

Attention Parents and Caregivers:
**Important Safety
Message Inside**

USING THE FAMILY TRAMPOLINE

ESSENTIAL FACTS



Springfree Safe-Use Bulletin No. 1

Keywords: Active bouncer, weight restriction, jumping height, bottoming out, leg extension kit



Congratulations on your purchase of the world's safest trampoline, the Springfree trampoline. It's obvious that, having invested in a premium product, you want to provide your children with a stimulating environment in which they are challenged to find and test their limits. Trampolines provide unquestionable benefits, such as the development of muscles, body awareness, physical coordination, and fitness.

Having invested in the safety of your children, we strongly recommend you take a moment more and review these essential facts.

As with any recreational product, the lowest risk of injury results from the correct alignment of three variables:

1. the user; how he or she uses the equipment
2. the equipment; how it is designed
3. the environment; where the equipment and the user interact.

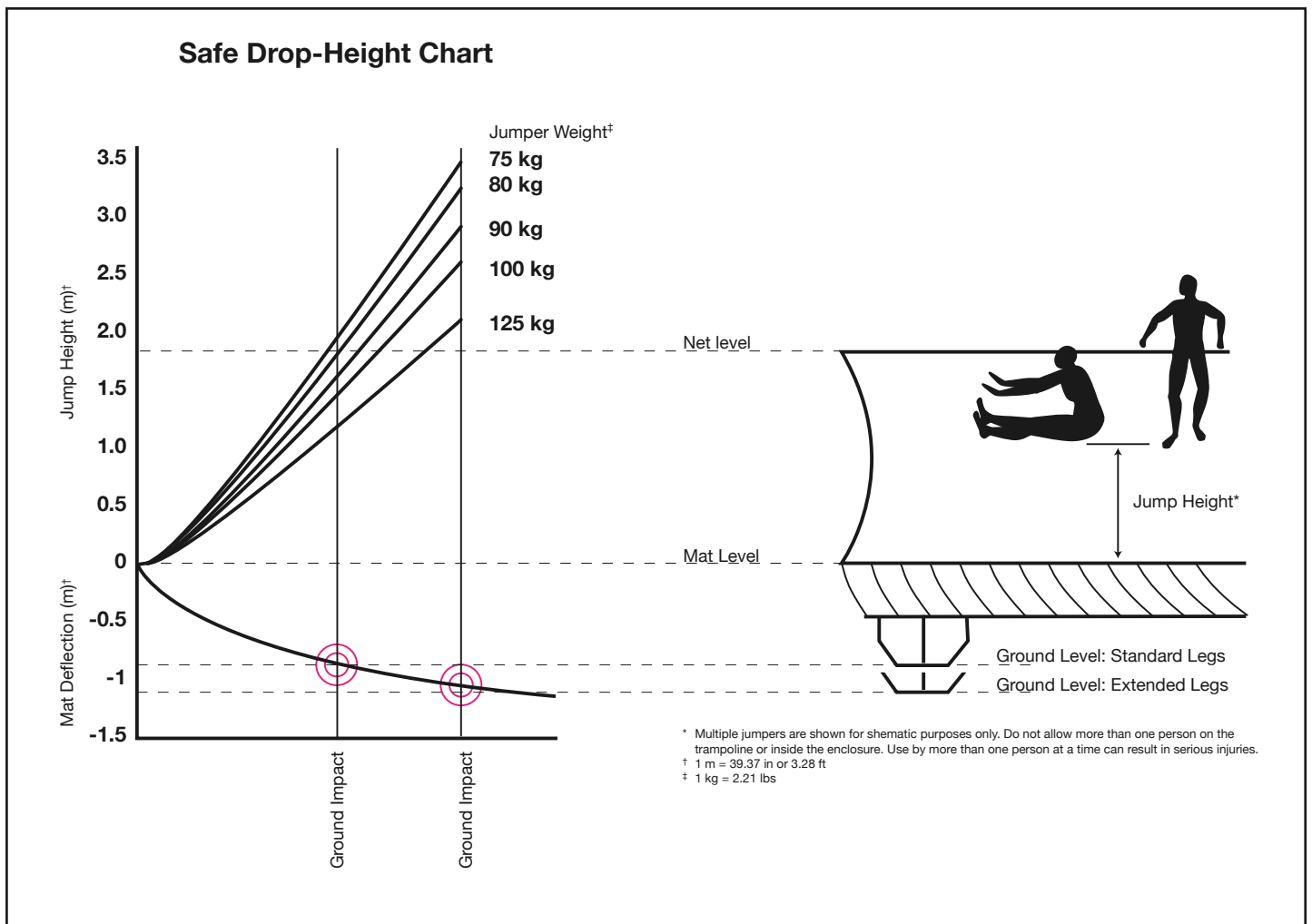
Professionals in injury prevention call these three variables the "Haddon Matrix". (Just enter this term into a search engine to find out more).

The Springfree trampoline has been designed for backyard, recreational use by families, with optimal performance for children and young people. The Springfree SF90E ships standard from the factory with a leg configuration to suit, that sets the mat at 34" above level ground surface. At this height it is designed to support "active bouncers" up to a recommended weight of 75 kg (165 lbs).

In making this recommendation we are often asked two questions:

1. Does this mean the trampoline will break if we go even a little above the recommended weight limit? and,
2. What is an "active bouncer"?

The answer to the first question is simple. "No! It won't break." The Springfree SF90E trampoline is designed to be substantially stronger than other products in its class. It has been static load tested to 500 kg (1100 lbs) using methodology described in standard BS EN 13219-2001. This means that it can carry more than 500 kg placed on the center of the mat without exceeding its design criteria. Put another way, it can support the weight of an adult male polar bear, the largest living land carnivore!



The second question, “What is an ‘active bouncer?’” is more complex, and this safe-use bulletin is designed to answer it and help you understand how best to minimize risks associated with heavier “active bouncers”.

The goal of Springfree’s revolutionary design was to remove all of the “impact zones” found in the traditional designs. However, when an “active bouncer” performs a maneuver such as a seat drop from a substantial height, (see Page 22 in the user manual), there is the risk of creating a new impact zone—the ground beneath the trampoline.

Hitting the ground directly beneath the trampoline mat is referred to as “bottoming out”.

How does “bottoming out” occur?

Bottoming out occurs when the combination of:

1. Jumper weight, and
2. Jumper height, (or elevation off the mat at the apex of the jump)

is great enough that the trampoline mat can be pushed right down to hit the ground.

Because no two jumpers (or even bounces) are identical it is important to be conservative with any restrictions such as weight restrictions. However, as the chart (left) shows, just because a user is within the recommended weight limit, it does not guarantee they will not “bottom out” with the

attendant risk of injury. If they are an “active bouncer” and can bounce high enough, they can still bottom out.

Let’s take at two examples from the chart:

Example 1

A 75 kg (165 lb) jumper can jump 2 metres (6 feet, 6 inches) above the trampoline mat. This person is what we would term an “active bouncer”—they are so high that their feet are above the top of the safety enclosure. If you identify this 2 m point on the chart you will see that a jumper of this weight reaching this height would hit the ground on coming down—that is, if the trampoline is set up with the standard legs.

The solution? If you anticipate having “active bouncers” contact Springfree Trampoline and take advantage of our Leg Extension Kit (details below).

With the optional Leg Extension Kit installed, this “active bouncer” would now be well away from the ground (180 mm, or 7 in, clear according to the chart).

Example 2

A 100 kg (220 lb) jumper jumps only 0.9 m (3 ft) above the trampoline mat rest position. This jumper might not be considered an “active bouncer”. The chart shows that even at this higher weight, because of their lower jump height and lower downward force, they will not deflect the mat far enough to risk impact with the ground, even with the standard legs. They will clear by about 200 mm (8 in).

LEG EXTENSIONS NOW AVAILABLE.

Springfree is committed to promoting the safe and responsible use of trampolines while encouraging an active and healthy lifestyle. We aim to deliver this both through our unique Zero Impact Zone trampoline design, and through promoting safe and responsible use. For ultimate safety, we recommend that you follow these three steps:

1. After reviewing this fact sheet, take a moment to observe persons using the Springfree trampoline.
2. If you have any concern that their weight-to-jump height ratio on a standard SF90E with a surface height of 34" represents a bottoming out risk, then call us toll free at **1800 123 204 (Australia)** or **0800 50 11 15 (New Zealand)** and order our optional leg extension kit.
3. Read the *Basic Trampoline Skills* section (Page 20) in the user manual. Here you’ll find a range of trampoline maneuvers designed to develop gross and fine motor skills, improve strength and agility, all without taking the risks associated with an aerial somersault. It will provide your family with hours of fun and is a great way to keep them focused on safe and responsible trampoline use.

Thank you for taking the time to read this and for helping us provide you with a safer trampolining experience.

Springfree Trampoline
www.springfreetrampoline.com.au

Call today:
Australia 1800 123 204
New Zealand 0800 50 11 15

WARNING: Do not use trampoline without mature and knowledgeable supervision. Do not attempt or allow somersaults. Do not allow more than one person on the trampoline at all times. Do not use the trampoline when wet. Do not jump onto or off the trampoline. Do not use a trampoline while under the influence of alcohol or drugs. Trampolines over 50 cm are not recommended for children under six years of age. This enclosure is to be used only in connection with this trampoline. Read and follow all warnings and instructions.