10' / 12' / 14' CAPITAL IN-GROUND TRAMPOLINE Installation Manual & Safety Instructions



Got a problem building your trampoline? Call us on 01276 855600 and we can help

WARNING: Read these installation instructions carefully before attempting to assemble or use this product. Keep this guide in a safe place for future reference.

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Safety Certification

There is currently no safety standard that directly relates to in-ground trampolines. However, the Capital In-ground Trampoline has been tested by TUV Sud to their test program PPP 621001B, 'Test principles for the safety of trampolines' which is based on a combination of the following standards in part or full:

EN 913 – Gymnastic Equipment. General safety requirements and test methods. EN71 – Safety of Toys. Activity toys for domestic use. EN 13219 – Gymnastic Equipment. Trampolines. Functional and safety requirements test.

The Capital In-ground Trampoline Kits are primarily designed for domestic use and not for commercial use and do not conform to EN 1176 – Playground Equipment Standard.

If you are planning to install this trampoline in a non-domestic environment, we highly recommend you contact your insurance company to ensure you are able to install the Capital In-ground Trampoline in your intended location.



STAGE 1: DIGGING THE HOLE

Install Time: This will vary depending on trampoline size, equipment used and soil conditions. The Capital In-Ground trampolines have been designed to minimize the need to excavate too much soil. If you have a mini-digger then the hole excavation will only take a couple of hours. If you're hand digging then allow a full day for 2-4 people to dig the hole, assemble the trampoline and do the finishing landscaping.

You need to create an outer hole 33cms deep and then an inner hole which creates a 30cm wide ledge on which the trampoline sits. Excavate your hole in accordance with the following dimensions.



Capital In-ground Hole Dimensions

Every hole construction will vary in respect of size of trampoline, soil conditions and drainage requirements.

However, these general tips and guidelines will assist you:

- 1. **Mark out hole.** It's best to mark out a hole around 6 inches wider than the diameter of your trampoline. This will make it easier for you to put the frame in and find the right level. It's very difficult to dig an exact round hole and this gives you some tolerance. At the end of the install you back-fill around the outside of the hole with soil you have saved and re-turf.
- 2. Main hole. This needs to be 33cm deep that's 30cm for the frame and 3cm for the vented pads. This will mean your trampoline will be absolutely flush to the ground which is most people's preferred option. There will be no trip hazards and it will be easier to mow.

- **3.** Inner hole. Dig this out in a bowl shape to a depth of 75cm (10ft trampoline) or 90cms (12ft and 14ft trampolines). The inner hole is 2ft narrower in diameter than the trampoline size. This will leave a ledge on which the trampoline sits.
- 4. Drainage. If you have well-drained or sandy soil, then you will not need to consider any further drainage. For less porous soil, then we suggest you put in a simple soak-away at the bottom of the inner hole. For further information, see the In-ground Trampoline FAQ section on our website.
- **5. Weed membrane.** We suggest you line the hole with a weed membrane to prevent weeds growing. The weed membrane needs to be permeable to allow water to soak through. The membrane can be anchored on the ledge under the bottom frame.
- 6. Soil disposal. The best and cheapest option is to try and lose the soil or create a feature in your garden. If you want to get rid of the soil off-site then a skip is a good solution, but you will need a large skip as soil expands when you dig it out. With skips you may have a problem with barrowing up over the sides try and find a skip with a fold down door or one low end. Another good option is to hire a grab lorry that's a lorry with a long extendable arm that picks the soil up from a heap and deposits directly into a lorry.
- 7. Equipment needed. For smaller size trampolines, it's a relatively easy task to hand-dig the hole. You may wish to hire a vibration dampened breaker (with clay spade attachment). This greatly assists with breaking up compacted or difficult soil.

For larger sizes, it's quicker and easier to hire a mini-digger (and operator). The mechanical digger should be able to excavate most of the soil to leave you with the hand-finishing.

The Capital In-ground Trampoline Kit has been designed for ease of install with DIY in mind. If however you have any doubts, then please contact us or one of our recommended garden landscaper/contractors to assist and advise you. See website for further information.

STAGE 2: BUILD TRAMPOLINE & RETAINING WALL

Install Time: You will need two people to assemble the trampoline and wall. The time needed is about one hour.



STEP 1: ASSEMBLING THE FRAME



STEP 2: FITTING THE JUMP MAT

BASIC INFORMATION:



FITTING THE MAT:



Lay the mat inside the frame of the trampoline with the warning labels facing upwards.

STEP 2: FITTING THE JUMP MAT

12ft and 14ft Trampolines.

These come with 16 Gold Springs (Part G) and are attached to the small slots in the cut-out on top of the POD-connectors.

10ft Trampoline.

These only have Silver Springs (Part F) and there are no cut-outs on the POD-connectors.



STEP 3: FITTING THE RETAINING WALL

Tip: Read this whole section before starting the wall assembly.

Take two panels and lay against the frame. Note: one end of each panel will have a single pilot hole drilled for the self-tapping screws – Part K. You only attach the wall panels (Part J) into the top frame sections.

In the centre of one of the frame sections overlap the pilot hole side of one panel by about three inches with the non pilot hole side of the other panel. The pilot hole side should be on the top when overlapped.



Holding the panels firmly against the frame, line up the top pilot hole with the middle of the top frame section and use a hammer drill to insert the self-tapping screw

Go round the entire frame with the remaining panels and attach in same way. The final panel will slot underneath the first panel you used to form the circle. Always ensure the panel hugs closely to the frame and there is a minimal gap between the wall panel and frame.

Note: There are enough panels for a reasonably wide overlap. You should also avoid screwing into the POD-connector, so create a wider overlap if necessary to avoid the POD-connector.

You do not need to screw the panels into the bottom frame, the frame itself holds the wall firmly in place when you fill in on the outside.

STAGE 3: PUT THE TRAMPOLINE INTO HOLE AND FIT PADS

Install Time: With two people you should allow approximately one hour for this stage.

When your hole is finished, lift the frame, complete with jump mat and springs, into the hole and onto the ledge you've created. Check the levels are correct – you may want to remove the whole trampoline to make any adjustments to the height that the frame is sitting. The frame should sit 3cms or about 1" below the height of the surface outside the trampoline, so the trampoline is flush to the ground when the pads are fitted.



Fill-in on the outside of the trampoline with topsoil you've saved from your hole dig and compact the soil. Then re-lay the turf around the perimeter.

Lay the vented pads over the trampoline ensuring the logo side is facing upwards



If you are NOT using a net enclosure

Kneeling on the inside of the trampoline feed one on the two outer ties between the wall panel and back of the top frame section (you may need to insert a flathead screwdriver and rotate to create a gap). Wrap around under the frame and tie to the other strap on top. Do not over-tighten and allow the straps some movement.



Ensure the joins between the pad sections are directly over the POD-connectors. Then, kneeling on the inside of the trampoline feed the two outer ties between the POD connector and wall and tie loosely around the upright section of the POD connector under the springs

Finally, remove one of the springs located under the inner loop of the pad. Then feed the spring through the loop and attach the long hook into the frame and, using a spring tool, pull the spring towards the mat and attach to the mat D-ring.



IMPORTANT INFORMATION

1. WARNING! ADULT SUPERVISION AND INSTUCTION IS REQUIRED AT ALL TIMES

- 2. Make sure the trampoline is placed on a level surface and free of obstacles.
- 3. Ensure an area within a radius of 2 meters is free of obstacles and objects.
- 4. If a safety net is not fitted do not use within a radius of hard surfaces such as walls.
- 5. Do not position the trampoline near obstacles such as fences, trees, balconies, washing lines or obstacles located over the trampoline.
- 6. Ensure there is sufficient head space above the trampoline.
- 7. Maximum user weights are: 135kgs (10ft), 150kgs (12ft) and 150kgs (14ft)
- 8. Suitable for outdoor or indoor use.
- 9. Recommended age: 6+ years
- 10. Not suitable for children under 2 years. Risk of small parts which may cause a choking hazard and long cords that could cause strangulation.
- 11. Keep all sources of heat and flames away from the product as it will burn
- 12. Do not use the mat when it is wet.
- 13. Practice without shoes.
- 14. Empty your pockets before using the trampoline.
- 15. Do not eat food, sweets or chew gum when bouncing
- 16. Always jump in the middle of the mat.
- 17. How to stop bouncing safely. You stop by bending your knees as you touch down on the trampoline
- 18. Do not jump off the mat always walk on and off. Do not jump from other items onto the trampoline.
- 19. Limit the time of continuous usage (make regular stops).
- 20. Misuse and abuse of the trampoline is dangerous and can result in serious injury.
- 21. Do not use the trampoline if under the influence of alcohol or drugs
- 22. Use gloves to protect your hands from pinch points and sharp points during assembly.
- 23. Do not apply excessive force during assembly that will cause damage to the product.

	 Avoid somersaults and flips which may result in you landing on your head or neck.
	Always bounce in the middle of the trampoline.
	Avoid bouncing when tired.
	 Serious injury, paralysis or even death can occur if the trampoline is not used properly
	Only 1 user allowed at a time
	 Many jumpers increase the chances of loss of control, collision and falling over. This can result in serious injury to head, neck, arms or legs.

USING YOUR TRAMPOLINE

- Inspect the trampoline before each use. Any damaged or worn parts must be replaced.
- Make sure there are no children, animals or obstructions underneath the trampoline.
- Don't use when it is wet or windy as this may cause you to fall and injure yourself.
- Always bounce in the middle of the mat and practice bouncing techniques safely with adult supervision and guidance.

BOUNCING SKILLS

Fundamental Bounce

Seat Drop

your hips.

erect position.

1.

2.

3.

- Start from a standing position with your head erect and your eyes on the frame pad.
- 2. Swing your arms forward and up in a circular motion.
- 3. Bring your feet together and point your toes downward while in the air.
- 4. Keep your feet about 30 cm (15 in.) apart from when landing on the bed.



Land in a sitting position with your

Place your hands on the bed beside

Push with your hands to return to an

legs parallel to the bed.

Knee Drop

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

Half Turntable

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



Hand and Knee Drop

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



Swivel Hips

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



CARE AND MAINTENANCE

Regular care and maintenance of your trampoline is required – you should check your trampoline once a month. This will help prolong its life and reduce the possibility of injury. Neglecting this can lead to a risk for users.

Inspect your trampoline before each use using the checklist below as a guide. Take particular care in doing this at the start of each season and at regular intervals. Ensure all parts are intact and cannot become dislodged during play, tighten any screws or nuts and bolts where required.

IMPORTANT: If any faults are found, the trampoline **MUST NOT BE USED**. We advise that the trampoline is dismantled and put in a dry place until replacement parts are fitted.

PART	CHECKLIST	OK	NOT OK
All Parts	Securely attached		
	Correctly positioned		
	No sharp edges or points present		
	No missing parts		
Springs	No damage (bent / broken)		
	No missing parts		
Frame	No bent parts		
	No damage		
	No rusting or corrosion		
Mat/Pad/Net	No missing parts (e.g. D-rings, ties)		
	No sagging		
	No damage (e.g. holes, rips, fraying, tearing)		

Looking after your trampoline:

- Use trampoline as advised on Page 13: Excess weight and improper use will damage it and cause it to break easily.
- Keep trampoline clean. If any part becomes dirty, clean with a damp cloth and dry thoroughly. Do not use any abrasive cleaners as this could damage the products.
- Store pads in dry place when not in use. Prolonged exposure to sun and harsh weather can shorten its life.
- Keep mat in good condition by using a cover. (available to buy from our website). Damage can be caused by water pooling, garden/outdoor debris landing on it, and sparks from nearby bonfires and fireworks displays.