

Assembly, Installation, Care, Maintenance, and Use Instructions.



## Warning

Read these materials prior to assembling and using this trampoline and enclosure.



# ***NORTH***<sup>®</sup>

## **T R A M P O L I N E**

## **ASSEMBLY MANUAL**

### **INGROUND ROUND**

North Trampoline Inground 10ft Round  
North Trampoline Inground 14ft Round

NTR76302433  
NTR76432433

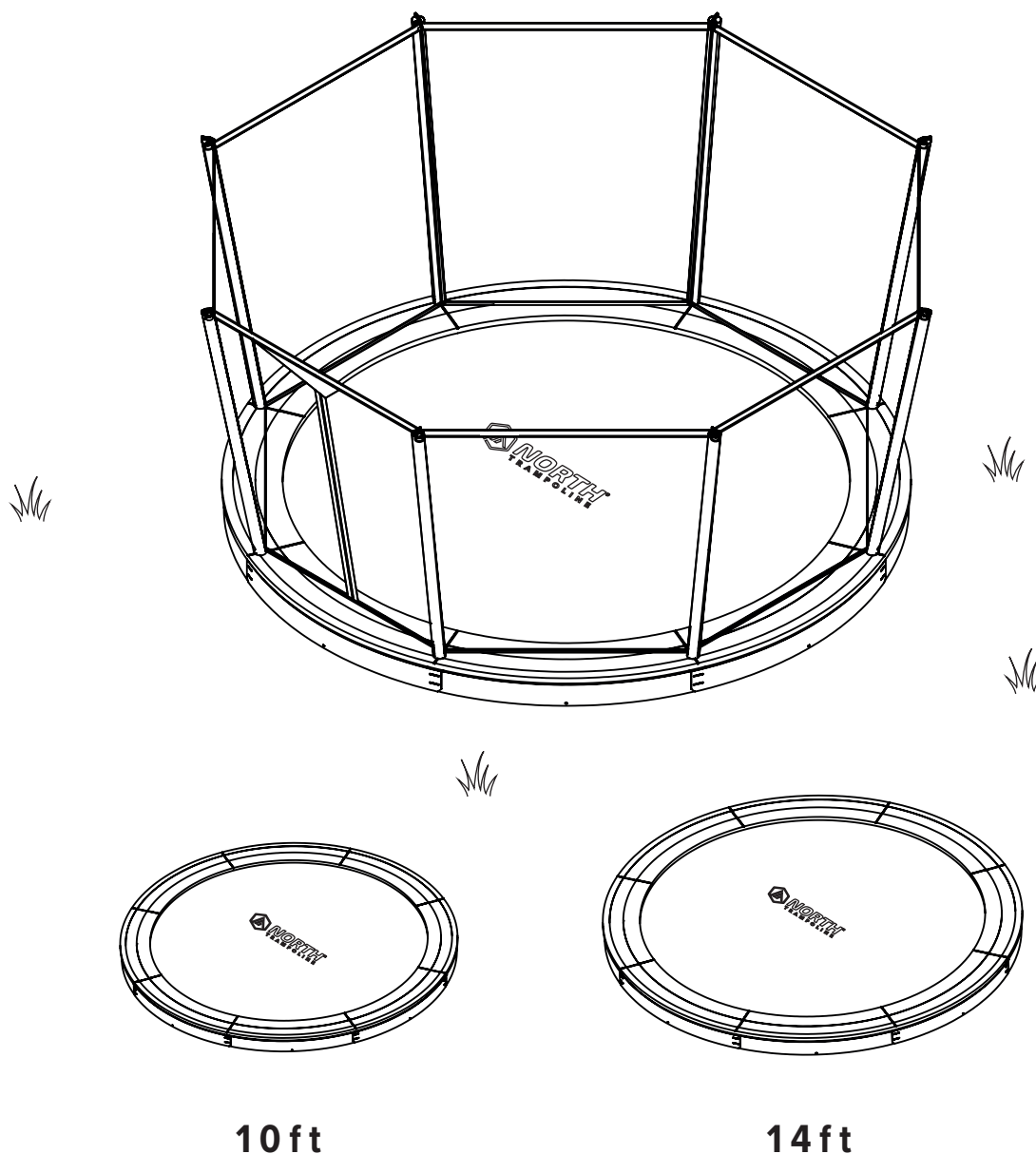


NTM100025 v1



# NORTH TRAMPOLINE

## INGROUND ROUND



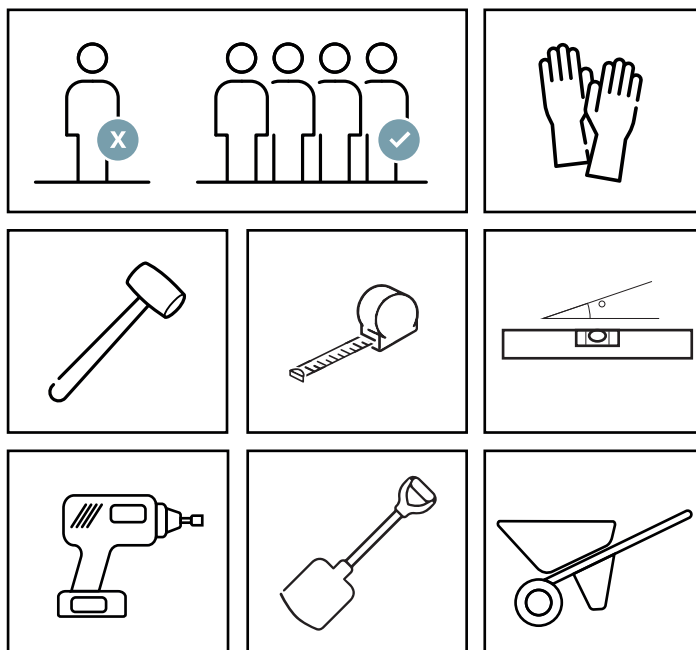
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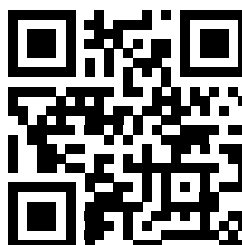
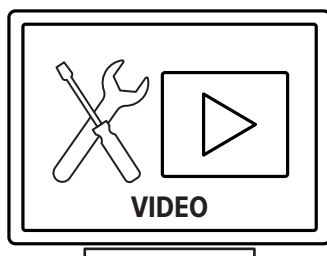
# ASSEMBLY INSTRUCTIONS

## ASSEMBLY

The trampoline is to be assembled in accordance with the instruction manual by four persons of which at least one should be an adult. Use gloves to protect hands and fingers from injury during assembly.



Scan the QR-code to find the instruction video:



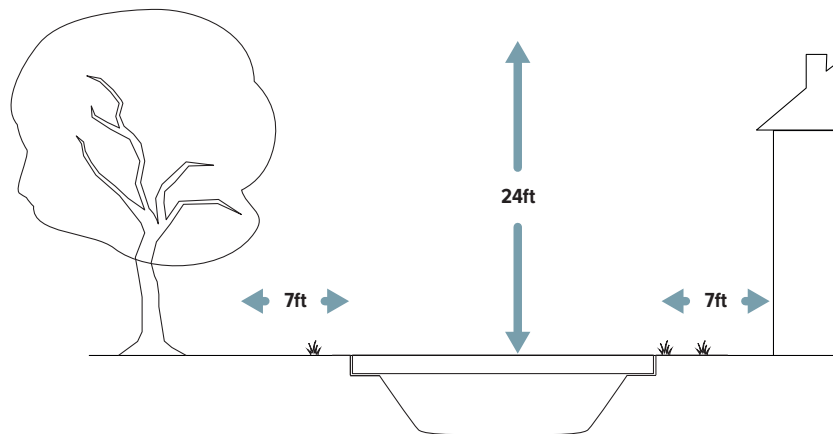
Any modifications made by the consumer to the original trampoline (e.g. the adding of an accessory) shall be carried out according to the instructions of the manufacturer.



## TRAMPOLINE PLACEMENT

Adequate overhead clearance is essential. A minimum of 24 ft from ground level is recommended. Provide clearance from wires, tree limbs, and other possible hazards.

Maintain a clear space on all sides of the trampoline and enclosure. Place the trampoline and enclosure away from walls, structures, fences, and other play areas. Install the trampoline on a level surface before use.



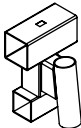



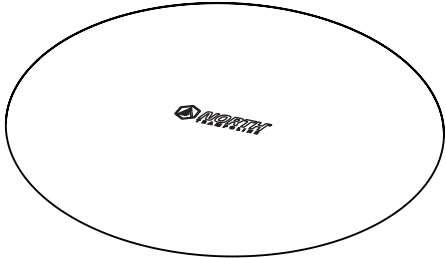
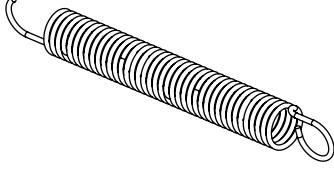

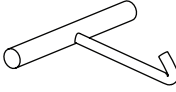

Use the trampoline and trampoline enclosure in a well-lit area. Artificial illumination may be required for indoor or shady areas.





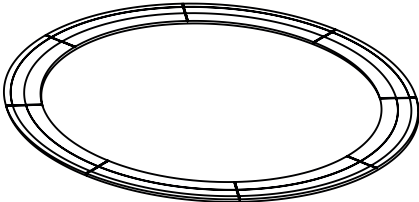
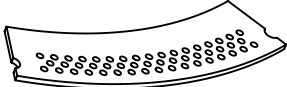

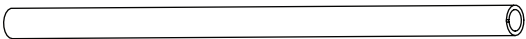
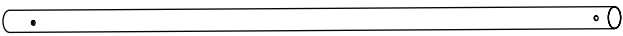
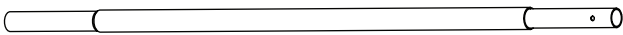
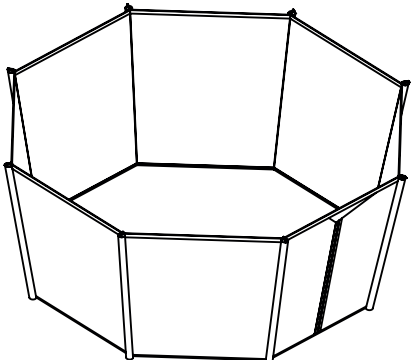
Secure the trampoline and enclosure against unauthorized and unsupervised use.

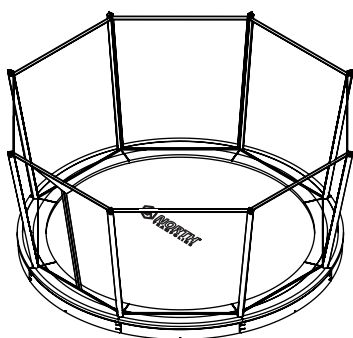
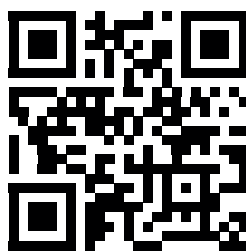
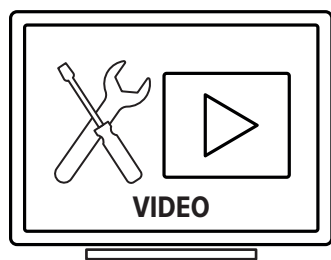
Remove any obstructions from beneath the trampoline.

The owner and supervisors of the trampoline are responsible to make all users aware of practices specified in the use instructions.

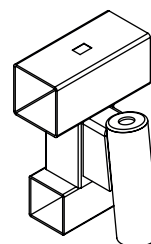
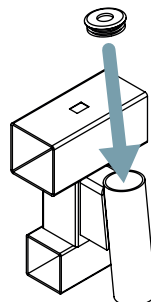
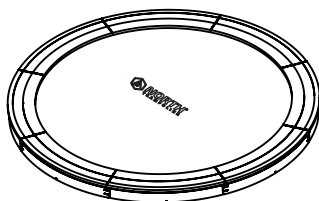
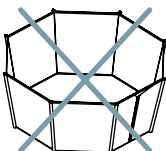
The enclosure is only to be used for the trampoline for which it is designed.

	PARTS LIST	10ft	14ft
1		<b>x 8</b> NTP75362401	<b>x 8</b> NTP75362401
2		<b>3 x 8</b> NTP70002402	<b>3 x 8</b> NTP70002402
3		<b>x 8</b> NTP3030201	<b>x 8</b> NTP3043201
4		<b>x 8</b> NTP75302411	<b>x 8</b> NTP75432411
5		<b>x 1</b> NTP75302412 8ft	<b>x 1</b> NTP75432412 12ft
6		<b>x 64</b> NTP300018710	<b>x 96</b> NTP300018710
7		<b>x 64</b> NA700020	<b>x 96</b> NA700020
8		<b>x 1</b> NTP2000161-V11	<b>x 1</b> NTP2000161-V11
9		<b>x 2</b> NTP70002412	<b>x 2</b> NTP70002412

		10ft	14ft
10		<b>x1</b> NTP70002412	<b>x1</b> NTP70002412
11		<b>x8</b> NTP75302416	<b>x8</b> NTP75432416
12		<b>x24</b> NTP70002402	<b>x24</b> NTP70002402
13		<b>x1</b> NTP70002402	<b>x1</b> NTP70002402
14		<b>x1</b> NTP75302417	<b>x1</b> NTP75432417
15		<b>x8</b> NTP75302413	<b>x8</b> NTP75432413
16		<b>x16</b> NTP0000207	<b>x16</b> NTP0000207
17		<b>x16</b> NSP11001511	<b>x16</b> NSP11001511
18		<b>x8</b> NSP0000203	<b>x8</b> NSP0000203
19		<b>x8</b> NSP0000202	<b>x8</b> NSP0000202
20		<b>x1</b> NSP75302414	<b>x1</b> NSP75432414



1

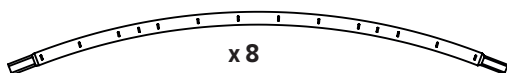


x 8

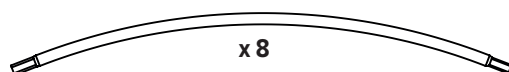
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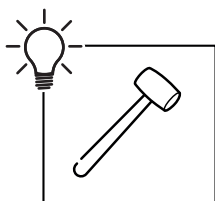
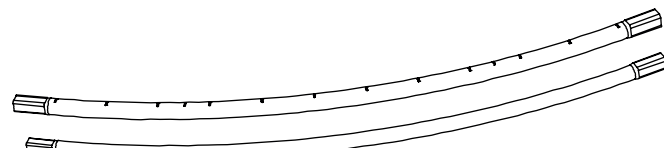
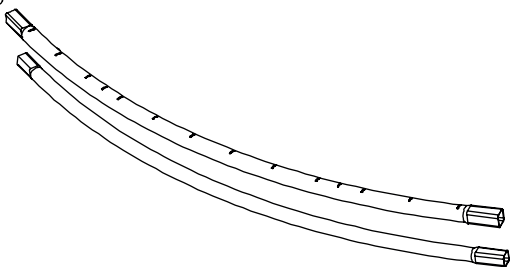
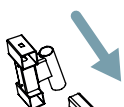
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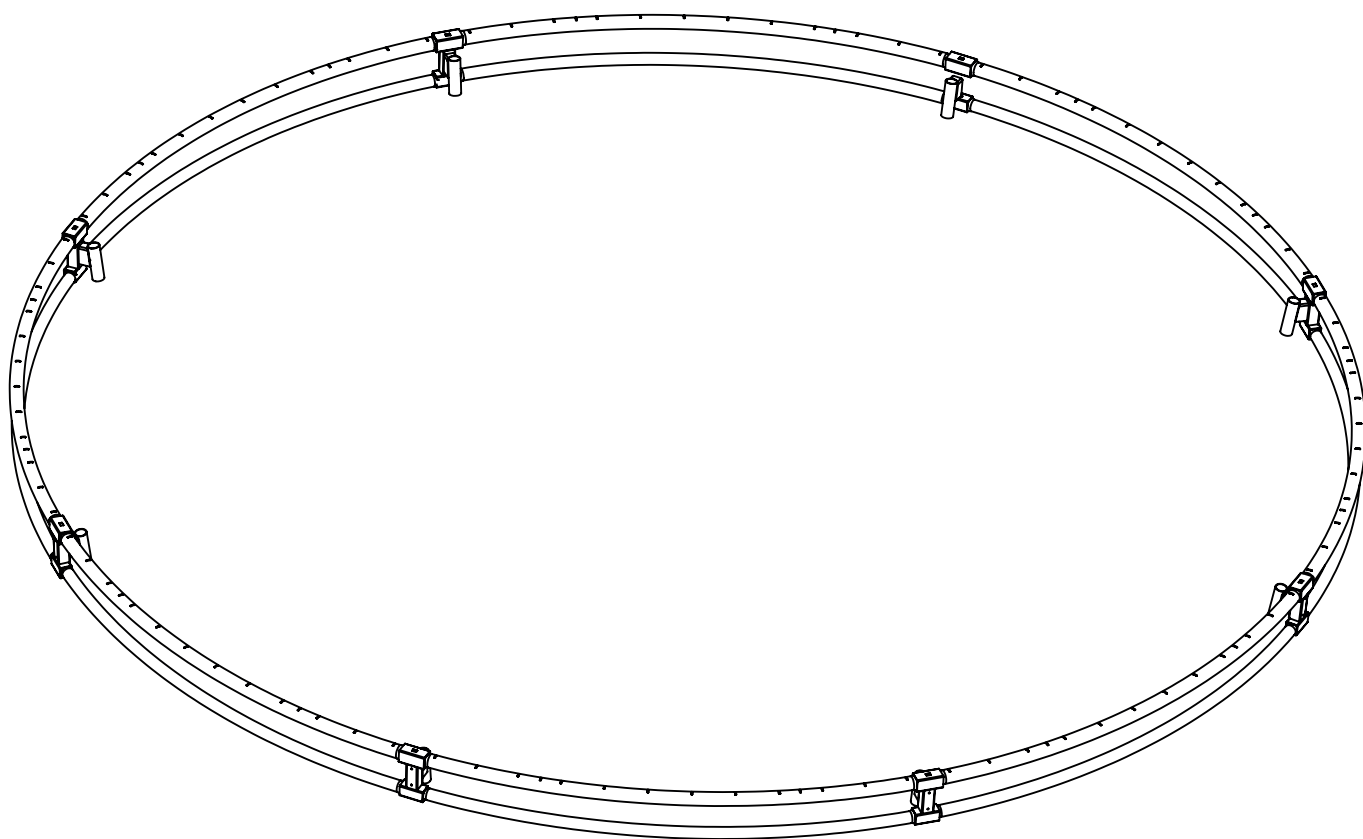
x 8



x 8

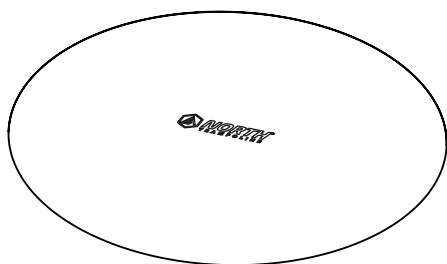


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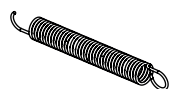


Make sure that all parts are properly fitted to each other to prevent the risk of serious injury.

4



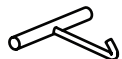
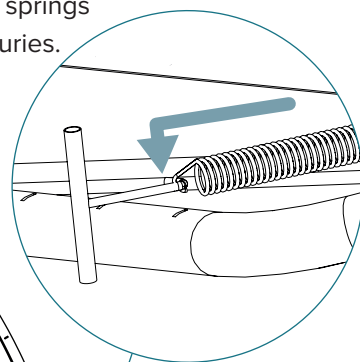
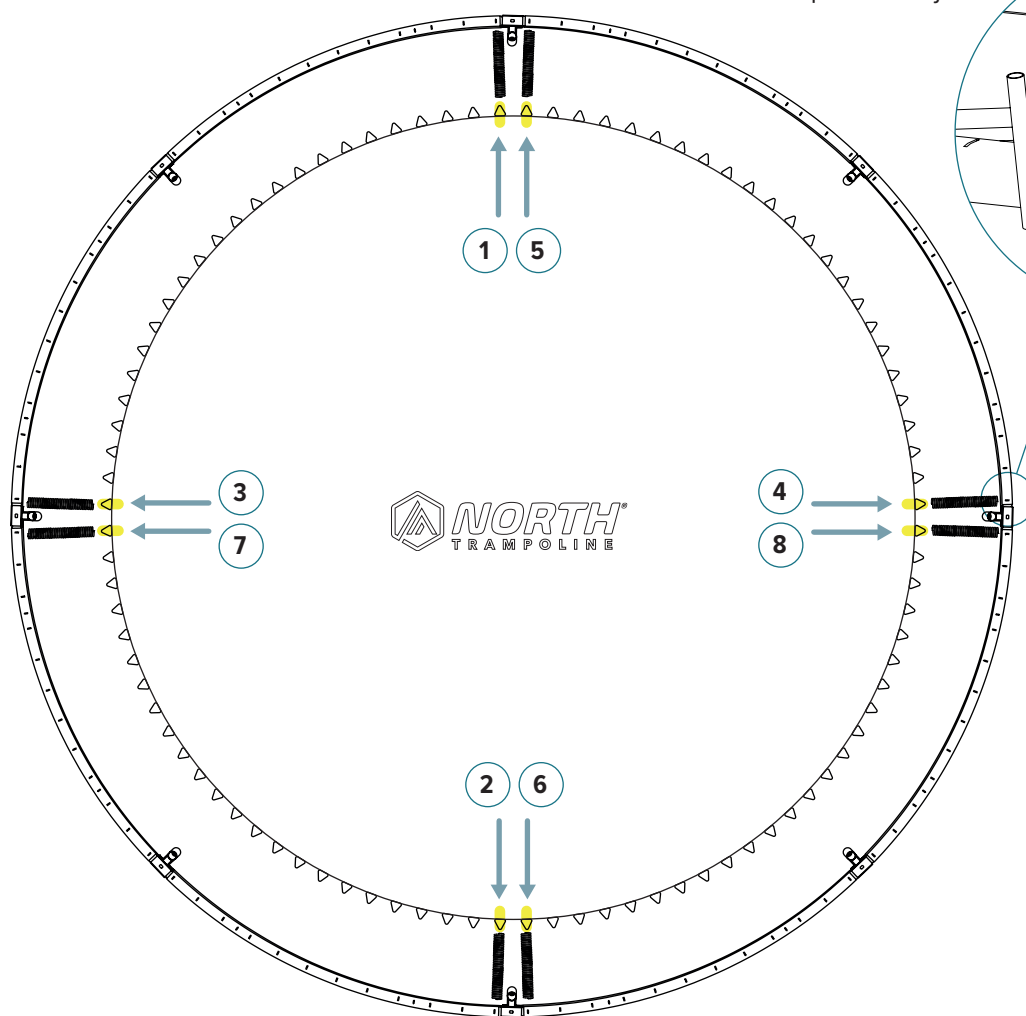
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x 8



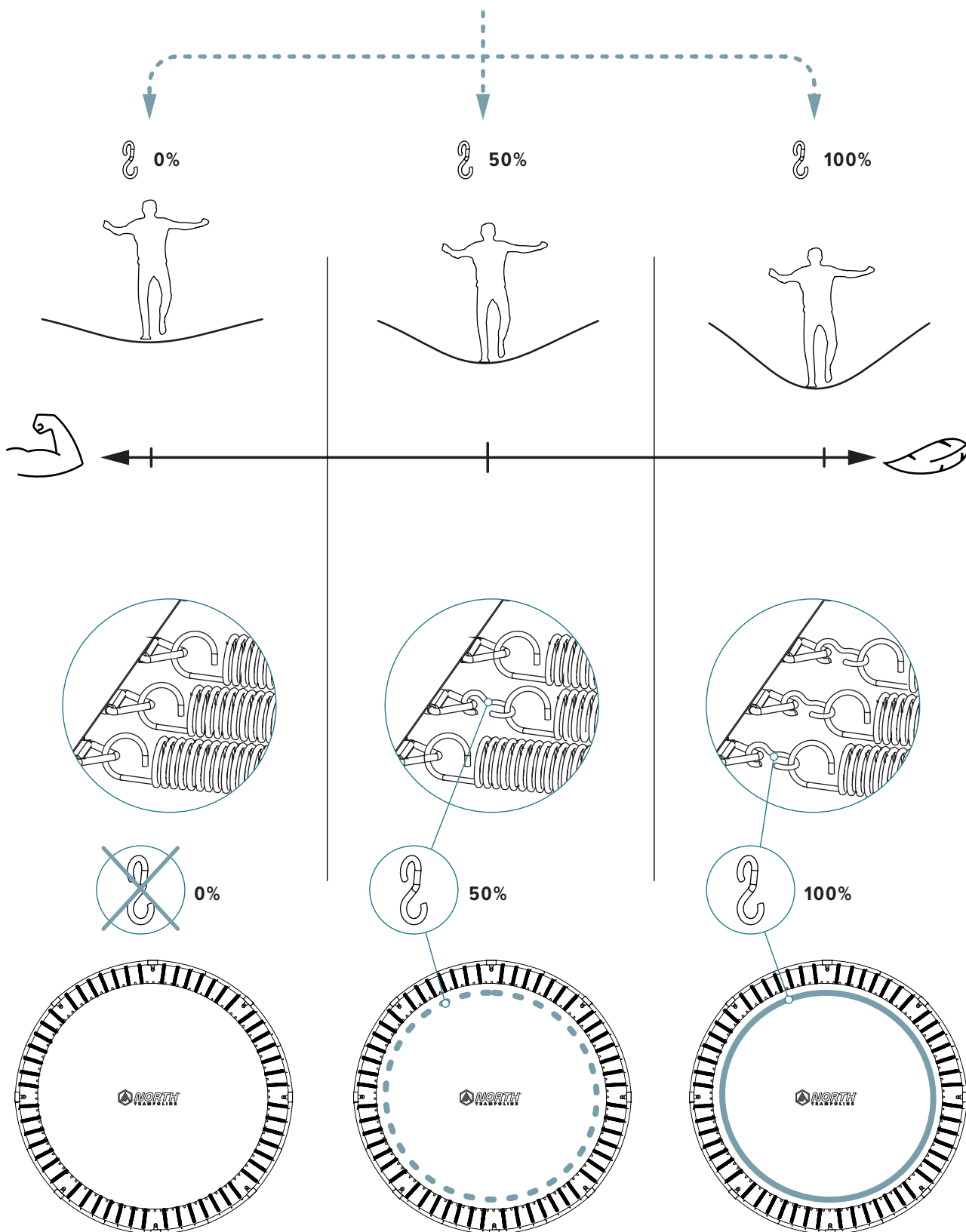
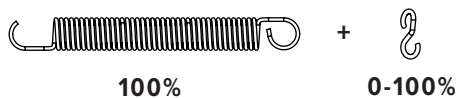
Always use the spring tool when installing and removing springs to prevent injuries.



5

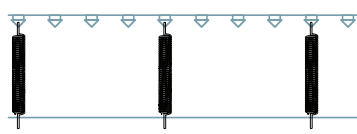


Adjust the trampoline's firmness by using fewer or more extension hooks.

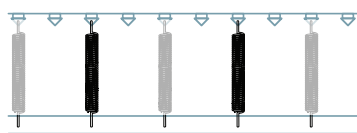


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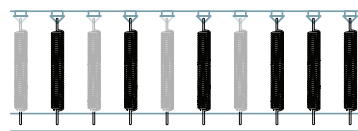
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2



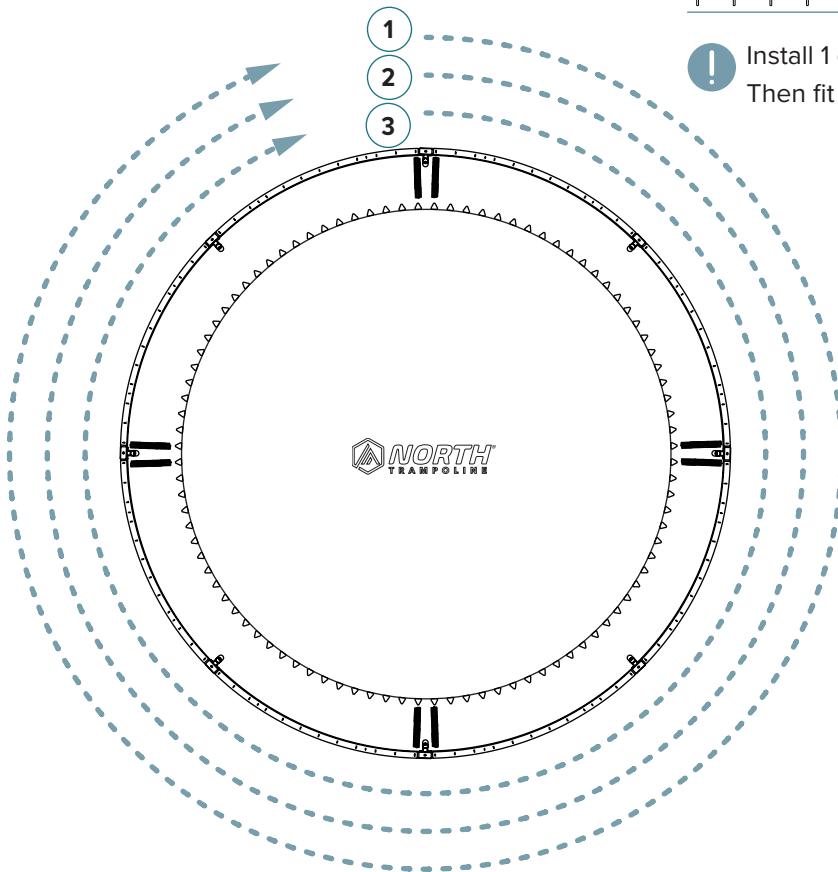
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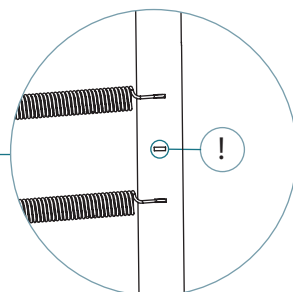
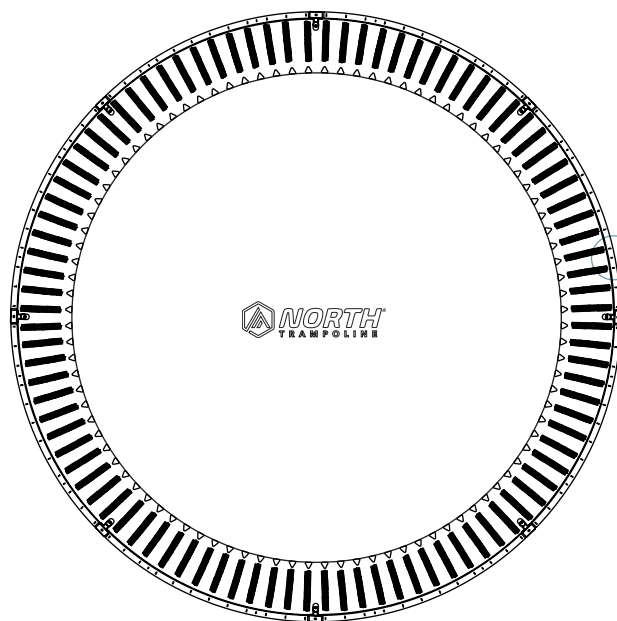
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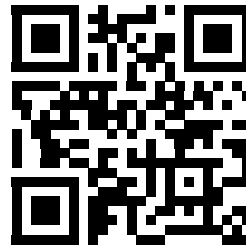
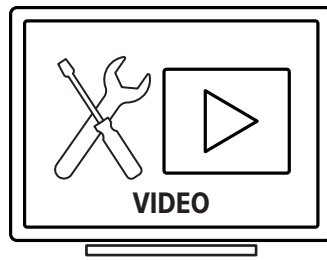
3



Install 1 of 4 springs, then 1 of 2.  
Then fit all remaining springs.







DO NOT dig before assembling springs and jump mat. The frame contracts and dimensions are altered.

Place the frame with the mat and springs installed on the intended location and mark out 4in outside the frame.

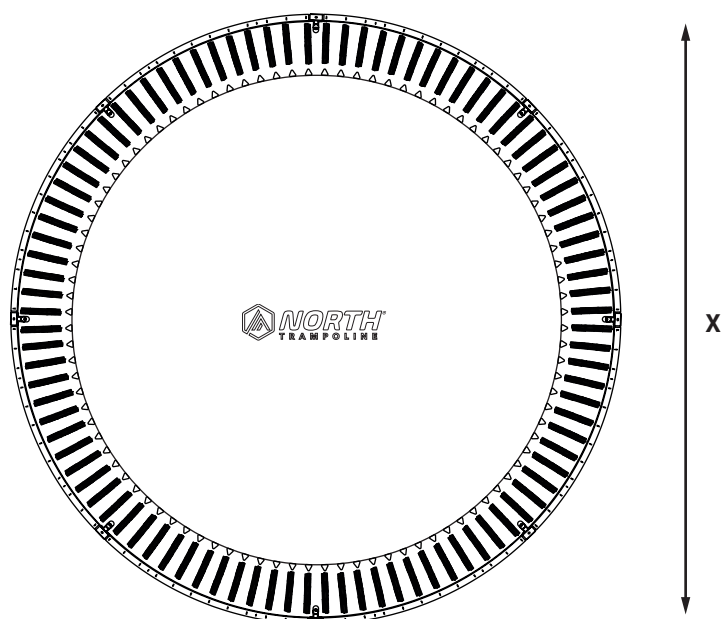
Remove the frame and dig the hole according to the dimensions in the diagram. Failure to do so may cause serious injury. Use the sewn belt assembly and the 2 hooks to measure the depth of the hole.

It is a good idea to cover the area around the hole to save time and effort when restoring the lawn after the installation.

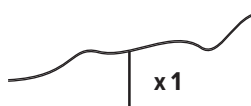
Dig the 6in shelf straight and level as the trampoline needs a solid and level surface to rest on.

Make sure to keep soil and grass to backfill the 4in area around the trampoline when it is installed.

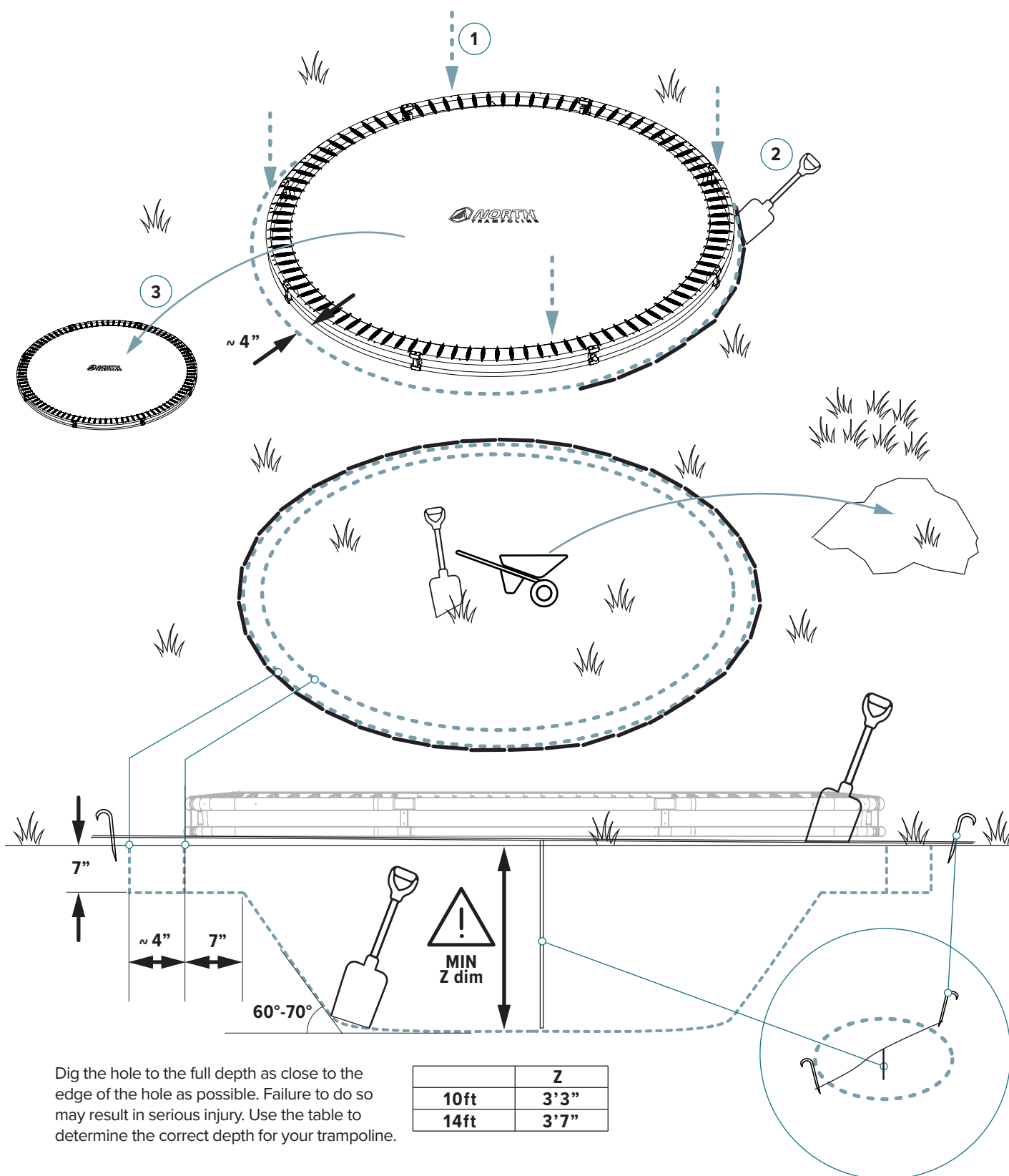
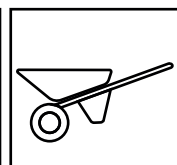
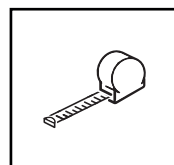
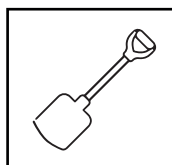
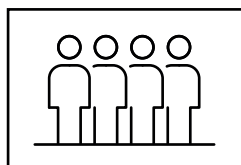
Model	X dim
10ft	10ft
14 ft	14ft



7

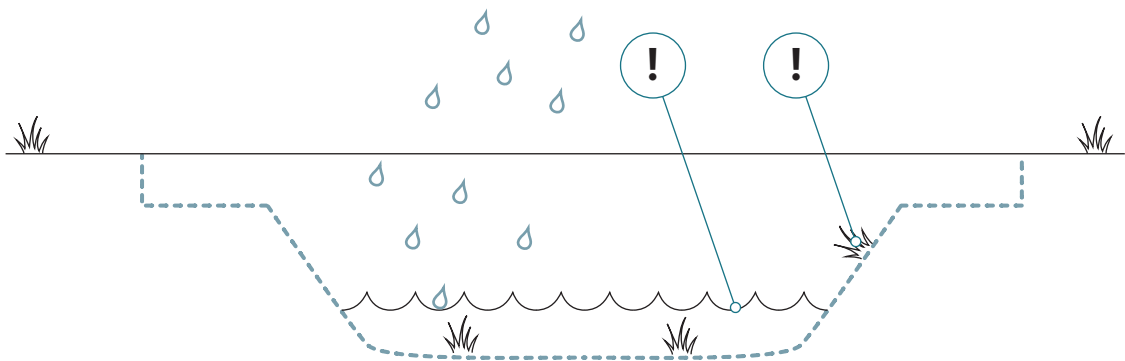


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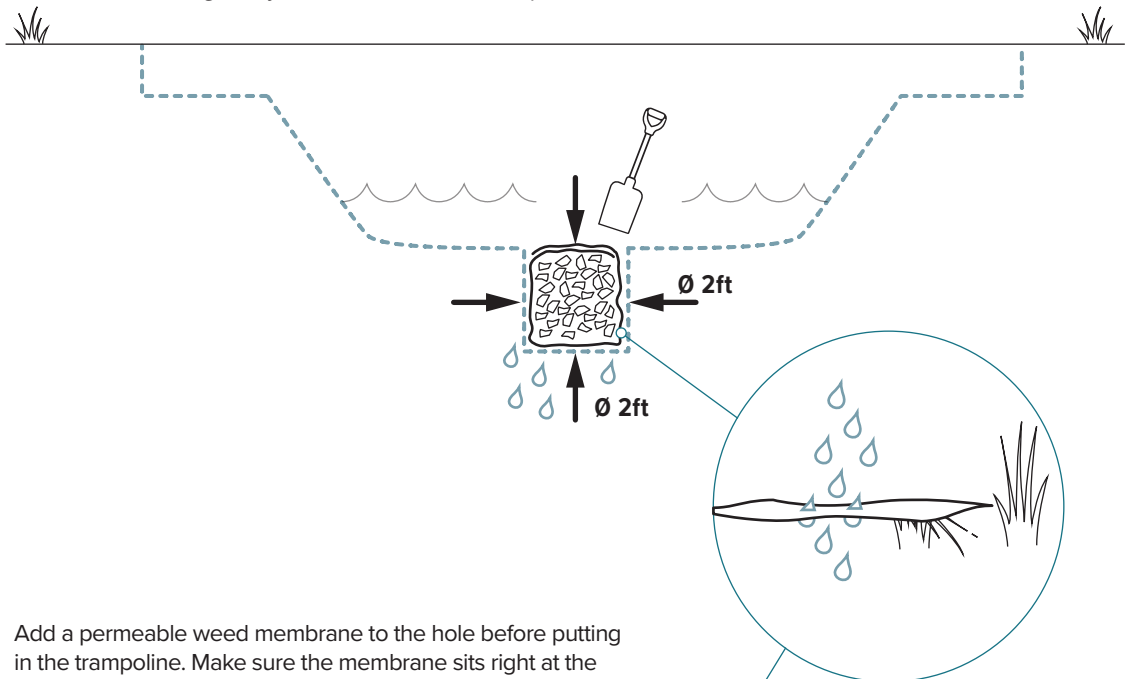


Dig the hole to the full depth as close to the edge of the hole as possible. Failure to do so may result in serious injury. Use the table to determine the correct depth for your trampoline.

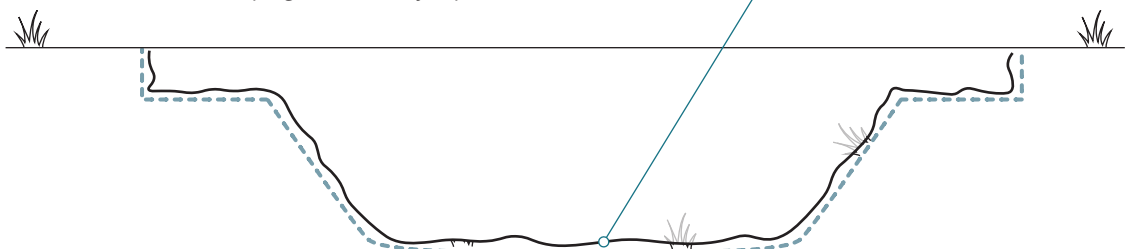
	Z
10ft	3'3"
14ft	3'7"



Build a soak-away to drain water: Dig a hole, 2ft diameter and 2ft deep. Line the hole with permeable weed membrane (available at DIY stores). Fill with shingle or crushed hardcore. Wrap the membrane over the top of the hardcore/shingle. Lay some slabs to seal the top.



Add a permeable weed membrane to the hole before putting in the trampoline. Make sure the membrane sits right at the bottom of the hole - keeping clear of the jump area.

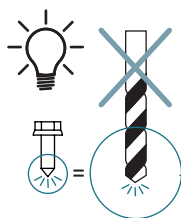


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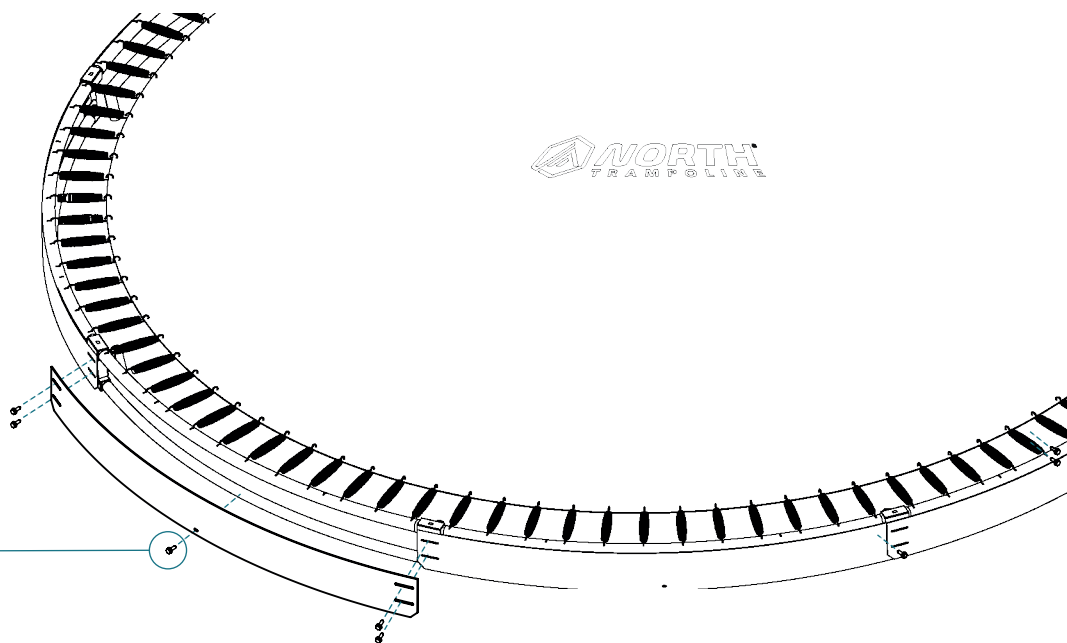


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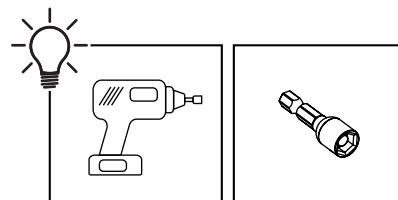
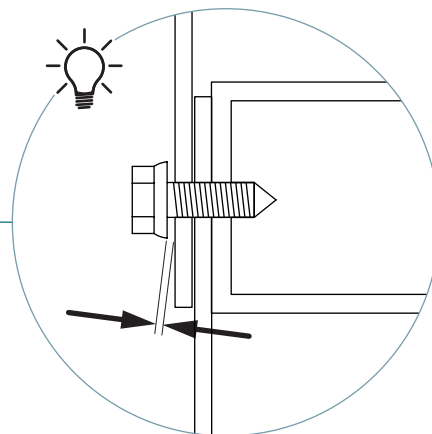
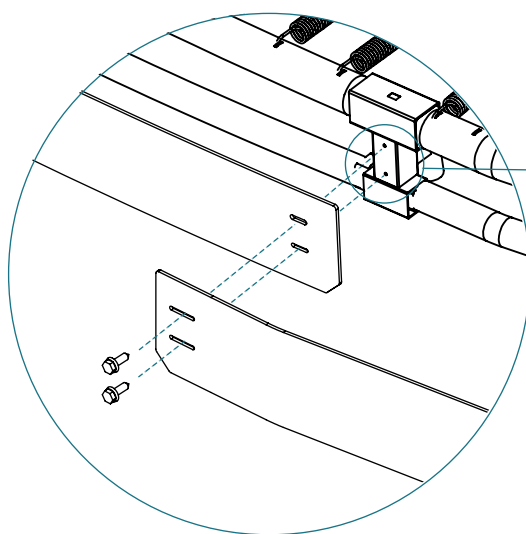
**NORTH**  
TRAMPOLINE



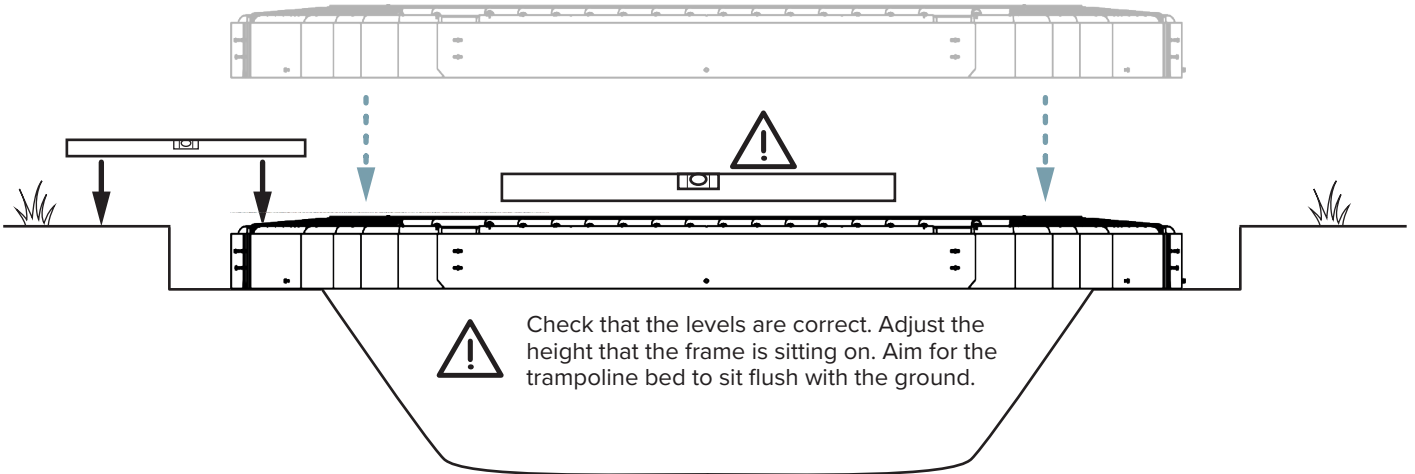
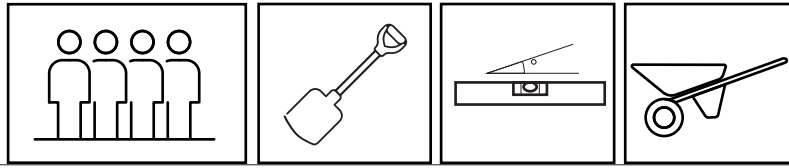
No hole. No need to drill.  
Self tapping screw.



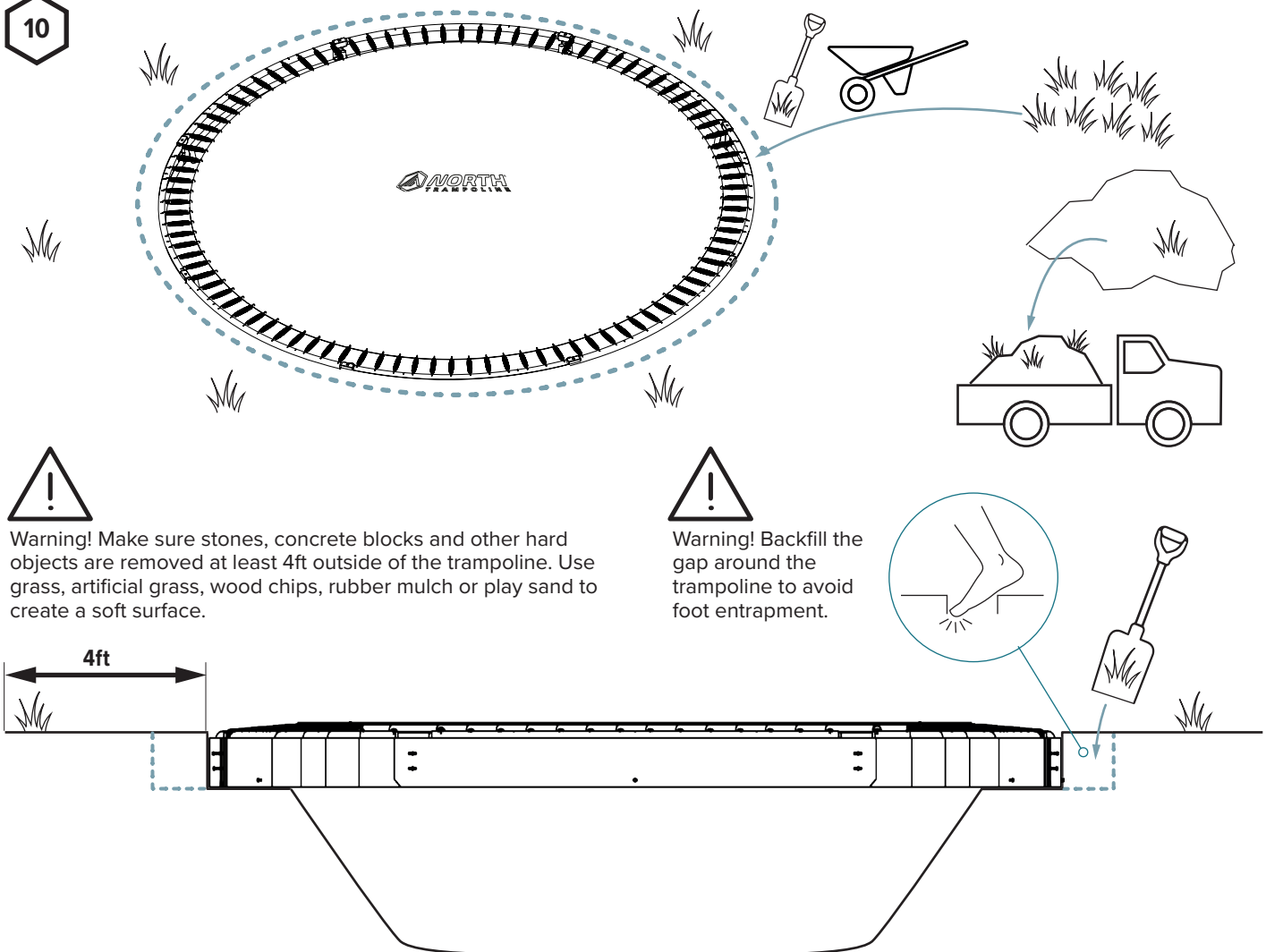
Don't tighten the screws all the way in. Leave 1/16" for the walls to adjust when soil is filled against it.



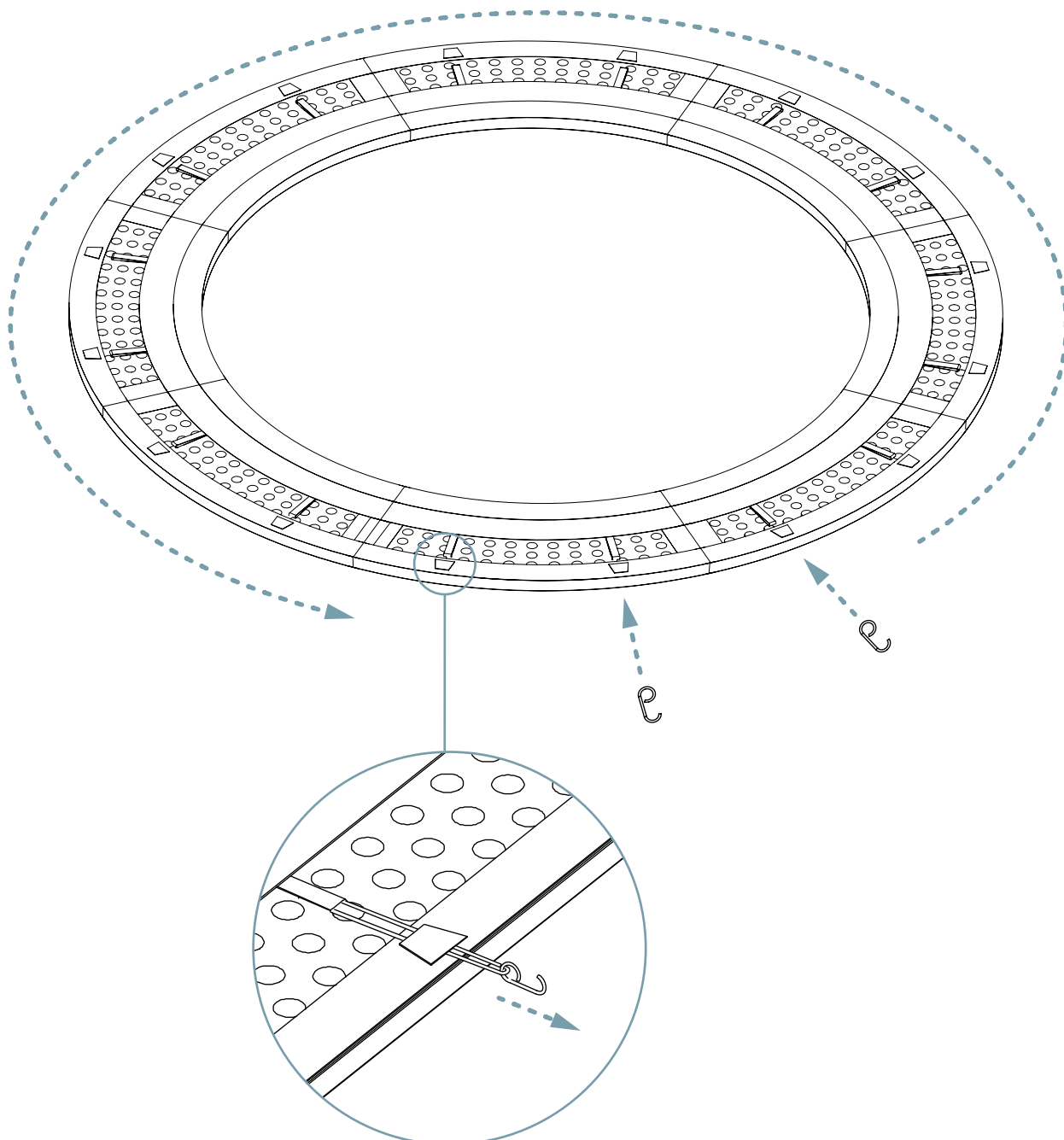
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10

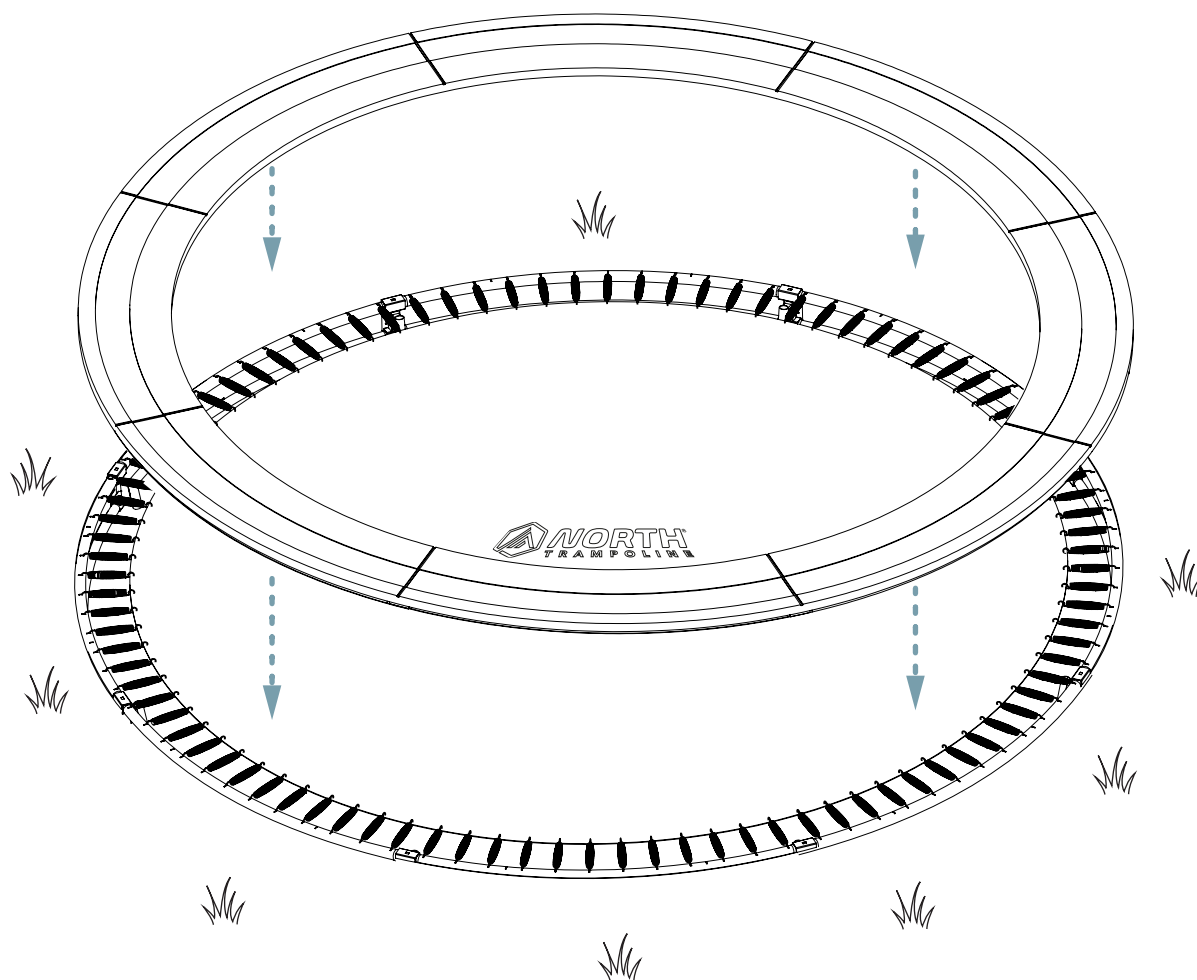


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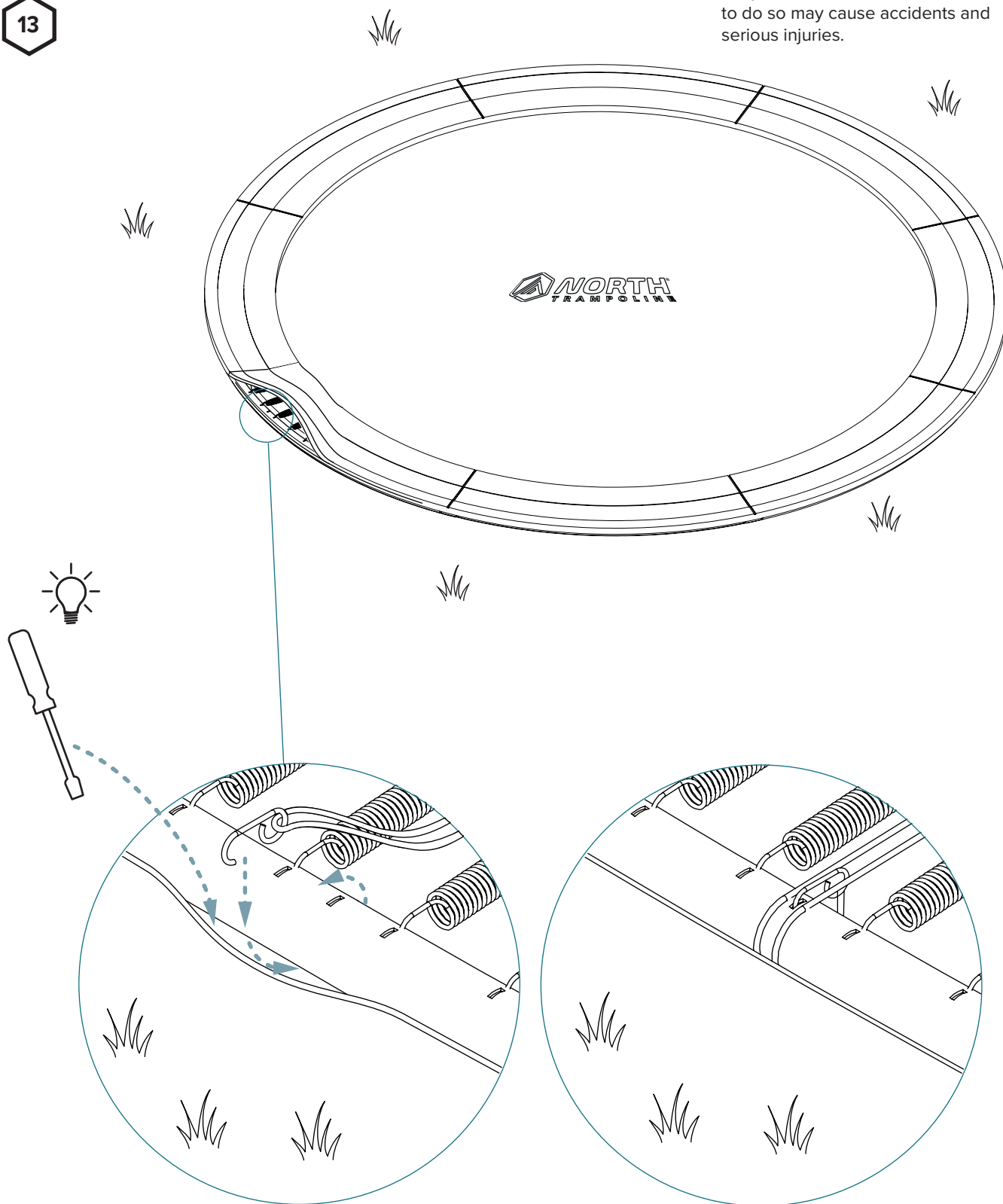
12

! Make sure that the padding covers the frame on all sides.



! Fit the padding with the all the elastic straps and hooks to the frame. Failure to do so may cause accidents and serious injuries.

13

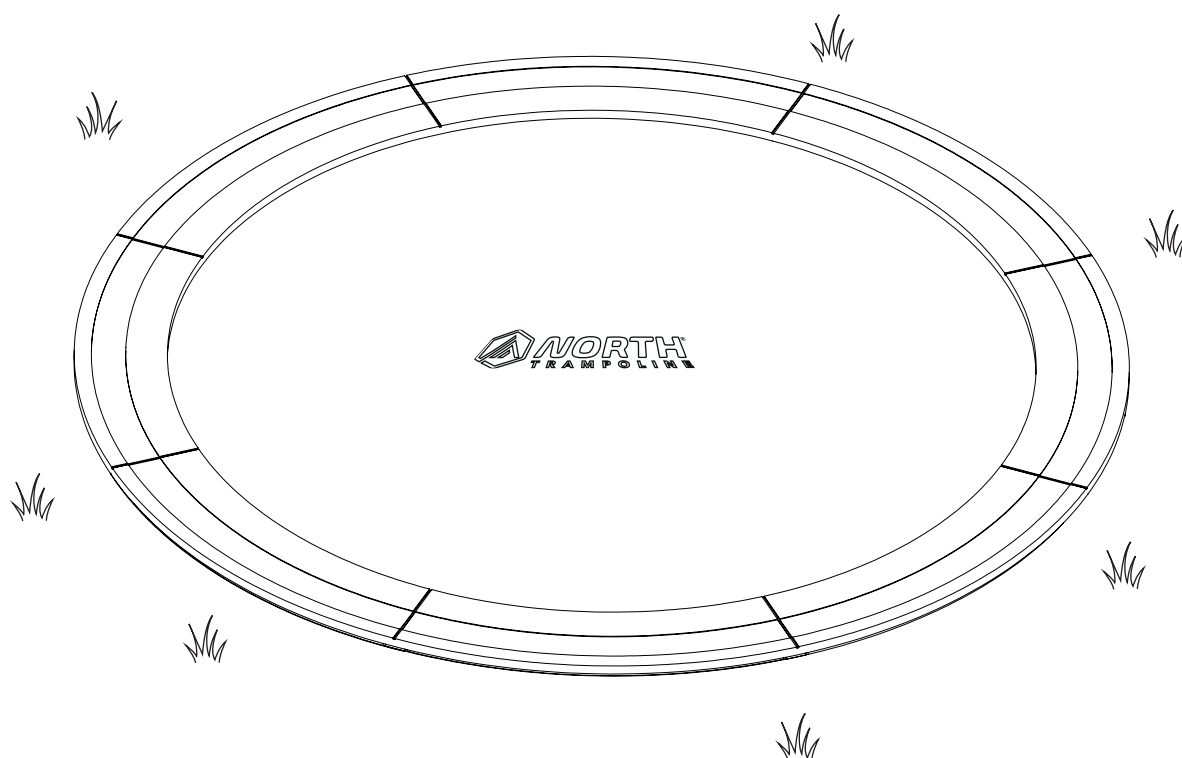
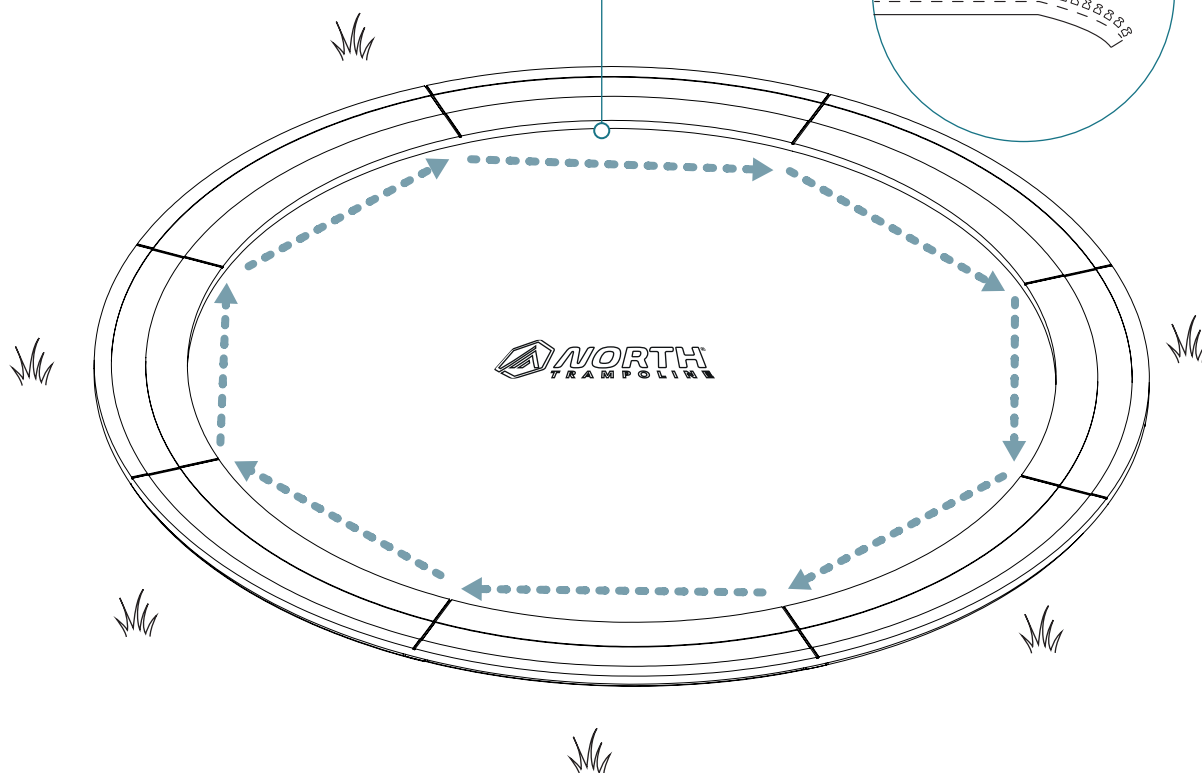
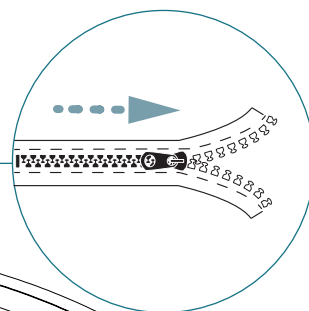




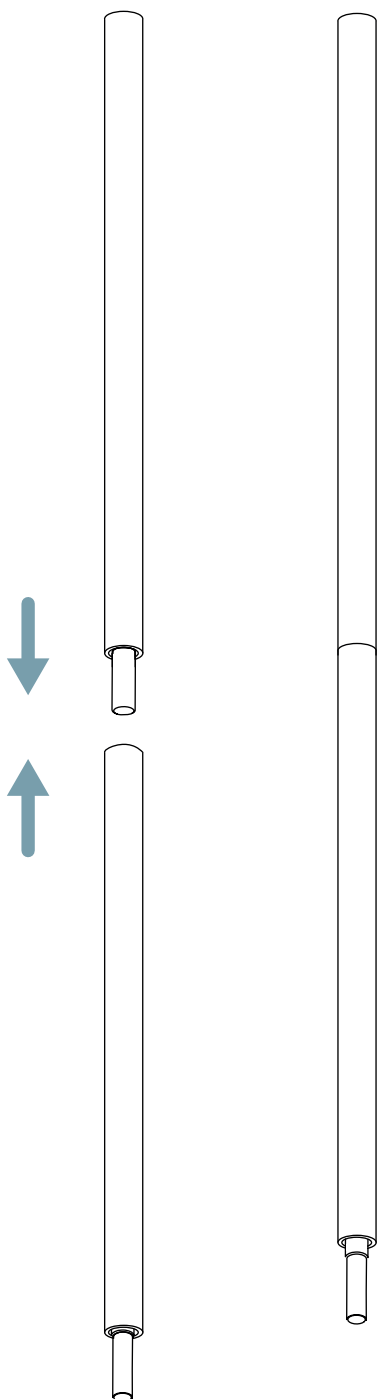
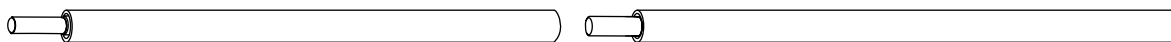
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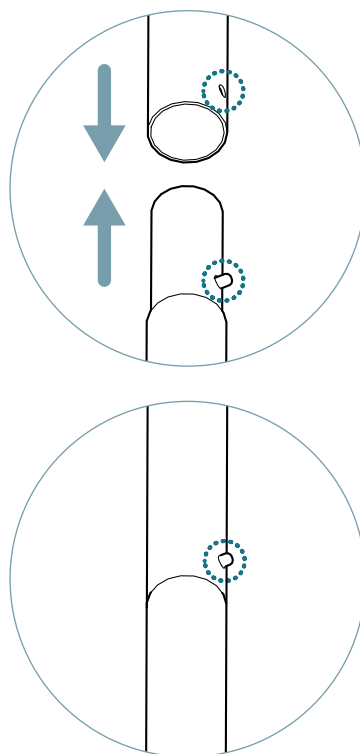
Connect the zipper on the underside of the padding to the zipper on the edge of the mat.



15

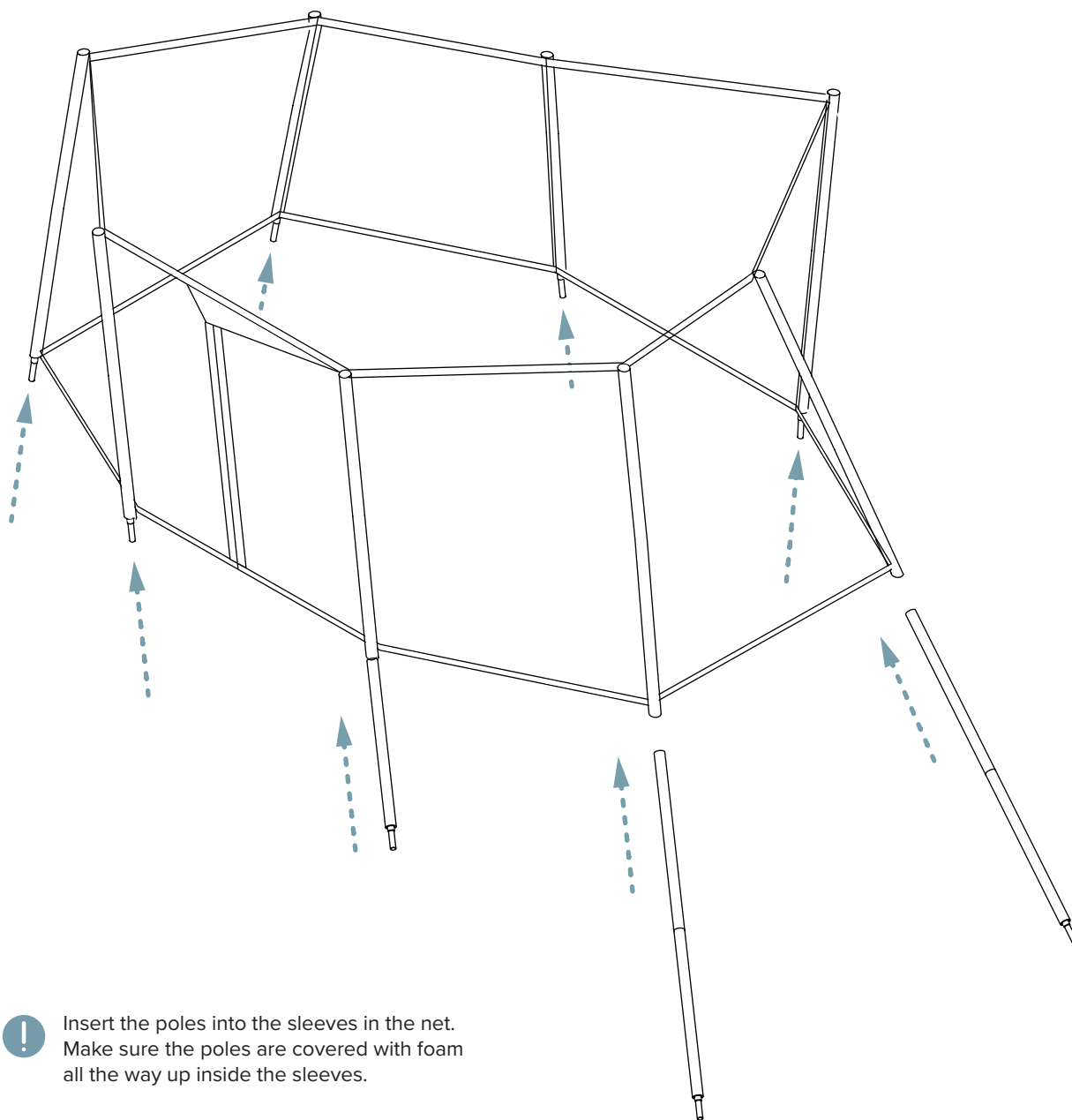


x 8



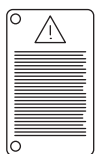
Connect the upper and lower part of the safety net poles. Make sure that all the spring clips are locked into position to keep the poles securely connected. Make sure the poles are properly fitted with foam.

16



- ! Insert the poles into the sleeves in the net. Make sure the poles are covered with foam all the way up inside the sleeves.

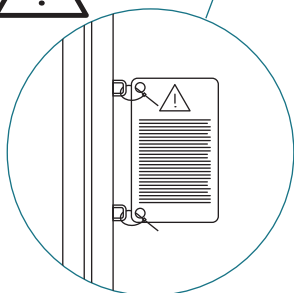
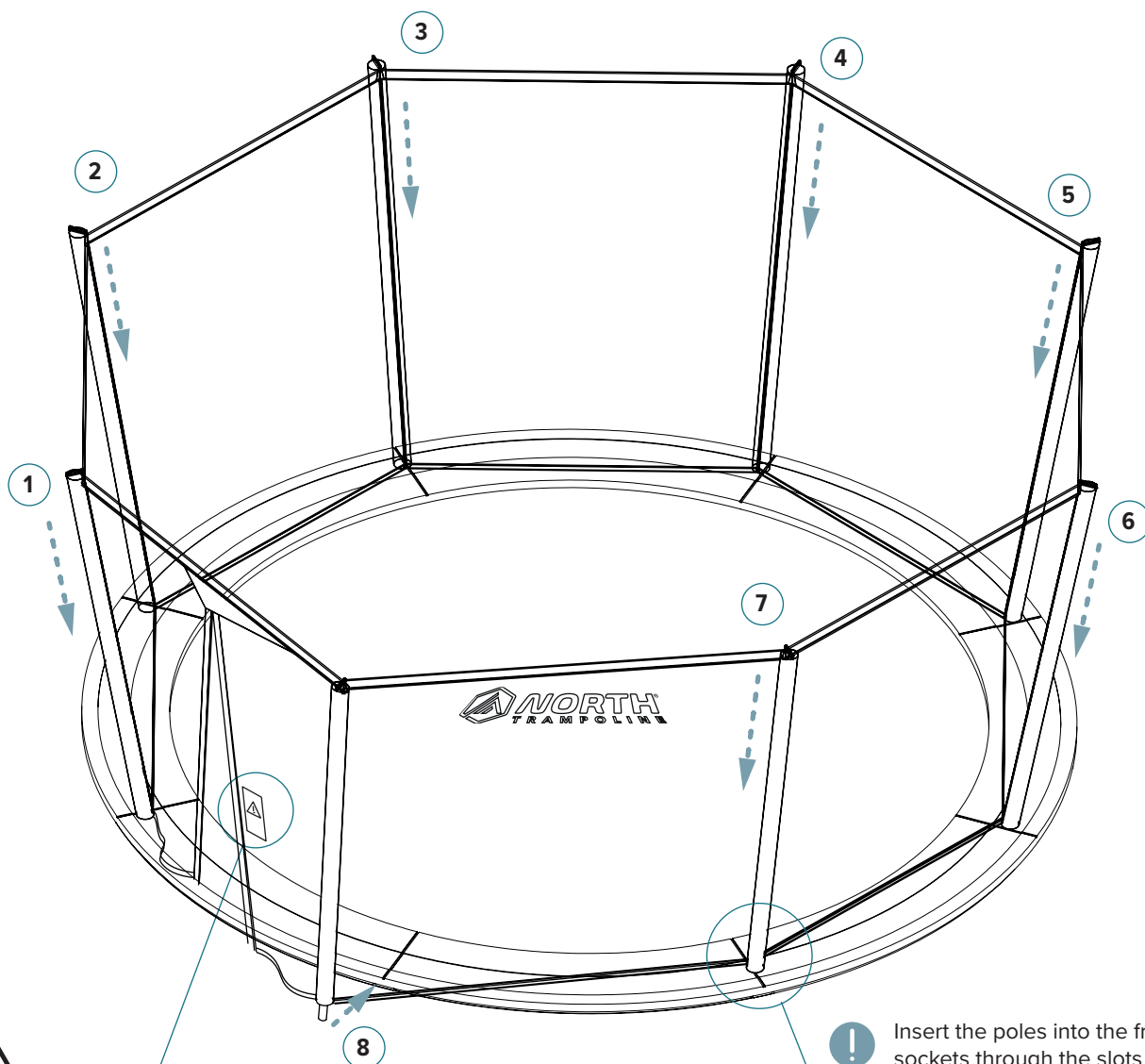
17



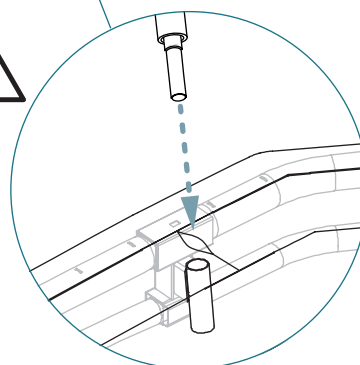
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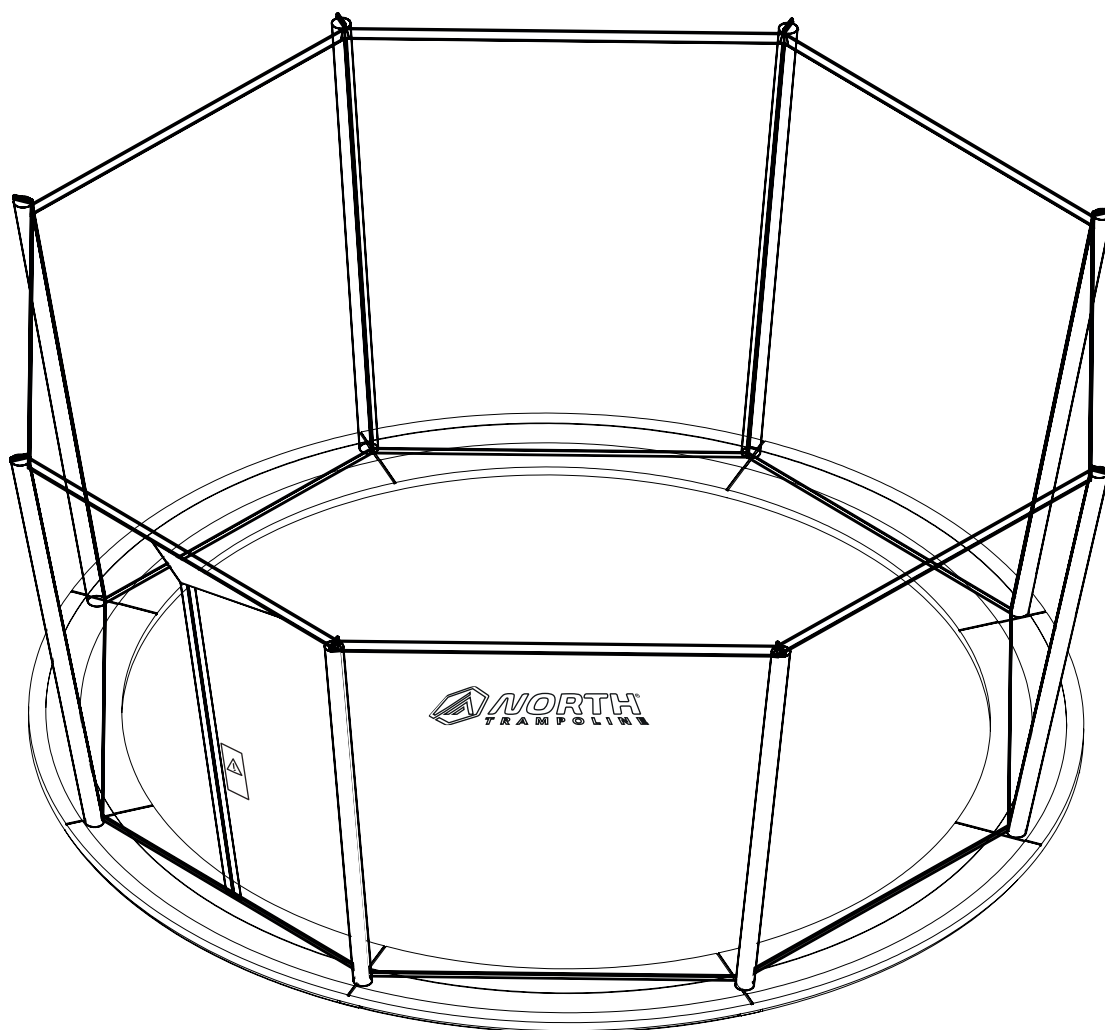


! Attach the warning sign to the small loops at the entrance belt.



! Insert the poles into the frame sockets through the slots in the padding.

18



Now you should be done! Check that all instructions have been followed and that all parts are securely fastened in the correct positions. If you are unsure please contact us for further guidance.

# CARE & MAINTENANCE

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## INSPECTION

Inspect the trampoline and trampoline enclosure 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, barrier or enclosure support system padding and pole caps.
2. Punctures, frays, tears, or holes worn in the bed or frame padding, the barrier or support system padding.
3. Deterioration in the stitching or fabric of the bed or frame padding, barrier or support system padding.
4. Ruptured springs,
5. A bent or broken frame or enclosure support system.
6. A sagging bed or barrier
7. Sharp protrusions on the frame, suspension system or enclosure support system.

Note that sunlight, rain, snow and extreme temperatures reduce the strength of these parts over time. If the above checks are not carried out the trampoline could become dangerous. Make sure to replace defective or missing parts.

To order original North Trampoline spare parts, please contact your local dealer. If any parts of the trampoline are exchanged or updated they should be installed according to the assembly manual of the trampoline. The new or added parts may have their own instructions for attachment and correct installation. Be sure to carefully follow these instructions and apply them accordingly.

**INSPECTION** *cont.*

Check all coverings of bolts for sharp edges and replace them if necessary. If self locking nuts are used it should be noted that these are suitable for only one assembly and must be replaced for reassembly.

**CLEANING**

When cleaning the jump mat be sure to first remove the debris with a broom. Use a garden hose and cold water to clean any remaining dirt. The padding can be wiped with mild detergent to remove dirt from seams and pockets. Make sure to clean the padding from any detergent residue. The trampoline can dry naturally in the sun.

**STORAGE**

During winter season the soft parts of the trampoline such as the foam pad should be kept in room temperature and away from moisture. To avoid mold make sure to dry the soft parts thoroughly before storage. Preferably, all metal parts should be stored inside for longer durability.

In strong wind conditions always remove the safety net to prevent damages.

To disassemble the trampoline, follow the assembly manual in reverse. If you have room, keep the poles still in the net. This will save you some time for the next assembly. Use gloves to protect your hands from injury during disassembly.

Replace the safety net after 3 years.

Retain these instructions for continued care and maintenance.

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# USE INSTRUCTIONS

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## **WARNING**

DO NOT attempt or allow somersaults on the trampoline. 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 inside the trampoline enclosure. Use by more than one person at the same time can result in serious injuries.

Use trampoline and enclosure only with mature, knowledgeable supervision.

Trampolines over 20 in. (51 cm) tall are not recommended for use by children under 6 years of age.

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

Climb on and off the trampoline. It is a dangerous practice to jump from the trampoline to the floor or ground when dismounting, or to jump onto the trampoline when mounting. 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.



**WARNING** *cont.*

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. If a trampoline ladder is used, the supervisor should remove it from the trampoline when leaving the area to prevent unsupervised access by children under 6 years of age.

Do not use or stand near the trampoline in windy or gusty conditions. A trampoline can become airborne when exposed to sustained wind or gusting wind conditions. This can result in serious injury, paralysis, or death, as well as property damage. To reduce these risks, disassemble the trampoline and enclosure and store them until weather conditions improve. Anchoring a trampoline frame may prevent the trampoline from moving as a result of the wind, but even anchored trampolines can become airborne or damaged. Consult a qualified contractor to determine what type of anchor works best in your location.

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.

**WARNING** *cont.*

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.

Users may become entangled in or strangled by loose cords or in gaps between trampoline and enclosure.

Keep enclosure tightly fastened to the trampoline in accordance with the manufacturer's instructions. Failure to properly assemble and maintain a tight, secure trampoline/ enclosure boundary may result in serious injury, strangulation, or death.

Do not attempt to jump over the barrier.

Do not attempt to crawl under the barrier.

Do not intentionally rebound off the barrier.

Do not hang from, kick, cut, or climb on the barrier.

Wear clothing free of drawstrings, hooks, loops or anything that could get caught while using the trampoline/enclosure and result in entanglement or strangulation, or both.

Do not attach anything to the barrier that is not a manufacturer-approved accessory or part of the enclosure system.

Enter and exit the enclosure only at the enclosure door or barrier opening designated for that purpose.

Read all instructions before using the trampoline and enclosure. Warnings and instructions for the care, maintenance, and use of this trampoline and enclosure are included to promote safe, enjoyable use of this equipment.

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# EXERCISES & TRICKS

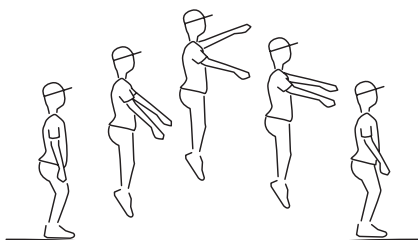
Learn fundamental jumps and body positions thoroughly before trying more advanced tricks.

Note: To stop bouncing bend your knees when your feet touch the mat. Practice this technique so that you may stop safely if you lose control or land outside of the centre of the trampoline.

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## BASIC JUMP

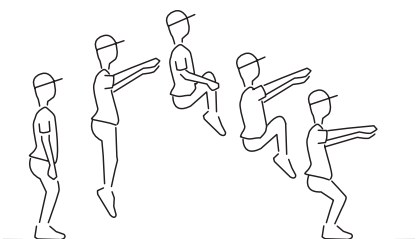


Stand with your feet slightly apart in the middle of the trampoline and keep your body stretched. Keep your legs together when bouncing and extend your feet. Land properly on the soles of your feet, with your feet slightly apart. Firmly push off your feet when you jump up from the trampoline. Stretch up your body and swing your arms upwards and forwards. Part your feet and bend your knees when you land, use your arms to maintain your balance.

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## TUCK JUMP

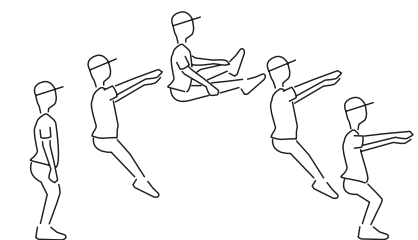


Begin in the same way as for a basic jump. Bend your knees towards your chest and place your arms gently around your legs at the highest point of the jump. Release your legs and stretch out your body before you reach the mat again. Land with your body stretched and your arms by your sides.

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## STRADDLE JUMP

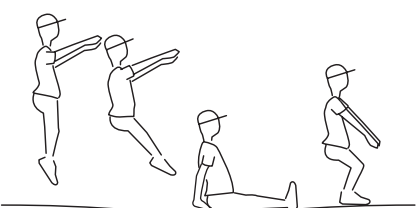


Begin in the same way as for a basic jump. Bend your body at the hips with your legs straight at the highest point of the jump. Part your legs as much as you can with your feet extended, and try to touch the top of your feet at the highest point of the jump. Land with your body stretched and your arms by your sides.

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## SEAT DROP



Start by practicing the landing position without bouncing. Sit in the center of the trampoline with legs together, back straight, and hands slightly behind you, fingers forward. Practice landing from standing to a seat drop without bouncing, then with a small bounce. To stand up, push your hips forward and press down with your hands. Always aim to land in the center of the trampoline and on your feet in the middle of the mat.