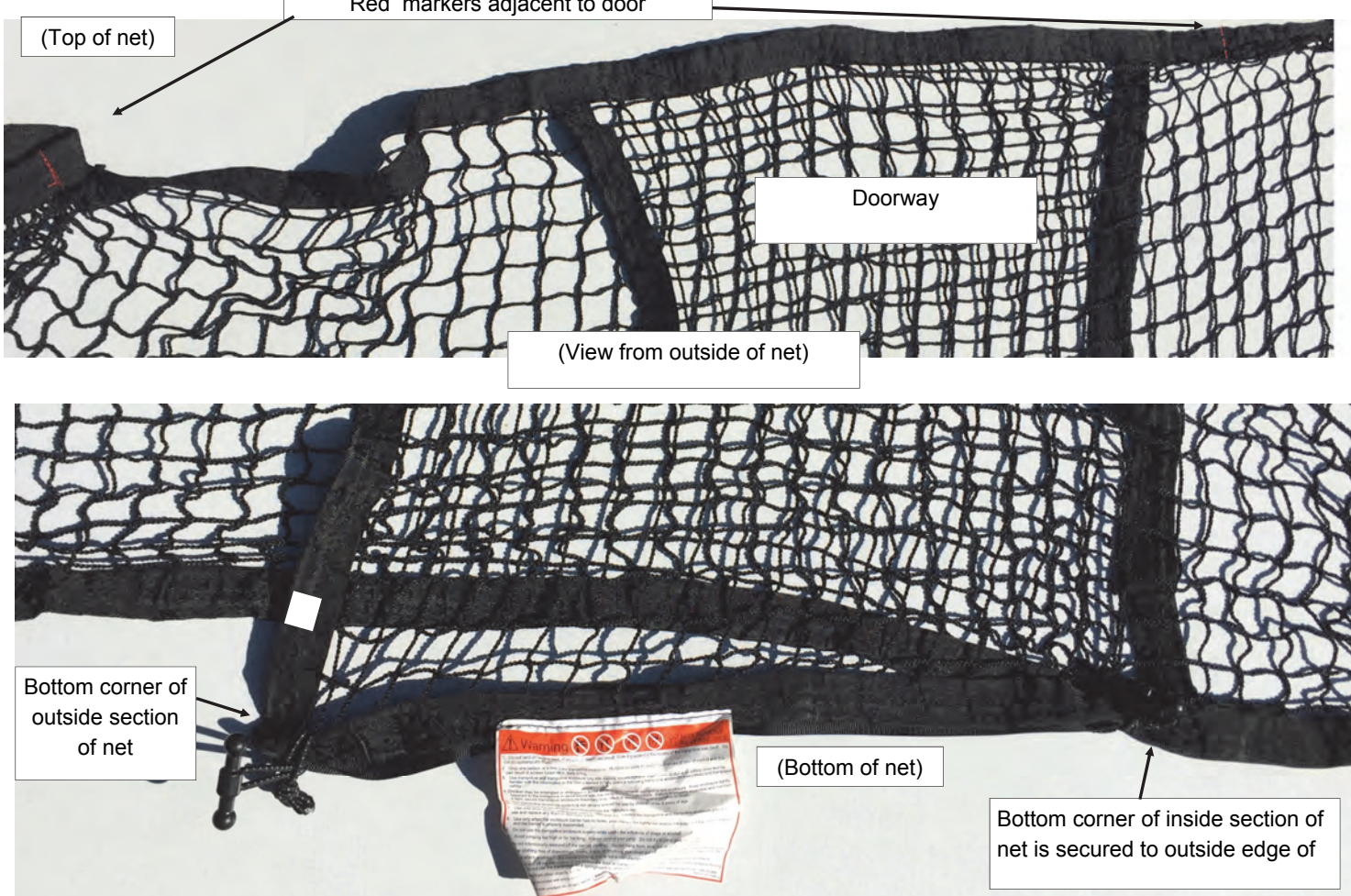
**18)** Build all pole assemblies as shown. See page 6 for detailed part descriptions.



**19)** Using the tools and hardware provided, attach a pole to the outside of each trampoline leg. Holes on bottom of pole will have indentations on one side. Indentations must face in toward vertical leg. Snugly tighten bolts and Nylock nuts with wrenches. Hand-tighten acorn nuts.

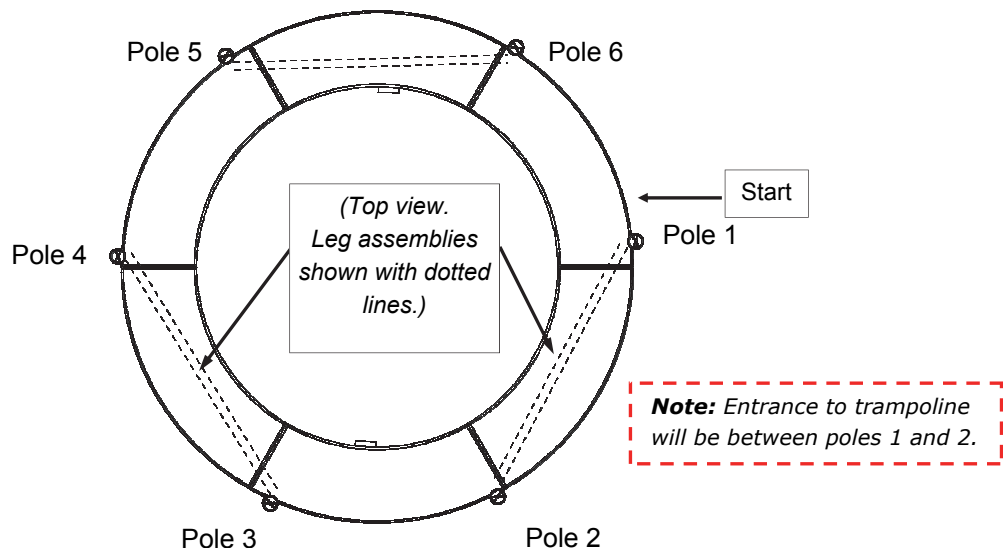


## Assembly and Installation Instructions



### 20) Familiarize yourself with the net.

- Find the top and bottom of the net. The top has overlapping panels of net sewn together. The bottom of the net has one obvious free-hanging corner.
- The free-hanging corner will be on the outside of the overlapping door. The inside corner of the overlapping door is secured to the outside edge of the net. A warning placard is also attached to the outside panel of net.



**21)** Identify where you want the door. It must be directly over a horizontal leg (example: pole 1 and pole 2 on the diagram above). After locating where you would like the door, lay the net on the frame pads around the inside of the enclosure poles so the free-hanging bottom corner is to the outside..

## Assembly and Installation Instructions



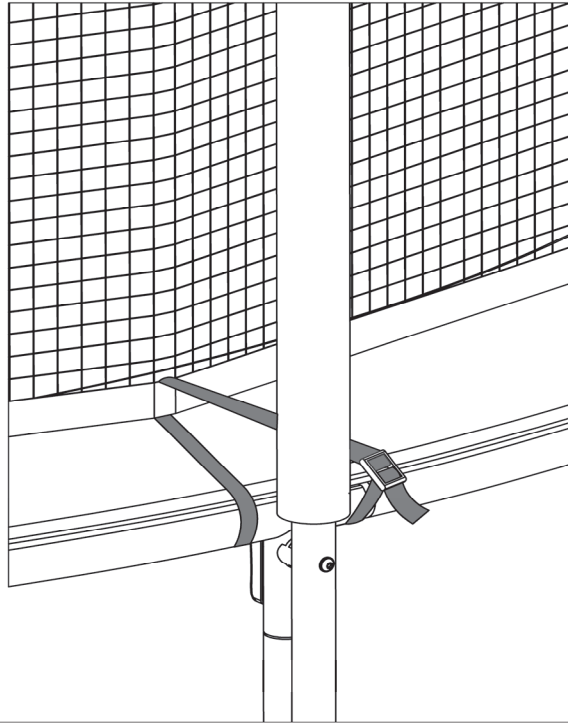
**22)** On top of the net, find a red marker adjacent to the entryway. Install a short strap through the net at the top of the enclosure pole at this location. Feed the free end through buckle so you have a generous loop, repeat, installing short straps at the remaining 5 red marks.

The door *must* be over a horizontal leg with the proper side facing out (refer to diagram on page 15). Hang the short straps on either side of the door into the slots of the enclosure pole caps. Hang the short straps on each enclosure pole. Do not tighten the short straps.. Leave straps loosely connected for now.

**IMPORTANT:** To ease net adjustment and to prevent the buckle from being damaged, the buckle must be on the outside of the net. The buckle must be in-between the pole and the net.

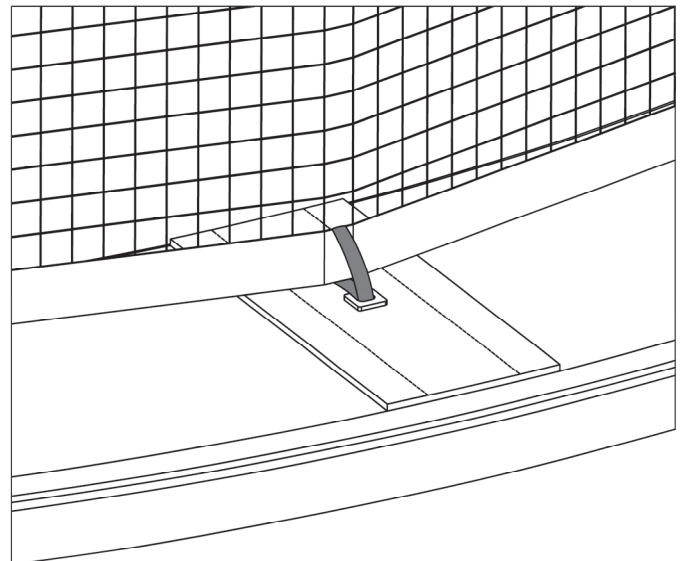
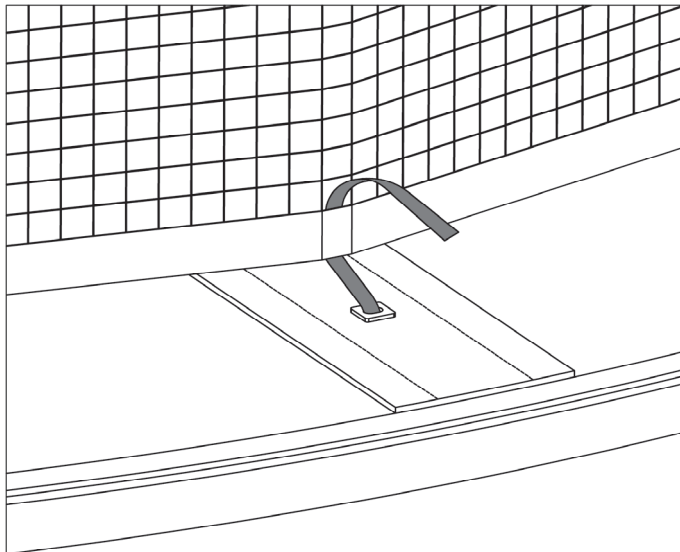


## Assembly and Installation Instructions



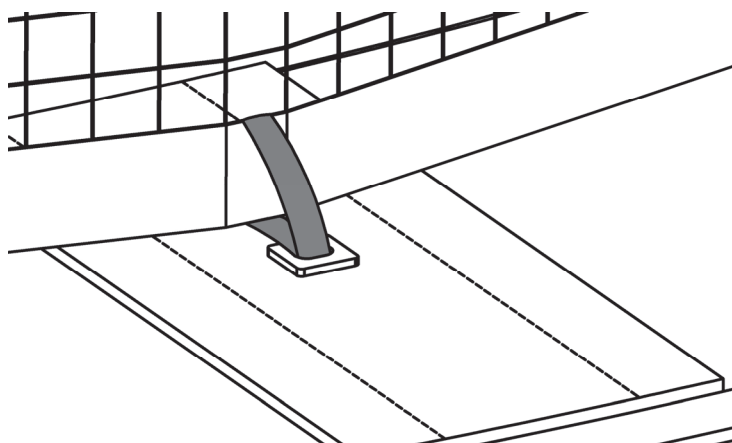
**WARNING:** If buckle is upside-down and strap is routed through it, strap will not hold. Attempt to pull strap out of buckle to be sure straps

**23)** On bottom of net, place a long strap with buckle through the grommet holes closest to Pole 2. Wrap long strap *under* leg of trampoline and secure **loosely**. Strap secures through buckle as shown above.



**24)** Bottom of net, directly between any 2 poles, will have grommet holes. Push a short strap with buckle up through bottom and then top pad connector grommets. Wrap short strap through grommet holes in bottom of net and then feed strap back down through pad connector grommets.

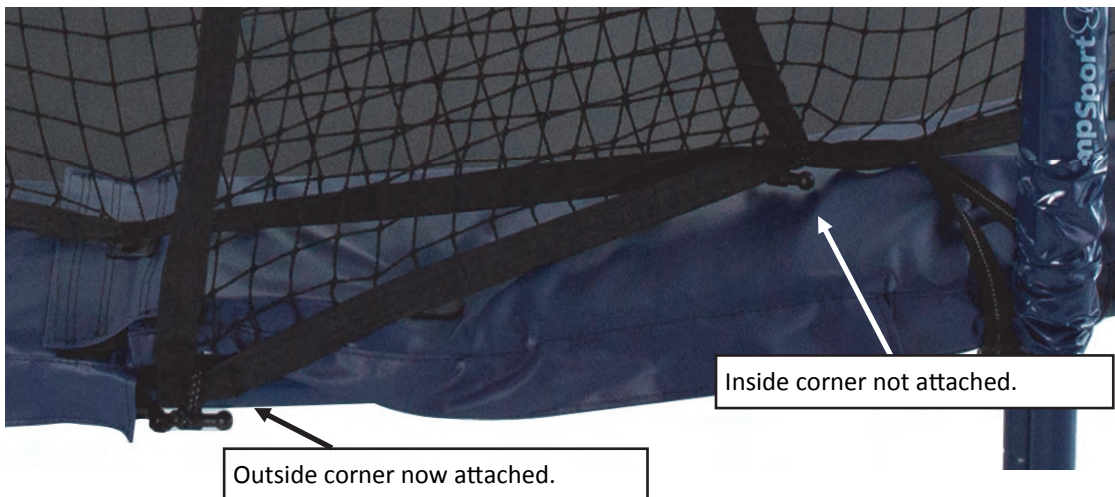
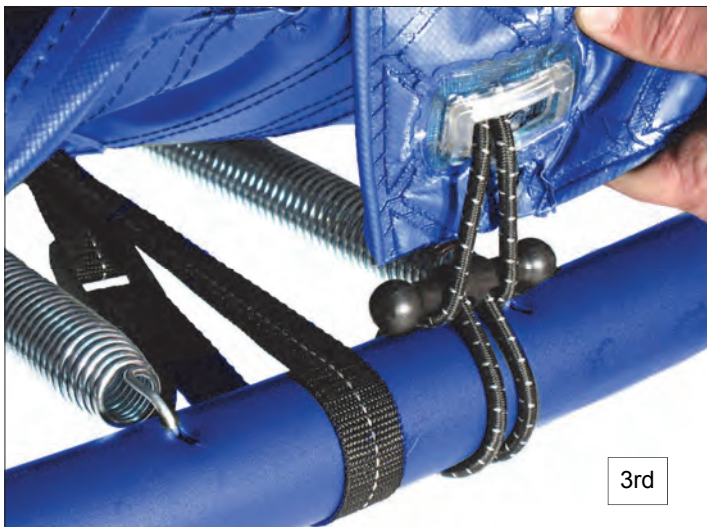
## Assembly and Installation Instructions



**25)** (You may need to lift up the frame pad for this step.) Wrap the end of the strap (the end without the buckle) over the top of the trampoline rail, and secure it **loosely** through the buckle underneath the rail.



## Assembly and Installation Instructions



For reference only.  
Your net may differ  
from those used in the  
pictures.

**26)** Pull the bottom outside corner of the net towards pole 2. Lift the pad and secure the pre-installed button bungee T-Anchor found on the bottom corner of the net around the frame between poles 1 and 2. The bungee secures around the frame the exact same way as the T-anchors show on page 13.

**27)** Starting with the top straps, evenly tighten all of the straps. Tighten the straps at the bottom of the poles and then the straps in the middle of each panel.

## Final Steps

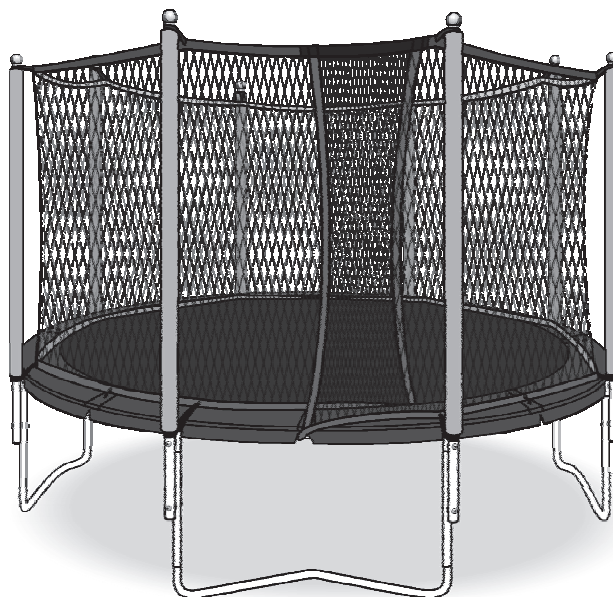
Assembly is now complete! Make sure all parts are securely assembled. Before using your Elite Trampoline System, familiarize yourself and all users with the *Care and Maintenance Instructions*, *Warning Information*, and *Use Instructions* included in this manual.



To register your Elite Trampoline, visit our webpage at [www.jumpsport.com](http://www.jumpsport.com) and click on the Product Registration link.



**Frame Pad Placement - Showing Correct Placement over Frame Rails and Springs**  
(Section of frame pad removed for clarity. Be sure pad is completely installed before use.)



**Your trampoline is now complete!**



# Care and Maintenance

---

Your JumpSport Trampoline is made using quality materials and is finely-crafted to provide you and your family with many years of enjoyment and exercise. Proper maintenance and care will help to prolong the life of the trampoline and reduce the possibility of injury.

All trampolines require maintenance at some point. Springs may need to be replaced, rail pieces may become bent, stitching in the mat and frame pads may rot out. The following maintenance guidelines should always be observed.

## Inspection (Trampoline)

Inspect the trampoline before each use and replace any worn, defective, or missing parts. The following conditions could represent potential hazards:

- Missing, improperly positioned, or insecurely attached frame padding
- Puncture, frays, tears, or holes worn in the bed or frame padding
- Deterioration in the stitching or fabric of the bed or frame padding
- Ruptured springs
- A bent or broken frame
- A sagging bed
- Sharp protrusions on the frame or suspension system

## Inspection (Safety Enclosure)

Inspect the trampoline enclosure before each use and replace any worn, defective, or missing parts. The following conditions could represent potential hazards:

- Missing, improperly positioned, or insecurely attached barrier or enclosure support system (frame) padding and pole caps
- Puncture, frays, tears, or holes worn in the barrier or support system (frame) padding
- Deterioration in the stitching or fabric of the barrier or support system (frame) padding
- Bent or broken support system (frame)
- A sagging barrier
- Sharp protrusions on the support system (frame) or suspension system

**Note:** The "bed" mentioned above and elsewhere in this manual, refers to the jumping surface (generally referred to as the "mat"). The "barrier" mentioned above and elsewhere in this manual, refers to the safety enclosure netting. The "frame" mentioned refers to the rail assembly pieces of the trampoline.

If any of the above conditions exist, your Elite Trampoline System must be disassembled or otherwise protected against use until the condition is remedied.

## Care and Maintenance Instructions

### Trampoline Mat

Periodically inspect the trampoline for worn out or rotten stitching around the trampoline mat (bed). Stitching may fail due to excessive use or exposure to extreme weather. In most cases, evidence of deterioration will make itself known in the form of:

- Broken stitching around the edge of the mat
- Rotten or frayed fabric at the V-ring straps



**CAUTION:** *If any deterioration is found, all bouncing must cease and the trampoline must be disassembled otherwise protected against use until the condition is remedied.*

The mat should be replaced with the appropriate JumpSport part. Remember, the only thing between the jumper and the ground is the mat. If a deteriorated mat is not inspected properly, further jumping could cause the mat to pull away from the straps in a large area and the jumper may land on the ground, which could cause serious injury.

### Cold Weather Protection

The Elite Trampoline System is designed for year-round outdoor use. However, in climates of cold weather where snow and ice are common, we recommend the trampoline mat, springs, frame pad, and net be removed and stored in a dry area out of the sun. To remove these parts, simply complete the instructions for installing them in reverse order.

### Ice and Snow

Use extreme care in removing any ice and snow that may have accumulated on the mat before removing the mat for storage. We suggest using a high pressure water hose and spraying upward from underneath the trampoline, starting at the mats lowest point. Another option is to pour hot water on the ice and snow to melt it away. Left unattended in snow and ice, your trampoline mat will accumulate weight in the middle, causing damage to your springs. **This type of damage is not covered by warranty.**

Do not use a sharp object - such as a shovel, hoe, or garden rake - to remove ice or snow as this may damage the mat. **This type of damage is not covered by warranty.**

### Replacement Parts

All replacement parts should be ordered through JumpSport. Stores that repair shoes, awnings, or tents, as well as upholstery shops, do not have the proper materials, equipment, or methods for the proper/safe repair of trampoline mats and frame pads.

Call **JumpSport** at 408-213-2551 if you need replacement parts, or have any questions.

If any warning labels or signs become unreadable or missing, call JumpSport for free replacements.

Trampoline mats should be completely replaced if any tear or hole is greater than one inch in length. Patches over larger holes will eventually fail, creating a potential for hazardous injury.



**CAUTION:** *Do not repair trampoline mats with holes greater than one inch.*

### Disassembly

To disassemble, follow the assembly steps in reverse order. Do not attempt to disassemble any rail pieces before the mat and springs have been removed. See the Assembly Instructions beginning on page 11.

## Care and Maintenance Safety Checklist (Trampoline)

**Note:** *Inspect the trampoline before each use and replace any worn, defective, or missing parts.*

### Frame Pad

Our frame pad reduces the risk of accidental injury due to falling onto the frame railing and gives minimal resistance to striking or falling on and through the springs. The frame pad life-expectancy is one to two years. To increase life of pad:

- Do not allow jumpers to stand or sit on pad
- Do not allow jumpers to grab pad in order to pull themselves onto trampoline
- Do not allow sharp, abrasive objects to come in contact with the pad surface
- If you have a safety enclosure installed, rotate the pad periodically to spread out wear and tear

Check for...	Necessary Action	<u>Safety Check</u>	
		Safe	Unsafe
Vinyl deterioration	Replace	_____	_____
Foam deterioration	Replace	_____	_____
Missing pads	Replace	_____	_____
Improperly attached pads	Reattach (see pad installation section of instructions)	_____	_____
Stitching deterioration	Re-stitch	_____	_____

### Trampoline Mat

Make sure the trampoline is visually inspected by a responsible adult, checking the stitching carefully at each V-ring before every use. See *Trampoline Mat* on page 30 for more information.

Check for...	Necessary Action	<u>Safety Check</u>	
		Safe	Unsafe
Bent or missing V-rings	Replace V-rings	_____	_____
Faded and breaking top thread	Replace	_____	_____
Brittle or tearing V-ring straps	Replace	_____	_____
Cuts, tears, or holes on mat	Patch (holes greater than one inch cannot safely be repaired)	_____	_____
Missing warning labels	Call JumpSport for replacement	_____	_____

### Springs

The life of a set of springs is three to five years depending on weight of jumpers, frequency of use, and care of the trampoline.

Check for...	Necessary Action	<u>Safety Check</u>	
		Safe	Unsafe
Over-stretched springs	Replace	_____	_____
Missing springs	Replace	_____	_____
Weak (soft) springs	Replace	_____	_____

Care and Maintenance Instructions (Trampoline)

**Frame** The life of your JumpSport trampoline frame should last for many years, depending upon the weather in the area where you live.

		<u>Safety Check</u>	
Check for...	Necessary Action	Safe	Unsafe
Rust	Clean and paint	_____	_____
Structural failure	Replace	_____	_____
Bent frame	Repair or replace part	_____	_____
Sharp protrusions	Repair	_____	_____
Missing warning labels	Call JumpSport for replacement	_____	_____

**Safety Rules** Review this manual with all jumpers. Maintain all warning labels and signs. If labels or signs become lost or unreadable, write or call JumpSport for free replacements.

## Care and Maintenance Safety Checklist (Safety Enclosure)

**Note:** *Inspect the trampoline enclosure before each use and replace any worn, defective, or missing parts.*

### Pole Foam

The pole foam and vinyl pole sleeve life expectancy is two to five years. To increase the life of your pole foam and sleeves, do not allow people to grab them in order to pull themselves onto the trampoline.

Check for...	Necessary Action	<u>Safety Check</u>	
		Safe	Unsafe
Vinyl sleeve deterioration	Replace	_____	_____
Foam missing or deteriorating	Replace	_____	_____

### Net

The net and support straps will require frequent inspection for deterioration or fraying. Life expectancy is three to five years for the net, and one to three years for the straps.

Check for...	Necessary Action	<u>Safety Check</u>	
		Safe	Unsafe
Faded and breaking top or bottom net strap	Replace straps	_____	_____
Brittle and tearing net	Replace	_____	_____
Cuts, tears, or holes in net or net straps	Replace	_____	_____
Missing warning labels	Call JumpSport for replacement	_____	_____

### Steel Poles

The pole life expectancy is for many years. To increase the life of your poles, do not allow people to grab them in order to pull themselves onto the trampoline.

Check for...	Necessary Action	<u>Safety Check</u>	
		Safe	Unsafe
Rust	Clean and paint	_____	_____
Structural failure	Replace	_____	_____
Bent frame	Repair or replace part	_____	_____
Sharp protrusions	Repair	_____	_____
Missing pole warning label	Replace	_____	_____

### Safety Rules

Review this manual with all jumpers. Maintain all warning labels and signs. If labels or signs become lost or unreadable, write or call JumpSport for free replacements.

## **WARNING**



**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.



**DO NOT** allow more than one person on the trampoline. **DO NOT** allow more than one person inside the trampoline enclosure. Use by more than one person at the same time can result in serious injury.

Use trampoline only with mature, knowledgeable supervision.



**DO NOT** attempt to jump over the barrier.



**DO NOT** intentionally rebound off the barrier.

## Points of Safety

It is essential that trampoline users follow a carefully planned safety program so that the trampoline can be fully enjoyed. Most accidents can be classified into the following:

- Before you jump
- Landing on springs or frame
- Bouncing off the trampoline
- Landing incorrectly on the mat

These are covered in detail in the following sections.

## Before You Jump, Read this:

Please read the *Safety Rules* (under the *Use Instructions* section) with the following in mind:

- The trampoline enclosure is not designed to prevent injuries associated with unsafe use of the trampoline, or with more advanced skills like flips, somersaults, or acrobatic maneuvers. Do not attempt any of these activities.
- Each user should become familiar with the *Care and Maintenance Instructions*, *Warning Information*, and *Use Instructions* included in this manual.
- The trampoline enclosure does not replace the need for supervision by a responsible, knowledgeable adult.
- Allow only one person to use the entrance at one time.
- When exiting, do not jump off the edge of the trampoline. Always sit on the edge, then carefully lower your body onto the ground.
- Do not attach other apparatus to the trampoline enclosure unless it is a JumpSport-approved device. Any additional JumpSport accessory that you may attach to the trampoline enclosure must be attached and used only in accordance with the instructions for such accessory.

## Warning Information

### Landing on Springs or Frame

The risk of falling on the springs or frame, landing between the springs, or hitting the frame can be reduced by:

- Proper mounting and dismounting of the trampoline
- Jumping at the center of the mat without traveling toward the side
- Properly installing the frame pads
- Properly installing the safety enclosure

Simple frame pads or spring covers on their own do not give adequate protection. Installing the **JumpSport Safety Enclosure** and using spotters, will greatly reduce the risk of injury.

### Bouncing off the Trampoline

Bouncing off of the trampoline can be controlled, if not completely eliminated, through:

- Proper instruction and mastering of the “Stop Bounce” technique in the “Basic Skills” section
- Maintaining a position in the center of the mat
- Strictly forbidding any “flying dismounts” (i.e. jumping off of the trampoline onto another object or the ground)
- Installing a **JumpSport Safety Enclosure**
- Using spotters
- Using the trampoline only with mature, knowledgeable supervision

Keep objects away from the trampoline. It is dangerous to jump from the trampoline to the floor or ground. Do not jump from the trampoline into a swimming pool, onto a swing, or any other object. Do not install the trampoline on concrete, asphalt or hard compacted surfaces.

### Landing Incorrectly on the Mat

Landing incorrectly on the mat creates great risk of a serious injury, with most injuries resulting from attempted somersaults/flips. It is strongly recommended that somersaults/flips are not performed.

## Safety Rules (Trampoline)

*It is the responsibility of the owner to become familiar with the safety rules and to convey these rules to all users.*

### **WARNING**

- 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.
- 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.
- Use trampoline only with mature, knowledgeable supervision.
- Trampolines over 20 inches (51 cm) tall are not recommended for use by children under 6 years of age.
- Inspect the trampoline before each use. Make sure the frame padding is correctly and securely positioned. Replace any worn, defective, or missing parts.
- 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.
- Stop bounce by flexing knees as feet come in contact with the trampoline bed. Learn this skill before attempting others.
- 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.
- 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.
- While keeping the head erect, focus eyes on the trampoline toward the perimeter. This will help control bounce.
- Avoid bouncing when tired. Keep turns short.
- Properly secure the trampoline when not in use. Protect it against unauthorized 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.
- Keep objects away which could interfere with the performer. Maintain a clear area around the trampoline.
- Do not use the trampoline while under the influence of alcohol or drugs.
- For additional information concerning the trampoline equipment, contact the manufacturer.
- For information concerning skill training, contact a certified trampoline instructor.
- 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.
- Read all instructions before using the trampoline. Warnings and instructions for the care, maintenance, and use of this trampoline are included to promote safe, enjoyable use of this equipment.

**Note:** The "bed" mentioned above and elsewhere in this manual, refers to the jumping surface (generally referred to as the "mat"). The "frame" mentioned refers to the rail assembly pieces of the trampoline.



## Use Instructions (Safety Enclosure)

## Safety Rules (Safety Enclosure)

*It is the responsibility of the owner to become familiar with the safety rules and to convey these rules to all users.*

### **WARNING**

- DO NOT attempt or allow somersaults on the trampoline. Landing on the head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.
- DO NOT allow more than one person inside the trampoline enclosure. Use by more than one person at the same time can result in serious injuries.
- Use trampoline enclosure only with mature, knowledgeable supervision.
- Inspect the trampoline enclosure before each use. Make sure the barrier and the enclosure support (frame) padding is correctly and securely positioned. Replace any worn, defective, or missing parts.
- Children may be entangled or strangled in loose cords or gaps between trampoline and enclosure. 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.
- Do not attempt to jump over the barrier.
- Do not attempt to crawl under the barrier.
- Do not intentionally rebound off the barrier.
- Do not hang from, kick, cut or climb on the barrier.
- Wear clothing free of drawstrings, hooks, loops or anything that could get caught in the barrier.
- Do not attach anything to the barrier that is not a manufacturer-approved accessory or part of the enclosure system.
- Enter and exit the enclosure only at the enclosure door or barrier opening designated for that purpose.
- Read all instructions before using the trampoline enclosure. Warnings and instructions for the care, maintenance, and use of this trampoline enclosure are included to promote safe, enjoyable use of this equipment.

**Note:** *The "barrier" mentioned above and elsewhere in this manual, refers to the safety enclosure netting. The "frame" mentioned refers to the rail assembly pieces of the trampoline.*

## Basic Skills

Basic trampoline skills include:

- Bouncing
- Stop Bounce
- Arm Action
- Bounce Variations

## Bouncing

The most important basic skill in jumping on a trampoline, is controlling the height and landing of your bounce. The goal is to land in the center of the mat, or as close to the center of the mat as possible. The basic bounce should always being low. High, reckless bouncing should never be allowed.

## Stop Bounce

The Stop Bounce technique allows the jumper to gain control by stopping quickly. It is done by keeping the feet in contact with the mat, and absorbing the rebound of the trampoline with the knees and waist. This skill should be learned right away and should be employed whenever you feel out of balance, or land away from the center area.

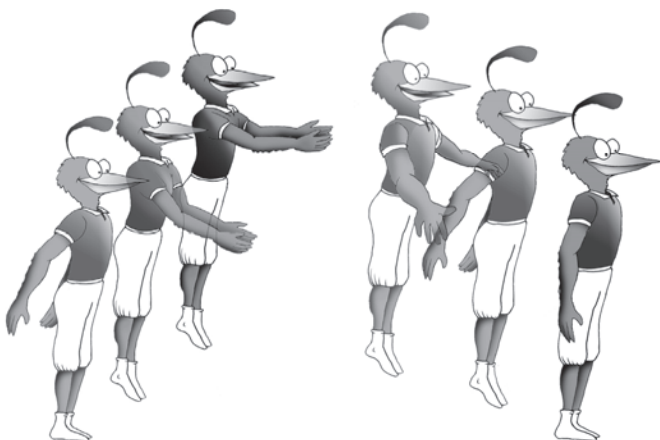
To learn the Stop Bounce:

1. Stand in center of the mat with your feet about hip-width apart.
2. Attempt three easy bounces; keep them low and controlled.
3. Focus your eyes toward the perimeter of the trampoline while bouncing, in order to keep your balance
4. Stop the bounce when your feet contact the mat by bending at your knees and hips.

## Arm Action

Arms are very important for proper control and lift. Whenever you go up, your arms go up. They go up to a set position about shoulder height and shoulder width. They should remain in this balanced position until you start to go down. Then they circle down slightly behind the hips, ready to lift again as you bounce up. See Figure 2.

**Figure 2 Arm Action**



## Use Instructions

### Bounce Variations

Figure 3 shows three variations you can perform in the air. These should be performed at the top of your bounce before returning to the normal landing position on your feet.

**Figure 3 Bounce Variations**



**Tuck**



**Pike**



**Straddle**

Practice these simple variations and concentrate on perfect form. When you are in position, make sure you point your toes and straighten your fingers (Pike and Straddle variations). Also make sure you take off and land in the same spot on the center of the mat.

These simple variations to the basic bounce can be a lot of fun, and are very important for gaining experience in coordinated movement and balance.

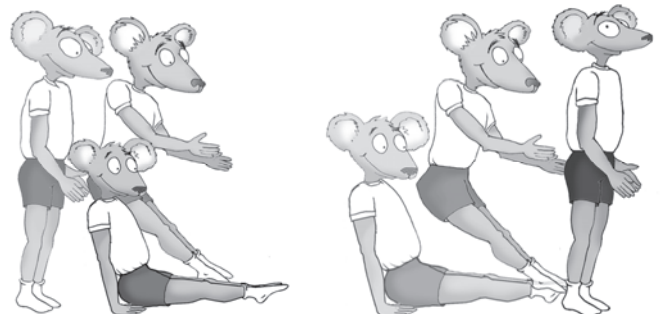
### Basic Landing Positions

Once the jumper understands the body placement of the position, the drop can be performed after “priming” the trampoline mat. Priming is done by bending the knees and pushing down on the trampoline mat several times, thereby setting the mat in motion. The feet stay in contact with the mat during the entire priming motion.

### Seat Drop

To perform a Seat Drop:

1. From the standing position, prime the mat several times.
2. Pick up your feet at the top of the last bounce, and sit down. You should land with your body in a seated position with your legs straight out in front of you and your toes pointed. Hands should be on the mat next to your hips. Fingers should be together and pointed toward your feet. See Figure 4.
3. Push on the mat with your hands to rebound up to your feet.



**Figure 4 Seat Drop**

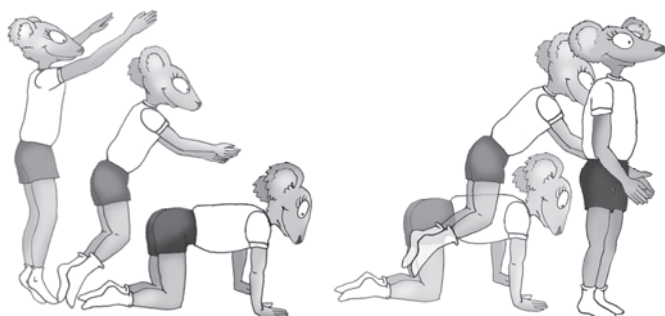
## Hands and Knees Drop

To do a Hands and Knees Drop properly, there should be just as much weight on the hands as on the knees. The back should be about parallel to the mat. The knees and hands should land simultaneously, with the middle of the body landing in the center of the trampoline. The hands should be directly under the shoulders. The knees should be directly under the hips. The toes should be pointed. See Figure 5.

To perform a Hands and Knees Drop:

1. Get down on your hands and knees on the mat. Make sure you have weight on both your hands and 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, but develop an even landing on all four points.
3. From the standing position, prime the mat several times. Lift upward with the hips, reach forward with the hands, and land on all fours. Look slightly in front of your hands on landing. Push to rebound to your feet.

**Figure 5 Hands and Knees Drop**

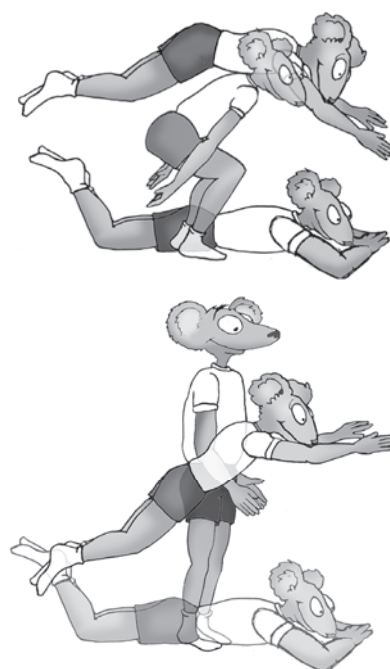


## Front Drop

In a front drop, contact with the trampoline mat should simultaneously take place with your hands, elbows, chest, stomach, and hips. Knees should be bent. Hands should be placed close together with palms in contact with the mat, forming a triangle. Eyes should focus on the center of the triangle or slightly in front of your fingers. See Figure 6.

1. First learn how to go from the hands and knees drop to the front drop.
  - a. Start from the hands and knees drop position.
  - b. As you rebound from the hands and knees, stretch so that you land on your stomach. From this position, rebound to your hands and knees.
2. Next, perform Step 1, beginning and ending in a standing crouched position.
  - a. Start from a standing position with your knees bent and your upper body low and close to the trampoline mat.
  - b. Prime the mat several times.
  - c. Lift your hips gently upward and backward.
  - d. Land in a hands and knees drop, rebound and stretch into a front drop, and return to a hands and knees drop.
  - e. Push with the hands to return to your feet.
3. Lastly, perform Step 2 from a standing position.
  - a. Start from a straight standing position.
  - b. Prime the mat several times.
  - c. Perform a Front Drop as in Step 2.

**Figure 6 Front Drop**



## Use Instructions

**Front Drop Note:** Your body must contact the trampoline mat all at once. If you land on your chest and arms first, they will rebound before the knees hit, which will result in a straining action on the back. If this type of landing is made with a traveling, diving approach, there is a good chance that the elbows may become skinned. If the landing is made so that the knees and hips hit first, then they will rebound and you will land heavily on your shoulders and face.

## Series of Drops

Once you have mastered the individual bounce variations and drops, try performing them in sequence. For example: Seat Drop—Hands and Knees Drop—Front Drop or Seat Drop—Hands and Knees Drop—Seat Drop.

## Twisting Moves

Twisting moves include:

- Swivel Hips
- Turntable
- Twist Variations

## Swivel Hips

A Swivel Hips is a combination move consisting of a Seat Drop, half twist, then another Seat Drop.

1. First become familiar with the first part of a Swivel Hips.
  - a. Perform a seat drop.
  - b. Push down on the mat with the hands and straighten in the air with your arms stretched over your head.
2. Next, add the half twist.
  - a. Perform Step 1. As you rebound up to your feet, move one shoulder in the direction you want to twist.
  - b. Finish standing with arms stretched overhead, facing the opposite direction (180 degree twist completed).
3. Last, try the complete Swivel Hips twist. See Figure 7.
  - a. Perform a Seat Drop.
  - b. As you rebound with your arms overhead, twist around to face the opposite direction.
  - c. Land in another Seat Drop.

**Figure 7 Swivel Hips**



## Turntable

A Turntable is a combination move consisting of a Front Drop, a Half Twist, then another Front Drop.

1. First become familiar with the first part of a Turntable.
  - a. Begin in a hands and knees position, with hands forming a triangle, like a Front Drop.
  - b. Prime the mat in this position.
  - c. Push backward with your hands and extend your body to land in the Front Drop position.
  - d. Repeat several times in succession: Hands and Knees Drop—Front Drop—Hands and Knees
2. Next, perform the movement in Step 1, but at twice the speed so as to bring the knees inward, under the hips and out again without touching the knees on the mat.
3. Now, perform the movement in Step 2, but push sideways on the mat so that your body rotates before you land on the mat.
4. Last, try the complete Turntable twist from a standing position. Prime the mat and perform a Front Drop. Push sideways, complete a 180 degree rotation, and finish in a Front Drop facing the opposite direction. See Figure 8.

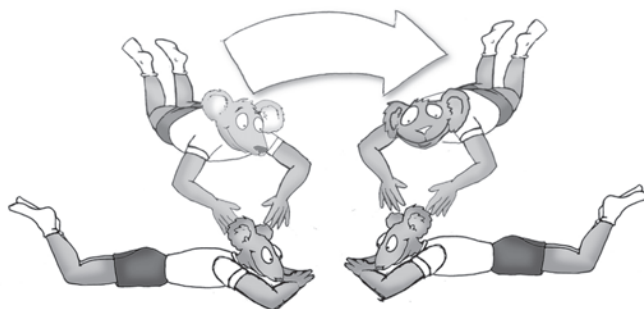


Figure 8 Turntable

## Twist Variations

You can have hours and hours of fun and challenging bouncing by combining twists with each of the basic landing positions (Drops). You can twist after the landing. For example: Seat Drop with a half twist and land on your feet.

You can add more twists. Always remember to practice and perfect the simpler twists before moving on to more complex twists.

You can also perform a series of twists. For example: perform several Swivel Hips in a row, all in the same direction or alternate directions. You can do the same thing with Turntable twisting.

If you find you love the trampoline and have mastered the moves discussed in these instructions, we encourage you to seek additional training from a certified trampoline instructor.



## Limited Warranty

**What is covered by this warranty?** This warranty covers any defects in materials or workmanship on all of the components of the JumpSport Elite 10ft Elite Trampoline System, and is extended exclusively to the original retail purchaser.

**How long does this coverage last?** Warranty coverage for each component begins from the original date of purchase and lasts as follows:

- Steel trampoline frame and safety enclosure poles – 15 years
- Springs – 5 years
- Fabric on jumping surface (mat) – 5 years
- Stitching on mat (includes V-rings and straps that hold the V-rings in place) – 3 years
- Safety enclosure netting – 2 years
- Frame pad – 18 months
- All other components of the trampoline and enclosure – 1 year

**What will JumpSport do?** If you return the defective part to JumpSport as instructed below, JumpSport will either repair or replace such part, at JumpSport's discretion, and return it to you.

**What is not covered by this warranty?** This warranty does not cover expenses of on-site labor, shipping costs, travel, assembly or disassembly, or other charges associated with the repair or replacement of covered components. This warranty also does not cover any problem that is caused by abuse, misuse, commercial or public use, ordinary wear and tear, weathering, acts of God (such as wind and lightning), failure to follow directions, improper installation, improper maintenance, or any silk screened graphics. Rust is a natural occurrence with any outdoor steel product and is likewise not covered by this warranty, to the extent that it does not affect the structural integrity of the part.

JUMPSPORT IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL, OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY LOSS, INCLUDING BUT NOT LIMITED TO ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUE OR PROFITS, LOSS OF ENJOYMENT OR USE, COST OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

**How to get a defective part replaced:**

- 1) Call the JumpSport Customer Service department at 408-213-2551 to obtain a Return Authorization number. All returns must be pre-authorized.
- 2) Send the part(s) to the designated Service Center, along with a copy of your original sales receipt and a brief written description of the problem, including how it occurred. You must pay freight and insurance to return the part to JumpSport. At JumpSport's sole discretion, we may ask you to send photographs in addition to or in lieu of returning the part.
- 3) After inspecting the returned part(s), JumpSport will make a final determination whether the part is covered by this warranty. We reserve the right to examine photographs or physical evidence concerning parts claimed to be defective prior to making a final determination concerning the claim. A repaired or replacement part will be returned to you. (Shipping charges may apply.) Please allow 3 to 4 weeks for delivery.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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