



Follow instructions  
carefully



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Seriously happy  
kids guaranteed!

# Installation & Safety Instructions

DIY Installation instructions for a  
round Capital In-Ground Trampoline.

8ft round	/	2.44m
10ft round	/	3.00m
12ft round	/	3.65m
14ft round	/	4.26m

(Including assembly of the optional full &  
half net enclosure)

 **capitalplay**



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## WELCOME

**Thank you for choosing a Capital In-ground Trampoline.  
Our high quality trampolines are designed to give  
you peace of mind and provide your children  
with many years of fun.**

Please refer to the enclosed assembly and instruction manual, or refer to the installation section on our website



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## SAFETY CERTIFICATION

Capital In-ground Trampoline Kits conform to the relevant parts of the new EN71-14 'Trampolines for Domestic Use' safety standard.

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.



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# CONTENTS

Parts List	4
Assemble trampoline frame	5
Attach jumpmat and springs	6
Attach the retaining wall	7
Dig the hole	8-10
Placing the trampoline into the hole	11
Attaching the vented pads	12
Installing the optional trampoline enclosure	13-15
Safety Information UK	16
Safety Information USA	17
Using Your Trampoline	18
Care & Maintenance	19











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# PARTS LIST

	Part Name	Quantity
	Top & Bottom Frame Sections	8
	Retaining Wall Panels	8
	Jump Mat	1
	<b>Springs</b> <i>Number of springs depends on the size of trampoline</i>	8ft = 64 10ft = 80 12ft = 96 14ft = 104
	Spring Tool	1
	Self-tapping Screws	32 + 2 spare
	Vented Trampoline Pads	1
	<b>Elasticated Toggles</b> <i>Number of toggles depends on the size of trampoline</i>	8ft = 8 10ft = 16 12ft = 16 14ft = 16



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# ASSEMBLE THE FRAME

## Time required

You will need two people to assemble the trampoline and wall. You should allow approximately 30 minutes for this stage.



30 mins

## You will need

- Cross-head screwdriver or electric drill (for attaching the retaining wall panels).
- Safety goggles and gloves (for attaching the springs).



## Assemble the frame:

Lay the Top & Bottom frame sections (Part A) into a circle with the spring slots facing upwards.

Push all sections together ensuring all sections are fully mated together.



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# ASSEMBLE THE MAT & SPRINGS

## Time required

You will need two people to attach the mat and springs.  
You should allow approximately 30 minutes for this stage.

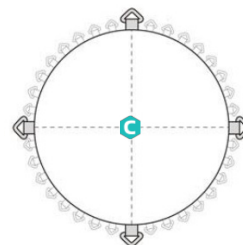


30 mins

1

### Spread out the jumpmat

Lay the Jump Mat inside the frame of the trampoline with the centre logo facing upwards.



2

### Attach the springs to the jump mat

Attach the more tightly curled end of the springs to the D-rings on the jump mat.



3

### Locate the D-rings

Locate the four D-rings with the white stitching. Attach these 4 springs first to the trampoline frame in the 12, 6, 3 and 9 o'clock positions directly opposite each other.



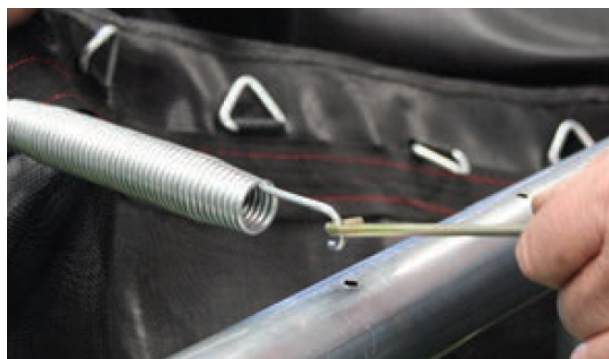
## Handy Hint

### You will need to use the Spring Tool to attach the springs to the frame.

Wearing gloves, hook the spring tool onto the end of a spring, and pull until the spring can be slotted into the correct slot in the frame.

### Finish the remainder of the springs

Do this by attaching a few springs on one side, then going to the other side of the trampoline to attach a few more. This evens out the tension on the mat and springs.



During assembly it may look like the mat won't fit. It will however stretch to the correct size when attaching the springs and this may take a little force. You cannot overstretch a spring.



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# ATTACH THE RETAINING WALL

## Time required

You will need two people to assemble the trampoline and wall. You should allow approximately 15 minutes for this stage.



15 mins

1

## Attach the retaining wall panels

It is now time to fit the retaining wall to the frame. Take one Wall Panel and lay it against the frame between the upright sections. There are four corner holes in the frame and four holes in the wall panel. Insert (using either a cordless drill or cross-head screwdriver) and tighten the four Screws to attach the Wall Panel to the frame.

Ensure the wall is as flush to the frame as possible.



2

## Fit the remaining panels

Go round the entire frame attaching the remaining panels in the same way until your retaining wall is complete.



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# DIGGING THE HOLE

## Time required

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.

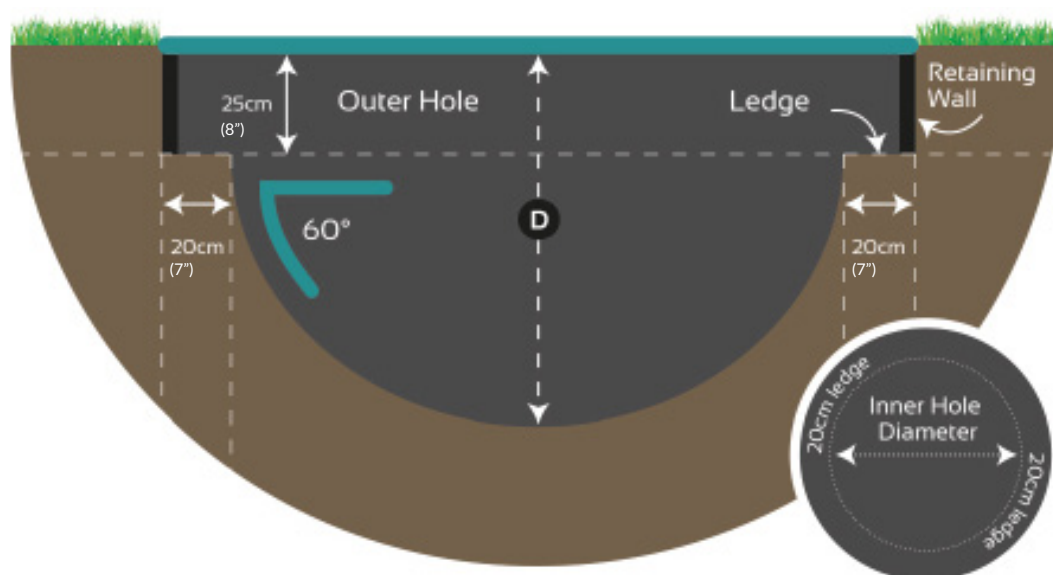
If you're hand digging then allow a full day for 2-4 people to dig the hole, assemble the trampoline and do the finishing landscaping.



2 hours -  
1 day

## Equipment Needed

For the smaller size trampolines, it's a relatively easy task to hand dig the hole. For the 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. You will also need a cross-head screwdriver and protective gloves & goggles.



Trampoline Size  
/Outer Hole Diameter

Inner Hole  
Diameter

**D** Hole Depth

8ft (2.44m)

6ft (2.04m)

75cm (2'5")

10ft (3.00m)

8ft (2.60m)

75cm (2'5")

12ft (3.65m)

10ft (3.25m)

90cm (2'10")

14ft (4.26m)

12ft (3.86m)

90cm (2'10")



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# DIGGING THE HOLE

1

## Mark out the hole

It's best to mark out a hole around 4 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

## Dig the outer hole

The next step is to start digging the main hole for your trampoline frame and retaining wall.

This needs to be 25cm deep, which is the right frame height. The vented pads sit on top of the frame so they will be just above the grass level.

Save some of the removed turf for 'finishing off' around the trampoline once installed.



3

## Dig the inner hole

The next stage is to dig the inner hole so that the trampoline will be safe for jumping. Dig this out in a bowl shape to a depth of 75cm (8ft & 10ft trampolines), or 90cm (12ft & 14ft trampolines).

The inner hole is 40cm narrower in diameter than the trampoline size. This will leave a 20cm ledge all around on which the trampoline sits.



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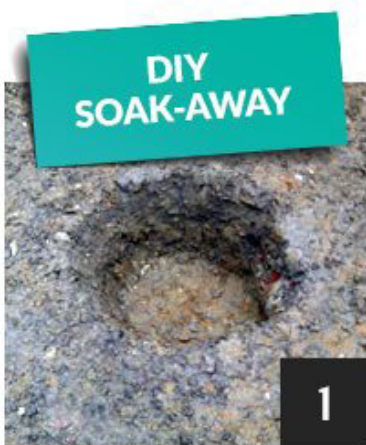
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# DIGGING THE HOLE

4

## Create a soak away

Unless you're confident that your ground will drain well, it's a good idea to build a simple soak-away to allow rain water to drain into the ground and not collect at the bottom of your hole. It's easy and not expensive to do this and does not take long to construct. For a simple, cost effective DIY soak-away, just follow the following instructions:



Dig a new hole at the bottom of the main hole about 2ft (60cms) in diameter and about 2ft (60cms) in depth.



Line the hole with a permeable weed membrane (available at most DIY stores) and fill with scalpings, shingle or just crushed hardcore. The membrane will stop the hole silting up and allow water to collect and drain properly.



Finally wrap the membrane over the top of the hardcore/shingle/scalpings and lay some slabs on top to seal the top. You now have a very effective soak-away.

5

## Install your weed membrane

We recommend you always add a permeable weed membrane to the hole before putting in the trampoline.

Make sure the membrane 'hugs' the shape of the hole and sits right at the bottom of the hole - keeping well clear of the jump area.



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# PLACING THE TRAMPOLINE IN THE HOLE

## Time required

With two people you should allow approximately 60 minutes for this stage.



60 mins

1

**Lift the frame (complete with wall, 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. You are aiming for the trampoline jump mat to sit flush with the ground.



2

## Filling In:

Fill in the outside of the trampoline with the topsoil you've saved from your hole and compact the soil, to ensure a tight finish between your garden and the trampoline. **There should be NO GAP between your garden and your trampoline.**



3

## Re-lay Turf:

Then re-lay the saved turf around the trampoline and compact down as much as possible.



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# ATTACH THE VENTED PADS

## Time required

You should allow approximately 20 minutes for this stage.



20 mins

1

**Lay the Safety Pads on top of the trampoline, aligning the pad section joins with the joins in the frame.**

Kneeling on the inside of the trampoline, feed the Elastic Toggles through the two eyelets so the loop end of the tie faces outwards and the toggle end is on the inside.



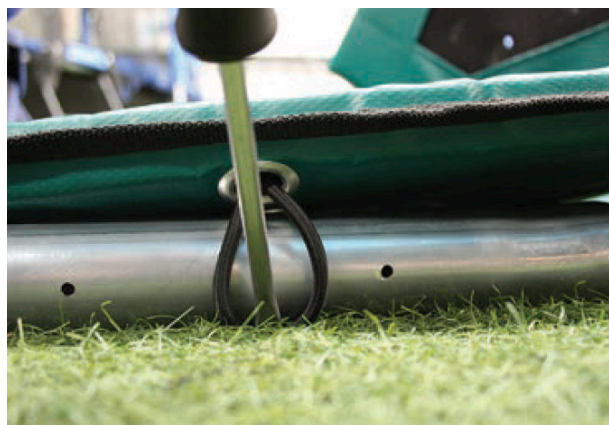
2

**Using a flat-head screwdriver (or similar), push the loop end between the wall panel and frame.**

From underneath, insert the toggle into the loop and rotate to secure. Repeat for all ties.

### Handy Hint

To create a gap between the wall and frame, you may need to insert your flat-head screwdriver and rotate to create a gap.



3

**To finish installing your pads,** remove a single spring underneath where each pad section joins the next one. Then insert the spring through the loop on the underside of the pad and re-attach the spring. This will stop the front of the pads lifting up.



# INSTALLING YOUR ENCLOSURE



## CAPITAL IN-GROUND TRAMPOLINE ENCLOSURE

Installation Guide  
(Full and Half Net Enclosures)

For sizes:

8ft round	/	2.44m
10ft round	/	3.00m
12ft round	/	3.65m
14ft round	/	4.26m

Only applicable if you have ordered  
an enclosure.



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# ENCLOSURE PARTS LIST

## Time required

Fitting a full or half enclosure will take 2 people approximately 10 minutes.



10 min



### Part Name

### Quantity

Metal Enclosure Poles	(Full Enclosure): 8 (Half Enclosure): 5
Sleeved Netting with Foam Inserts	1



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# FULL ENCLOSURE INSTRUCTIONS

1

Take the Enclosure Net complete with foam inserts and lay flat on the trampoline mat with the zip entrance facing towards you.

2

Insert 2 enclosure poles into the sleeves on either side of the zip in positions 1 and 2 of this diagram. Then insert 2 further poles opposite the first two, in positions 5 and 6.

3

Insert each of the poles into the correct enclosure socket through the 10cm slot between the pad sections (see picture below).

4

Finally with the enclosure now half-assembled and upright, insert the remaining poles into the sleeves in positions 3, 4, 7 and 8 and then into the enclosure sockets. The bottom of the net runs along the vented pads and is not tied off in any way.

## HALF ENCLOSURE INSTRUCTIONS

1

Take the Enclosure Net complete with foam inserts and lay flat on the trampoline mat.

2

Insert all enclosure poles into the sleeves

3

Insert each of the poles into the enclosure sockets (on whichever side you want the net) through the 10cm slot between the pad sections (see picture below)



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**WARNING! ADULT SUPERVISION AND INSTRUCTION IS REQUIRED AT ALL TIMES.**

**Maximum user weights are:**

**220lbs (8ft & 10ft trampolines)**

**264lbs (12ft trampolines)**

**264lbs (14ft trampolines)**

Make sure the trampoline is placed on a level surface and free of obstacles.

Ensure an area within a radius of 2 meters is free of obstacles and objects.

If a safety net is not fitted do not use within a radius of hard surfaces such as walls.

Do not position the trampoline near obstacles such as fences, trees, balconies, washing lines or obstacles located over the trampoline.

Ensure there is sufficient head space above the trampoline.

Always close the net before jumping.

Suitable for outdoor use only.

Recommended age: 6+ years.

Not suitable for children under 2 years. Risk of small parts which may cause a choking hazard and long cords that could cause strangulation.

Keep all sources of heat and flames away from the product as it will burn.

Do not use the mat when it is wet.

Practice without shoes.

Empty your pockets before using the trampoline.

Do not eat food, sweets or chew gum when bouncing

Always jump in the middle of the mat.

How to stop bouncing safely. You stop by bending your knees as you touch down on the trampoline

Do not jump off the mat - always walk on and off. Do not jump from other items onto the trampoline.

Limit the time of continuous usage (make regular stops).

Misuse and abuse of the trampoline is dangerous and can result in serious injury.

Do not use the trampoline if under the influence of alcohol or drugs

Use gloves to protect your hands from pinch points and sharp points during assembly.

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.





**WARNING! ADULT SUPERVISION AND INSTRUCTION IS REQUIRED AT ALL TIMES.**

**Maximum user weights are:**

**220lbs (8ft & 10ft trampolines)**

**264lbs (12ft trampolines)**

**264lbs (14ft trampolines)**

## Assembly and Installation Safety

Adequate overhead clearance is essential.  
A minimum of 24 ft from ground level is recommended.

Provide clearance for wires, tree limbs, and other possible hazards.

Lateral clearance is essential. Place the trampoline away from walls, structures, fences, and other play areas.

Maintain a clear space on all sides of the trampoline.

Place the trampoline on a level surface before use.

Use the trampoline in a well-lit area. Artificial illumination may be required for shady areas.

Secure the trampoline against unauthorized and unsupervised use.

Remove any obstructions from beneath the trampoline.

## Care and maintenance

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

- (1) Missing, improperly positioned, or insecurely attached frame padding,
- (2) Punctures, frays, tears, or holes worn in the bed or frame padding,
- (3) Deterioration in the stitching or fabric of the bed or frame padding,
- (4) Ruptured springs,
- (5) A bent or broken frame,
- (6) A sagging bed, or
- (7) Sharp protrusions on the frame or suspension system.

## Warning information

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 injury.

Use trampoline only with mature, knowledgeable supervision.

Inspect the trampoline before each use. Make sure the frame padding is correctly and securely positioned. Replace any worn, defective, or missing parts.

It is a dangerous practice to jump from the trampoline to the ground when dismounting, or to jump onto the trampoline. 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.

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.**



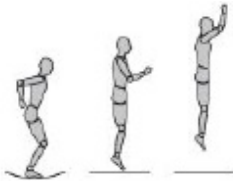
# USING YOUR TRAMPOLINE

- **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

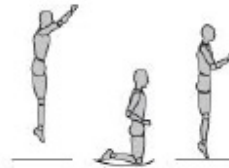
### Basic Bounce

- 1 Start from a standing position with feet a shoulder width apart, head up and eyes on the trampoline mat.
- 2 Swing arms forward and up above head in a circular motion.
- 3 Bring legs and feet together in mid-air position and point toes.
- 4 Land back on the mat with feet a shoulder width apart (the same as the start position).



### Knee Drop

- 1 Start with a low basic bounce (as detailed in Basic Skill 1).
- 2 Land on knees shoulder width apart, keeping back straight and a strong body position using arms out to the side or in front to maintain balance.
- 3 Bounce back to basic bounce position by using bounce momentum and swinging arms above head.
- 4 Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height.



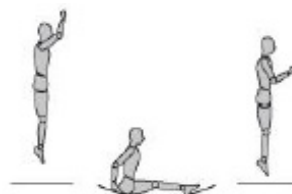
### Hand & Knee Drop

- 1 Land your hands and knees at the same time, ensure the back is horizontal to the bounce mat and hands and legs are shoulder width apart also.
- 2 Maintain strong body position with back and horizontal to mat and straighten legs behind the fold arms in front of face in mid-air ready to land on the mat in a lying down position.
- 3 Ensure the landing is done with all of body touching the mat at same time.
- 4 Push off hands and recover the standing position.
- 5 Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height. Trying moving onto the next skill once comfortable and proficient.



### Seat Drop

- 1 Start with the low basic bounce (Basic Skill 1) in the normal position.
- 2 Land with legs out straight in front of you, with hands either side of your hips and back straight in a strong body position.
- 3 Use the bounce momentum sided with a push from hands to return to a standing position.
- 4 Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height.











## 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)		

**Use trampoline as advised on Page 17. 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.



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