



TRAMPOLINE SAFETY MANUAL

Trampolining is an exhilarating activity — but safety always comes first.

This manual sets out the rules for safe jumping, how to install and maintain your trampoline safely, and the warnings every jumper and every supervising adult should know.

Please read it before anyone jumps and keep it with your trampoline. If you are ever unsure about anything — your set-up, a repair, or whether something is safe — don't hesitate to call us: **1300 631 130**

Please note: this manual gives general safety guidelines and is not exhaustive. Installation guides for each type of trampoline are on our website.

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+ MR TRAMPOLINE

Premium Bounce. Ultimate Flight.

SAFETY RULES:

Practise safe jumping

Trampolining is an exhilarating activity, but safety should always come first. Please follow these rules every time, so that everyone has a safe and enjoyable time on the trampoline.

- 1 One person at a time.**
Only one person is allowed on the trampoline at any given time, to avoid collisions and accidents.
Most accidents happen when more than one person is on the trampoline at the same time. Take turns, and be mindful of others around you.
- 2 Never double bounce.**
Never double bounce another jumper.
- 3 Jump within your skill level.**
Jump within your skill level and comfort zone, avoiding manoeuvres and tricks that exceed your abilities. Always jump within your own limits.
- 4 Land safely.**
Land on **both feet, your knees, your bum or your back** only. Never land on your head, neck or shoulders.
- 5 Practise your emergency stop.**
Bend your knees as you contact the bed to absorb all the bounce energy and stop the rebound. Practise it until it is second nature — it is how you stop safely when a jump goes wrong.
- 6 Avoid landing on the rubber skirt or padding.**
Never jump or land on the padding or rubber skirting — they are not designed to support your weight. Aim to jump and land in the **centre of the trampoline** (the sweet spot!).
- 7 Stay on the trampoline.**
Do not jump off the trampoline onto the surrounding ground, rubber or frame. Come to a stop, then step off.
- 8 Check before you jump.**
Always check the trampoline and the surrounding area for damage or dangerous obstacles before anyone jumps. If you are unsure, ask someone to assist.

Note: children should always be supervised by a responsible adult while using the trampoline — see the safety warnings on page 4.

INSTALLATION AND 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 wear appropriate PPE such as **gloves and protective glasses** before commencing any maintenance, repairs or installation.

The trampoline mat is hand woven and painted with a rubberised 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.

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 drawings thoroughly before commencing installation. There are also installation guides for each type of trampoline on our website, www.mrtrampoline.com.au.

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

EQUIPMENT

All trampoline kits are supplied with the relevant screws, nuts, bolts and washers to assemble the trampoline. The general tools and equipment required to assemble a trampoline are:



Gloves



Drill or impact driver
with Phillips head bit



Protective eyewear



Spirit level



Ratchet gun with M12
bit

SAFETY PADDING

Ensure that the safety rubber or padding **fully covers the springs** and the surrounding area. It is there 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 where to set up your trampoline, you can always speak to the team at Mr Trampoline for advice and guidance before installation or set-up — call **1300 631 130**.

MAINTENANCE

Regularly inspect the trampoline for any wear and tear, loose bolts or damaged parts. It is not unusual for yarn to snap due to wear and tear or friction — these should be **repaired immediately** to prevent further damage.

Re-coat the bed every 3 years with our rubberised mat paint — it protects the yarn from UV, extends the life of the mat, and is a condition of the bed warranty.

Proper maintenance means inspecting the trampoline and making sure it is in good condition. It is a good idea to do a **routine inspection every six months**. If you are unable to identify a potential hazard, please get in contact with someone at Mr Trampoline.

SAFETY WARNINGS:

Take note — these protect you and the people around you

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:

- 9 Risk of injury or death.**
Jumping outside your skill level can lead to severe injury or death. Always jump within your limits and capabilities.
- 10 Supervision.**
Children should always be supervised by responsible adults while using the trampoline.
- 11 Avoid rough play.**
Refrain from rough play or dangerous stunts on the trampoline that could lead to injury.
- 12 Jumping off the trampoline.**
Never attempt to jump or exit from a moving trampoline, as this can lead to dangerous falls.
- 13 Remove jewellery and sharp objects.**
Remove all jewellery, sharp objects or any items that might cause harm or damage while using the trampoline.
- 14 Weather conditions.**
Do not use the trampoline during adverse weather conditions like strong winds, rain, snow or storms.
- 15 Weight limit.**
Our trampolines are built for heavy use, but they are designed for **one person at a time**. Do not exceed the recommended weight capacity — if you are unsure, call us on 1300 631 130.
- 16 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 prioritise 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 judgement while using trampoline equipment.

JUMP SAFE, HAVE FUN — AND ENJOY THE FLIGHT!

Thank you for taking the time to read this manual. For any questions about your trampoline, its set-up or its care, call us on **1300 631 130** or email info@mrtrampoline.com.au.