



# Trampoline

## Safety instructions

*Avyna*

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# MANUAL FOR ASSEMBLY, SAFETY, CARE, MAINTENANCE & USE

## **WARNING:**

USING THIS TRAMPOLINE EXPOSES YOU TO THE RISK OF SERIOUS INJURY, INCLUDING PERMANENT PARALYSIS OR EVEN DEATH FROM LANDING ON THE BACK, NECK OR HEAD. THIS RISK EXISTS EVEN IF YOU LAND ON THE TRAMPOLINE MAT (BED). READ THIS MANUAL AND ALL MATERIALS FURNISHED WITH THE TRAMPOLINE THOROUGHLY BEFORE ASSEMBLING OR ALLOWING ANY PERSON TO USE THE TRAMPOLINE. RETAIN THIS MANUAL FOR FUTURE REFERENCE.

# MANUAL FOR ASSEMBLY, SAFETY, CARE,

## BEFORE YOU START

Thank you for selecting a AVYNA trampoline. The AVYNA trampoline is designed and crafted to provide you and your family with many years of fun and fitness. The trampoline is for domestic use only and is not designed for schools, competitions, public or commercial use and the operation area is for outdoor use only. For your benefit and safety: read this manual carefully before using this trampoline and keep the manual for future reference.

## WARNING

- MISUSE AND ABUSE OF THIS TRAMPOLINE IS DANGEROUS AND CAN CAUSE SERIOUS INJURIES.
- TRAMPOLINES ARE REBOUNTING DEVICES WHICH PROPEL THE PERFORMER TO UNACCUSTOMED HEIGHTS, AND INTO A VARIETY OF BODY MOVEMENTS. REBOUNTING OFF OF THE TRAMPOLINE, STRIKING THE FRAME OR SPRINGS, OR IMPROPERLY LANDING ON THE TRAMPOLINE BED MAY CAUSE INJURY.
- READ ALL INSTRUCTIONS THOROUGHLY BEFORE USING THIS TRAMPOLINE, OR ALLOWING ITS USE BY ANY PERSON.
- INSPECT THE TRAMPOLINE BEFORE EACH USE, AND REPLACE ANY WORN, DEFECTIVE OR MISSING PARTS.
- ALL PURCHASERS AND ALL PERSONS USING THE TRAMPOLINE MUST BECOME FAMILIAR WITH THE MANUFACTURER'S RECOMMENDATIONS FOR THE

# MAINTENANCE & USE

PROPER ASSEMBLY, USE AND CARE OF THE TRAMPOLINE. EACH USER MUST ALSO BE ALERT TO HIS OR HER OWN LIMITATIONS IN THE EXECUTION OF TRAMPOLINE SKILLS.

- IT IS THE RESPONSIBILITY OF THE OWNER OR TRAMPOLINE SUPERVISOR TO INSURE THAT ALL USERS OF THIS TRAMPOLINE ARE ADEQUATELY INFORMED OF ALL WARNINGS AND SAFETY INSTRUCTIONS.
- THE MAXIMUM USER WEIGHT: SEE PAGE 20, WARRANTY.



# TRAMPOLINE SAFETY INSTRUCTIONS

In trampoline use, as with all active recreational sports, participants can be injured. There are steps you can take to reduce the risk of injury. In this section the primary accident patterns have been identified and the responsibilities of the supervisors and the jumpers in accidents prevention are described.

## ACCIDENT CLASSIFICATION

- **Somersaults (flips):** Landing on your head or neck, even in the middle of a trampoline mat (bed), increases the risk of a broken back or neck, which can result in paralysis or death. Such events can occur when a jumper makes an error trying to perform a forward or backward somersault (flip)
- **Multiple Jumpers:** More than one jumper on the trampoline increases the chance of someone becoming injured. Jumpers may collide with one another fall off the trampoline, or land incorrectly. The lightest weight jumper is the most likely to be injured.
- **Mounting and dismounting:**
  - Jumping off the trampoline to the ground or any other surface may result in injury.
  - Jumping onto the trampoline from a roof, deck, or other object also represents a risk of injury.
  - Climb carefully on and off the trampoline.
  - Do not step onto the frame pad or grasp the frame pad to pull yourself up.

# FOR USERS

- **Loss of Control:** Jumpers who lose control of their jump may land on the mat (bed) incorrectly, land on the frame or springs or fall off the trampoline. Before learning a more difficult jump, the preceding one should be performed consistently under control. Do not step or jump directly onto the frame pad. The frame pad is not designed -nor intended to support the weight of the trampoline user.
- **Alcohol or Drug use:** The chance of injury increases when a jumper has consumed alcohol or taken drugs.
- **Encountering Objects:** Use of a trampoline while other people, pets, or objects are underneath it will increase the chance of injury. Jumping while holding or having an object on the trampoline, will increase the chance of injury.
- **Poor maintenance of Trampoline:**  
A torn bed, bent frame, broken spring, or a missing

frame pad, for example should be replaced before anyone is allowed to jump.

- **Weather Conditions:** A wet trampoline bed is too slippery for safe jumping. Gusty or severe winds can cause jumpers to lose control.
- **Limited Access:** To prevent access to the trampoline by unsupervised small children, the access ladder (optional) should be removed when the trampoline is not in use.
- **Use in public places:** Always use the trampoline in a controlled environment and always under the control.

# TRAMPOLINE SAFETY INSTRUCTIONS

- Do not use the trampoline when under the influence of drugs or alcohol.
- Learn fundamental jumps and body positions before trying more advanced skills (see Appendix A).
- Stop your bounce by flexing your knees as your feet come in contact with the trampoline bed.
- Avoid jumping too high or for too long. Always control your jump. A controlled jump is one where the take off and land spots are the same.
- Focus your eyes on the trampoline bed.
- Always jump on the middle of the bed, never on the edges or the safety pad.
- Take turns jumping one at a time, and always have someone watch you.
- Climb on and off the trampoline. Do not jump on or off. Do not use the trampoline as a springboard to other objects.
- Limit access: To prevent access to the trampoline by unsupervised small children the access ladder should always be removed when the trampoline is not in use.
- The trampoline is intended to be used by one person at a time, for maximum user weights for each trampoline please see page 30 Warranty
- The user should be either barefoot, in socks, or wearing gymnastic shoes. Street shoes or tennis shoes should not be worn on the trampoline.
- The user should remove all sharp objects from their person which may cause injury or damage to the trampoline bed.
- Empty pockets etc. before jumping.



# FOR USERS

- Do not jump with objects in hands or mouth.
- Do not use the trampoline in wet or frosts conditions.
- Do not allow family pets on the trampoline, as claws may snag and pull the bed material or damage the frame pad.

## SAFETY NET INSTRUCTIONS FOR USERS

Always close the net opening before jumping, make sure that the hook-and-loop fasteners are closed correctly during use of the trampoline.

- Enclosure is not designed for attaching accessoires. Unless specifically designed by the manufacturer of the net.
- Climbing on and off the trampoline at the enclosure opening door. Always close the opening after entering or exit.

- Do not try to crawl into the trampoline from the bottom of the enclosure.
- Do not intentionally jump onto the trampoline enclosure.
- Do not try to intentionally rebound of the enclosure.
- Do not hang on the top of the enclosure, or try to climb on the netting.

# ASSEMBLY INSTRUCTIONS

## ASSEMBLY

The trampoline must be assembled by an adult in accordance with the assembly instructions. It is recommended to wear gloves while assembling to prevent injuries. Before first use the trampoline should be checked if the trampoline is assembled conform the manual.

Any modifications made by the customer to the original trampoline (e.g. the adding of an accessory) shall be carried out according to the instructions of the manufacturer.

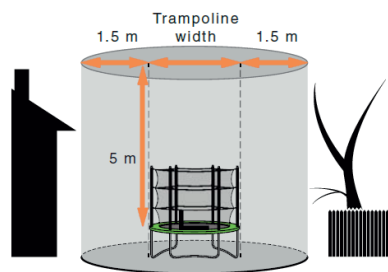
## TRAMPOLINE PLACEMENT

- A minimum of 7.3 meter of overhead clearance is required. Adequate horizontal clearance must be maintained from objects and possible hazards including electric power wiring, tree limbs, recreational

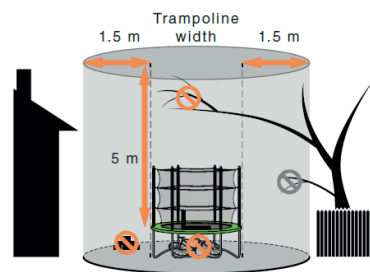
structures (swing-sets, swimming pools) and fences.

- The trampoline must be placed on a level surface before use.
- Never place the trampoline on a hard surface such as concrete or asphalt.
- There must be no obstructions beneath the trampoline.
- Do not place the trampoline near any other recreational devices or structures such as a swimming pool or swing-set.
- This type of trampoline should not be buried in to the ground.
- In case of using the trampolining in a public place: only use the trampoline in a controlled environment and always under supervision.

The following images show how to install the trampoline in a correct and incorrect way. For more information, please have a look at Table 1, page 14.

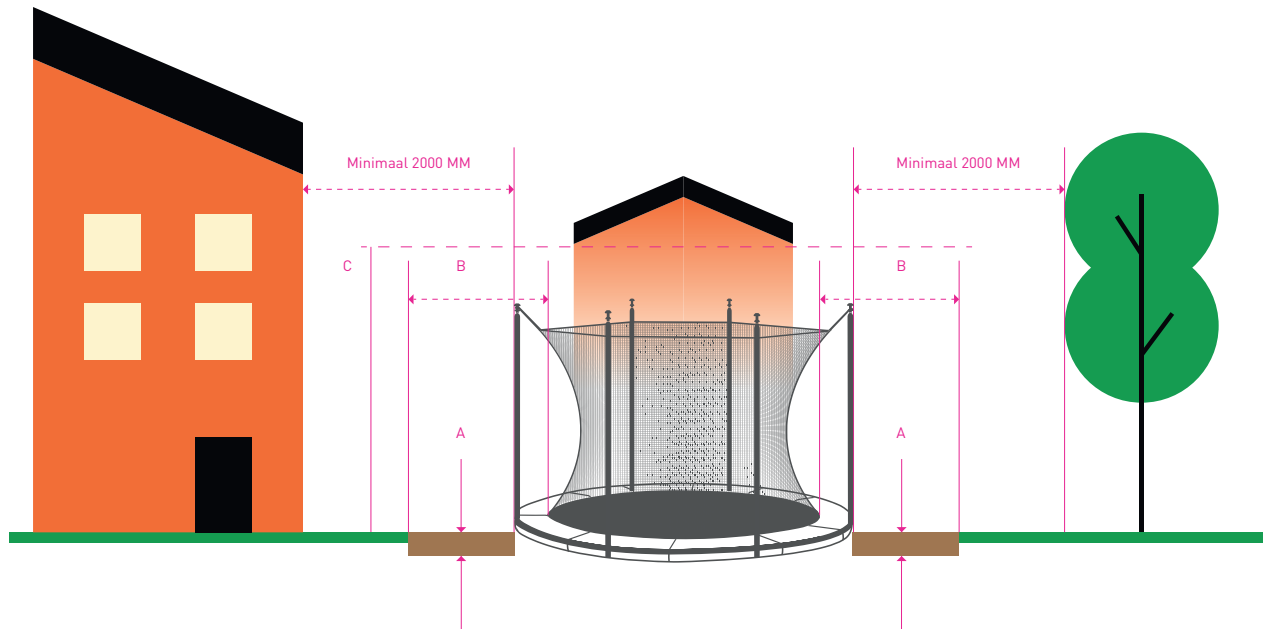


Correct installation

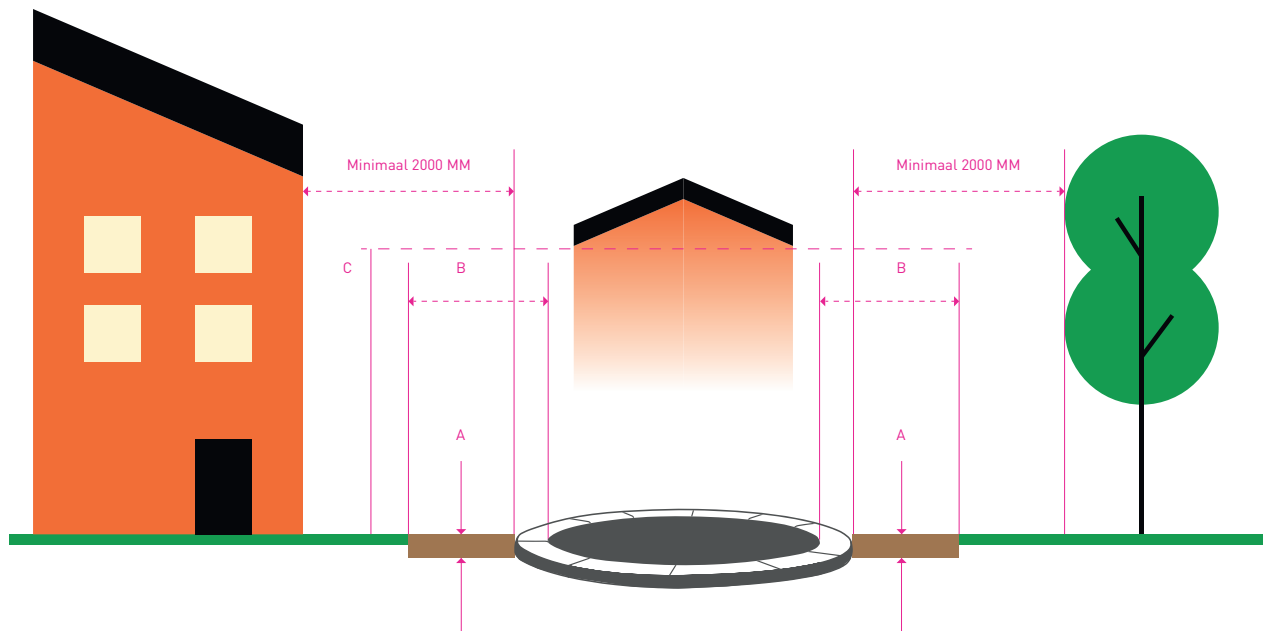


Incorrect installation

# ASSEMBLY INSTRUCTIONS



Correct installation InGround trampoline



Incorrect installation FlatLevel trampoline

# ASSEMBLY INSTRUCTIONS

Material	A. Minimal thickness	B. Minimal width	C. Free space	Maximal fall height
Grass	-	-	6000 mm	1500 mm
Bark 20-80 mm	300 mm - 400 mm	1500 mm - 1500 mm	6000 mm	2000 mm - 3000 mm
Wood chips 5-30 mm	300 mm - 400 mm	1500 mm - 1500 mm	6000 mm	2000 mm - 3000 mm
Sand 0.2-2 mm	300 mm - 400 mm	1500 mm - 1500 mm	6000 mm	2000 mm - 3000 mm
Gravel 2-8 mm	300 mm - 400 mm	1500 mm - 1500 mm	6000 mm	2000 mm - 3000 mm

Table 1: Shock absorbing and distance to other objects

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# MAINTENANCE INSTRUCTIONS

Your trampoline is manufactured 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. The following guidelines should be observed at all times.

Inspect the trampoline before each use, and replace any worn, defective or missing parts. The following conditions present potential hazards and increase the danger of personal injury:

- Punctures, holes or tears in the trampoline bed.
- Deterioration in any stitching of the bed.
- Bent or broken frame or legs.
- Broken or missing springs.
- Missing or insecurely attached frame pad.

- Sagging jumping bed.
- Sharp protrusions on the frame or suspension system.
- Check all nuts and bolts for tightness and tighten when required.
- Check that all spring-loaded joints are still intact and can not become dislodged during play.
- Check all coverings and sharp edges and replace when required.
- Retain the maintenance instruction manual for future reference.
- Check that bed, padding and enclosure are without defects. Note: Sunlight, rain, snow and extreme temperatures reduce the strength of these parts over time.



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**NOTE:**

Sunlight, rain, snow and extreme temperatures reduce the strength of these parts over time.

- Replace the net and/or enclosure after 5 years of use.

**IF ANY OF THESE CONDITIONS EXIST, THE TRAMPOLINE SHOULD BE DISASSEMBLED OR OTHERWISE PROTECTED AGAINST USE UNTIL THE CONDITION IS PERFECT.**

# SPECIAL CONSIDERATIONS

## WIND

It is possible for the trampoline to be blown about by a high wind. If you anticipate high winds, the trampoline should be moved to a sheltered location, the bed and/or netting should be removed, or the round outside portion (top frame) should be tied to the ground using rope and stakes. At least three tie-downs should be used. An anchoring set is available, ask your dealer of the manufacturer.

Do not simply secure the legs to the ground, as they can pull out of the frame sockets.

**(DO NOT FORGET TO REMOVE THE STAKES  
BEFORE YOU START JUMPING AGAIN!)**

## SNOW

Please remove the snow from the trampoline with a broom. Do not use a shovel, it could damage the jumping bed.

In conditions of long-time snow and severe frost it is recommended to store the bed, safety pad and the netting indoors.

## MOVING THE TRAMPOLINE

If you need to periodically move your trampoline all slip joints should be secured with a weather resistant tape (i.e. tape). This will keep the frame intact and prevent the tubular elements from separating during the move.

The trampoline should be moved by at least two people, kept horizontal, and lifted slightly. Then pull on the trampoline. Disassemble the trampoline for any other type movement.

# LIMITED WARRANTY

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Avyna only provides warranty on defect trampoline-parts and their finish. In the case of damage caused by improper use, misuse, incorrect installation, vandalism or natural forces, the warranty will expire. Excluded from warranty are: overloaded springs, holes and cuts in the jumpingmat or in the safety net (created after the first material test). Avyna is not responsible or liable for any indirect, special or consequential damages arising out of or related to the use or performance of the product, or for any other damages related to economic loss, loss of property, loss of business or profit, costs of removal, installation or other consequential damages.

For the maximum user weights and warranty according to EN 7114: 2018 & NEN 7114: 2018, please have a look at appendix C 'Limited warranty'.

# APPENDIX A – JUMPING INSTRUCTIONS

## BASIS SKILLS

These are the basic skills:

### 1. Bouncing

The most important thing about bouncing is that it should be done with control in the centre of the bed. The basic bounce should always begin low, with the jumper always landing with both feet at the same time. High, reckless bouncing should never be allowed.

### 2. The stop bounce

This technique allows the jumper to gain control by stopping quickly. It is achieved by keeping the feet in contact with the bed, and absorbing the rebound of the trampoline with the knees and waist. This skill should be the first skill learnt and should be employed whenever you feel out of balance, or land away from the centre area.

## To learn the stop bounce

- 2.1. Stand in the centre of the bed with your feet about hip-width apart.
- 2.2. Attempt about three easy bounces, keep them low and controlled.
- 2.3. Focus your eyes towards the perimeter of the trampoline while bouncing in order to keep your balance.
- 2.4. Stop the bounce by bending at your knees and hips on contact with the bed.
- 2.5. Your torso should remain vertical. When stopping the bounce, move your arms either in front of your body or above your head.

# APPENDIX A – JUMPING INSTRUCTIONS

## 3. Arm action

Arms are very important for proper control and lift. There are three phases that your arms go through when bouncing, as follows:

### 3.1. The first is the drive phase:

As you make contact with the trampoline, your legs push hard into the trampoline and your arms start to drive up in front of your body.

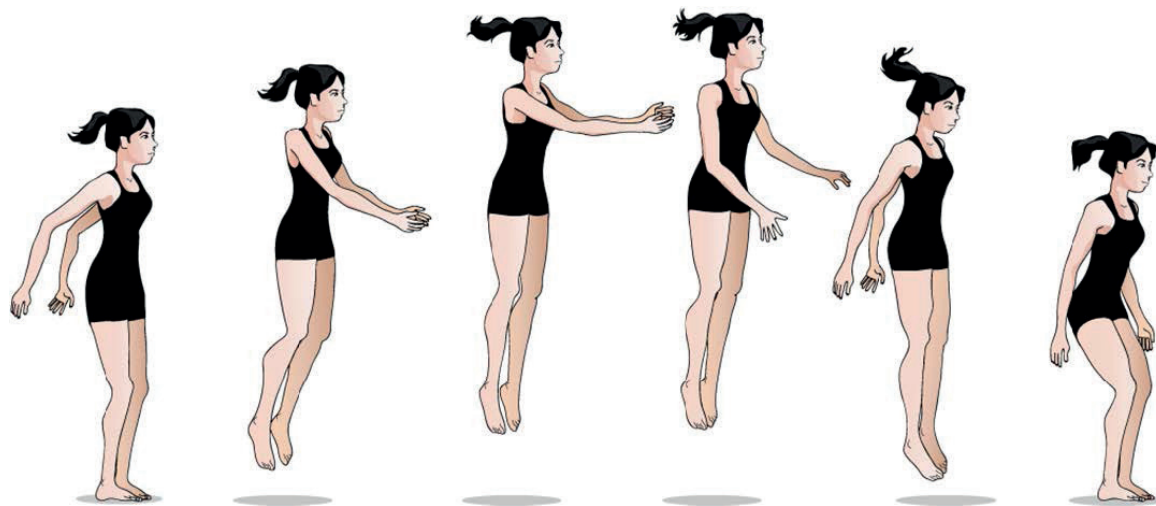
### 3.2. The second is the lift phase:

Where your arms continue to drive up in front of the body until they are straight above your head.

### 3.3. The third is the balance phase:

Where your hands flair out the side and your arms slowly come back down, keeping your

body balanced, ready to start the process again (see Figure 1).



*1 Arm action*

# APPENDIX A – JUMPING INSTRUCTIONS

## 4. Jumping variations

Figures 2,3 and 4 show three variations, the tuck, the pike and the straddle pike respectively. These should be assumed at the top of the bounce, before resuming the normal landing position on your feet.



2 The tuck



3 The pike



4 The straddle pike

## 5. Basic landing positions

The basis landing positions are as follows: General positions for all landings: seat, hands and knees, and frond and back, should be first practiced on the ground, then in a stationary position, and only then on the trampoline bed. Landings should be performed after 'riding' the trampoline bed. Riding is done by bending your knees and pushing down repeatedly on the trampoline bed, thereby setting the bed in motion. The feet stay in contact with the bed during the entire riding motion.



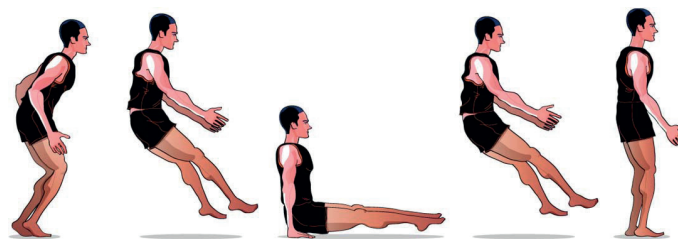
## 5.1. The seat landing

If you are at or near the maximum user weight you should not attempt this manoeuvre from a height greater than 1.4 m above the bed as there is a risk of spinal injury due to contact with the ground.

### To learn the seat landing

- 5.1.1. From the standing position, ride the bed several times.
- 5.1.2. Lift up your feet at the top of the last bounce, and sit down. You should land so that your body is in a sitting position with legs straight out in front and your toes pointed. Hands should be on the bed slightly behind your hips. Fingers should be together and pointed toward the toes.

- 5.1.3. Push on the bed with your hands to rebound up to your feet (see figure 5).



5 Seat landing

# APPENDIX A – JUMPING INSTRUCTIONS

## 5.2. The hands and knees landing:

To do this landing properly, there should be just as much weight on your hands as on your knees. Your back should be approximately parallel to the bed. Knees and hands should land simultaneously, with the middle of the body landing in the centre of the trampoline. Hands should be directly under the shoulders. Knees should be directly under the hips. Your toes should be pointed.

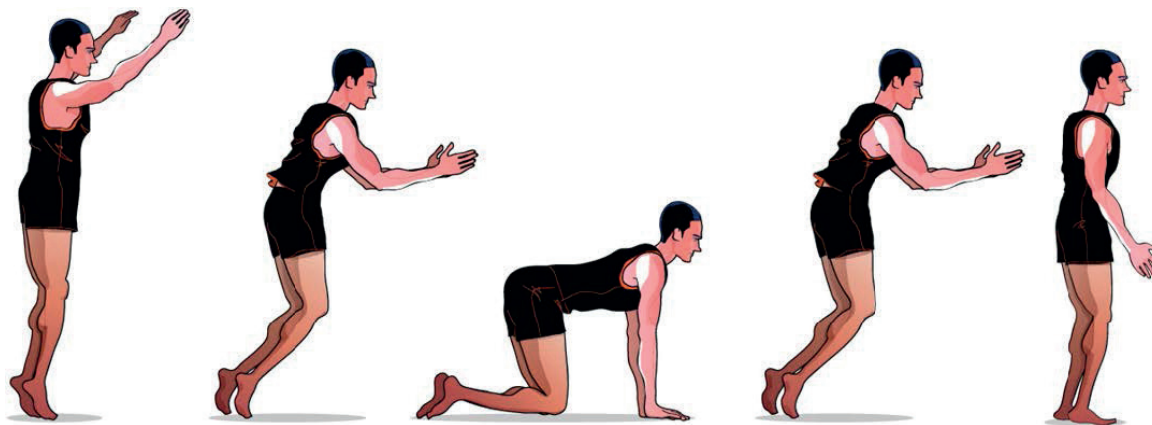
### To learn the hands and knees landing

**5.2.1.** Get down on your hands and knees on the bed. Make sure you have weight on both your hands and your knees. Do not sit on your heels.

**5.2.2.** 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.

**5.2.3.** From the standing position, ride the bed several times. Lift upward with your hips, reach forward with your hands, and land on all four. Look slightly in front of your hands on landing. Push to rebound to your feet (see figure 6).



*6 The hands and knees landing*

# APPENDIX B – ADDITIONAL INFORMATION

When purchasing an Avyna trampoline or part we recommend to use your own responsibility for any adverse effects. Avyna assumes your attention to safety.

## **According to EN 7114: 2018 & NEN 7114: 2018 (Domestic use)**

### **Requirements for medium and large trampolines:**

#### **Above Ground and InGround trampolines:**

For Above Ground- and InGround trampolines, the use of a safety net is mandatory.

#### **FlatLevel trampolines:**

The frame of the FlatLevel trampoline is equal to the ground. A tolerance of 50 mm is acceptable.

FlatLevel trampolines must be equipped with:

- A safety net
- Or material that provide a soft surface (for example shock absorbing material) with a minimum of 1 meter measured from the frame (including safety pad) of the trampoline.

The soft surface must be flat and comply with one of the following options from following scheme:

Table 2: Soft surface requirements

# SAFETY INSTRUCTIONS

Material	Minimum thickness	Minimum width	Maximum fall height
Ground	-	-	1000 mm
Bark	20 - 80 mm	300 mm	1000 mm
Wood chips	5 - 30 mm	300 mm	1000 mm
Sand/gravel	0,25 - 8 mm	300 mm	1000 mm

Table 2: Soft surface requirements

# APPENDIX C: LIMITED WARRANTY

## Max userweights and Warranty (years)

Trampoline	Test weight	Max weight	Steel frame	Springs	Jumping bed	Safety pad
Model 209 (AG)	375 kg	75 kg	2	2	2	2
Model 203 (I) Model 6 (AG)	375 kg	75 kg	Lifetime	10	3	3
Model 213 (F/AG/I/FL) Model 8 (AG/I/FL) Model 10 (AG/I/FL)	500 kg	100 kg	Lifetime	10	3	3
Model 12 (AG/I/FL) Model 14 (AG/I/FL) Model 223 (AG/I/FL) Model 234 (AG/I/FL) Model 238 (AG/I/FL) Model 352 (AG/I/FL)	600 kg	120 kg	Lifetime	10	3	3

*According to EN 7114: 2018 & NEN 7114: 2018 (Domestic use)*

### Max userweights and Warranty (years)

Trampoline	Test weight	Max weight	Steel frame	Springs	Jumping bed	Safety pad
Model 209 (AG)	250 kg	50 kg	2	2	2	2
Model 203 (I) Model 6 (AG )	250 kg	50 kg	2	2	2	2
Model 213 (F/AG/I/FL) Model 8 (AG/I/FL) Model 10 (AG/I/FL)	400 kg	80 kg	2	2	2	2
Model 12 (AG/I/FL) Model 14 (AG/I/FL) Model 223 (AG/I/FL) Model 234 (AG/I/FL) Model 238 (AG/I/FL) Model 352 (AG/I/FL)	500 kg	100 kg	2	2	2	2

According to EN 1176: 2017 (Public use)



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