

∞ **LIMITLESS**  
Possibilities



# INSTALL GUIDE.



17ft x 10ft

Installation manual for the  
**C-Sport In-ground Trampoline**

∞ Safety  
Safety Exceeded

∞ Extreme  
Vented Jump Mat

∞ Performance  
8.5" C85 Springs



HEY THERE.



## Installation manual for the 17ft x 10ft C-Sport In-ground Trampoline

Capital Play trampolines are built to last. Made of best quality materials and as a result of skilled craftsmanship your trampoline will serve you for years to come.

In order to achieve the best trampolining experience that will keep you fit and energised, please read these assembly instructions and safety recommendations thoroughly to ensure safe use of the trampoline.

# SAFETY FIRST.

Safety is at the heart of everything we do.

## Warnings:

Read this manual carefully before assembling and using your trampoline. Keep this manual for future reference. The responsibility of the owner is to ensure that all users of the product are fully informed about the proper use of this trampoline and all safety precautions.

## Retain the maintenance instruction manual.

## Max User Weight:

Size	Weight
17ft x 10ft	120kg

## Warnings:

- Max userweight 120kg
- Only one user - collision hazzard.
- The trampoline shall be assembled by an adult in accordance with the assembly instructions and thereafter checked before the first use.
- Do not use the mat when it is wet.
- Empty pockets and hands before jumping
- Always jump in the middle of the mat.
- Always close the net opening before jumping.
- Do not use in strong wind conditions and secure the trampoline.
- Not suitable for children under 36 months. Do not allow access to young children.
- Adult supervision and instruction required at all times.
- The trampoline has to be assembled by an adult and inspected before first use.
- Serious injury, paralysis or even death can occur if the trampoline is not used properly.
- This trampoline is for outdoor use only.
- Wear clothing free of drawstrings, hooks, loops or anything that could get caught while using the trampoline/enclosure and result in entanglement. Do not attach anything to the enclosure that is not a manufacturer-approved accessory or part of the enclosure system.
- Properly secure the trampoline/enclosure when not in use. Protect it against unauthorized use.
- Do not allow a child or other persons under the trampoline.
- Jumping on the trampoline is not recommended during pregnancy.
- Do not use the trampoline under the influence of alcohol, drugs or heavy medication.
- Keep all sources of heat and flames away from the product.
- The jumping mat should be kept clean and dry.
- Jump without shoes.
- Do not eat food, sweets or chew gum when bouncing.
- Bounce in the centre of the mat.
- Stop bouncing by flexing the knees as feet come in contact with the trampoline bed. Learn this skill before attempting other jumps.
- Do not exit by a jump – always walk on and off. 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. Do not jump from other objects, buildings, or surfaces, onto the trampoline, or into or over the trampoline enclosure.
- Limit the time of continuous usage (take regular stops).
- Misuse or abuse of the trampoline is dangerous and can result in serious injury.
- Glasses, jewellery and similar objects should be taken off before entering the trampoline. Empty your pockets and keep your hands free when jumping. Always jump on the middle of the jumping mat.
- Do not sit on the trampoline safety pad and do not stand on the edge while another person is jumping.
- Keep small children away from the trampoline while others are bouncing on it.

- Any modifications made by the purchaser to the original trampoline should be carried out according to the manufacturer.

- Installation of the trampoline requires a hole to be dug. If you are not sure about the groundwork please contact a professional.

### Assembling and installing your trampoline

To ensure that you install your trampoline safely and properly and in accordance with these instructions please take note of the following;

- Manual work: A significant degree of physical labour will be required, do not undertake if you are not physically fit and competent in the use of the required tools and equipment

#### Location of the trampoline

- The trampoline must be installed on a level surface or this will affect the bounce

- A space of at least 2m should be left all around the trampoline and this acts as a 'safety zone' should the user fall off the trampoline. This area should be free of any obstacles such as tree roots or other hard objects that might injure the user.

- The safe zone should be of soft material - if soil or grass, ensure that especially during the summer months it does not become baked hard. If it does, stop using the trampoline or lay safety surfacing around the trampoline. Please consult Capital Play or another provider of safety surfacing for advice.

- Ensure there is at least 6m of clear height above the trampoline

- Check that the area you are using does not have a high water table – water should not sit under the trampoline jumping mat.

- Ensure that the area that you chose for the trampoline does not contain underground

services such as electricity cables or drainage pipes

- Do not install over concrete, asphalt or any hard surface nor at a proximity to other conflicting installations (e.g. paddling pools, swings, slides or climbing frames).

#### Digging of the hole

- Wear the correct equipment for manual digging, such as protective boots and gloves

- Do not use an excavator unless properly trained

- While digging the hole, soil must be firm, in order to avoid collapse or erosion. Use suitable materials to strengthen the hole if required

- Ensure the hole is dug to the correct dimensions, as specified in the instructions.

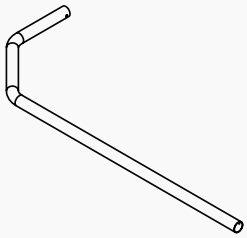
- The hole should not accumulate water, drainage will be necessary for the safe usage of your trampoline.

## Contents

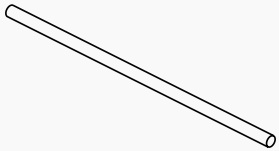
	Parts list	6
Step 1.	Assemble the frame	7
Step 2.	Connect top and bottom frame	8
Step 3.	Attach jump mat and springs	9 - 10
Step 4.	Attach retaining wall	11
Step 5.	Digging the hole	12 - 13
Step 6.	Dig soak-away & add weed membrane	14
Step 7.	Place trampoline in the hole	15
Step 8.	Attach the safety padding	16
	Attaching safety net	18
	Safe skills	19
	Care for it	20
	Safety checklist	21

# PARTS LIST

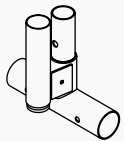
## Bottom frame parts



A  
x 4

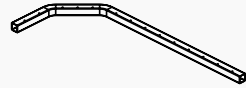


B  
x 4



C  
x 8

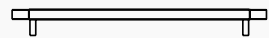
## Top frame parts



D  
x 2



E  
x 2



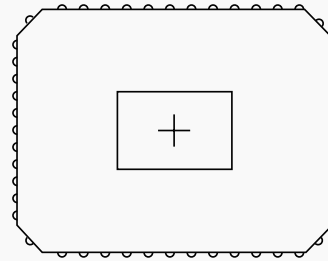
F  
x 4

## Frame screw sets



G  
x 8

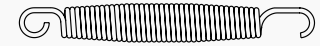
## Jump mat and springs



H



I  
x 74



J  
x 26

## Wall panels

x4 (A): 230mm x 1530mm

x4 (C): 230mm x 1220mm

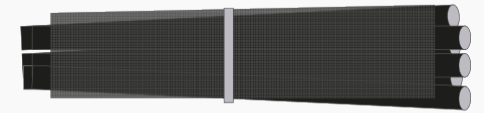
x4 (B): 230mm x 1075mm



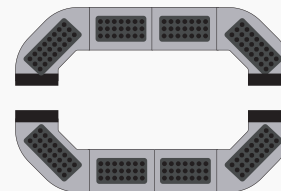
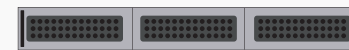
## Enclosure net and poles

x 1 net

x 8 poles

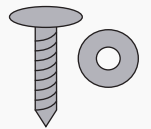


## Pads



## Toggles

Elasticated toggles  
x 20



## Self-tapping screws

x 56 (+10 spare)

## Tape measure

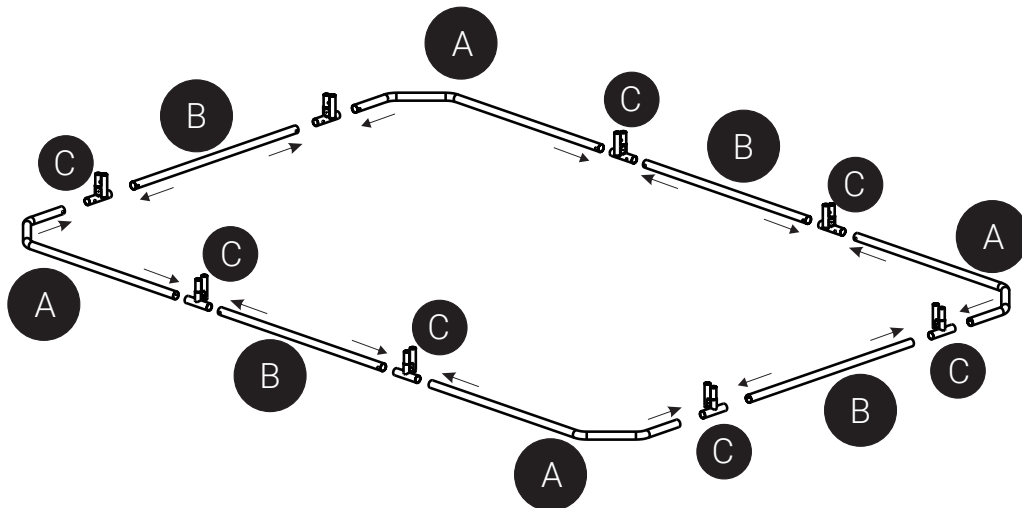


# STEP ONE

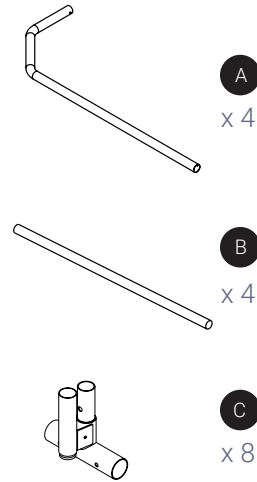
## Assemble the bottom frame

### Lay out the bottom frame

Attach t-connectors to bottom frame, ensuring the enclosure pole sockets are on the inside of the frame.



You will need:



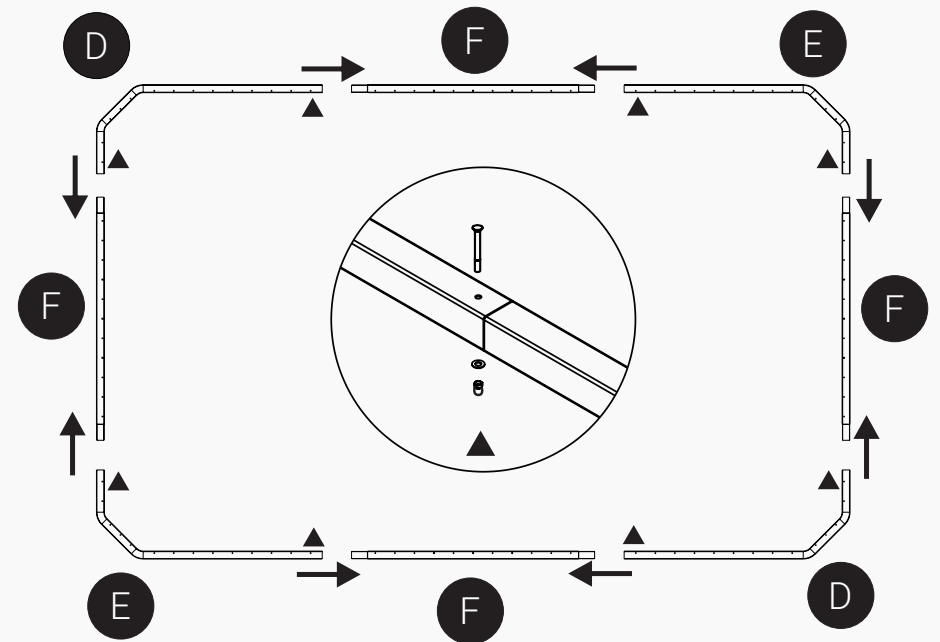
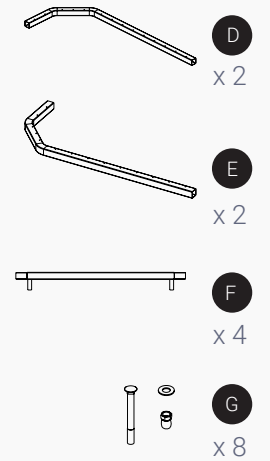
## Assemble the top frame

The top frame is where the spring holes are.

Bolt the top frame pieces together using the bolts, washers and nuts provided. Place the bolt from top to bottom through the connected pieces and fasten with the washer and nut beneath the frame using the tool provided.

Top Tip: the bolt may need a small tap with a rubber mallet to ensure it sits tight to the frame.

You will need:

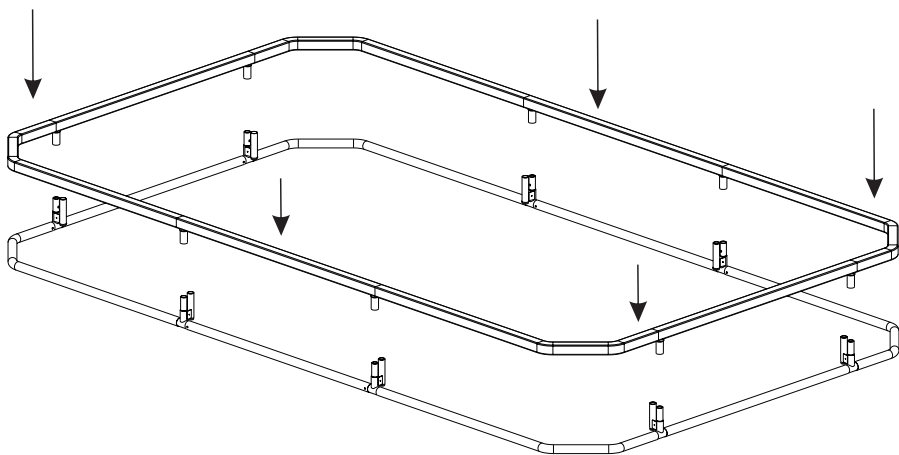


# STEP TWO

Connect the top and bottom frame

## Connect the top and bottom frames

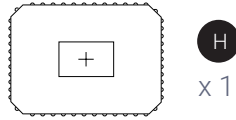
Place the top frame onto the bottom frame and ensure the poppers click into place in between the enclosure pole socket and the t-connector. Top  
Tip: you may need 2-3 people to lift this top frame onto the bottom frame.





# STEP THREE

## You will need:



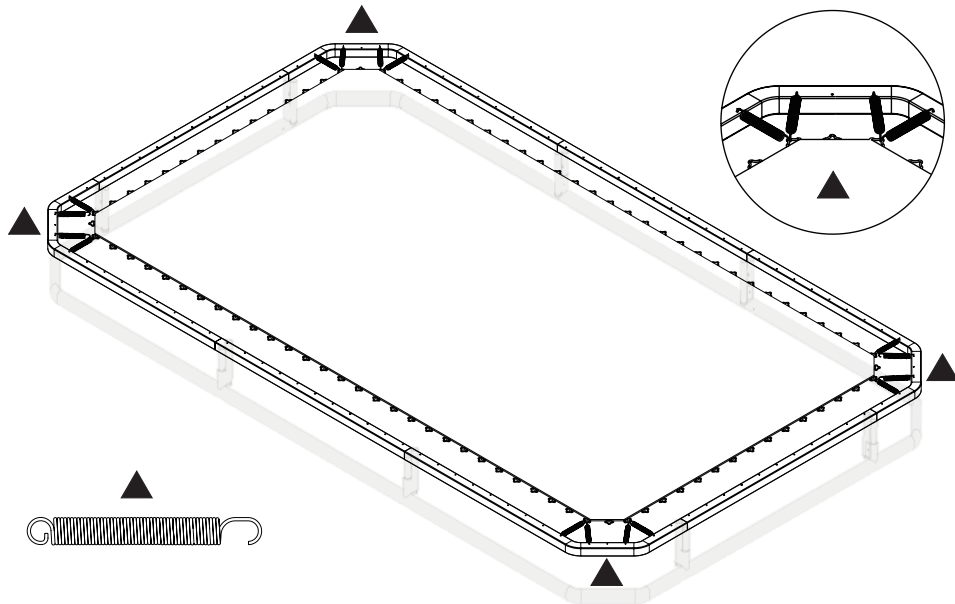
## Attach the jumpmat & springs

### Jump mat

Lay the jump mat out in the middle of the frame, ensuring it is the correct way up with the d-rings for the springs on the underside.

Start by attaching the corner springs (Part I) as per the below diagram.

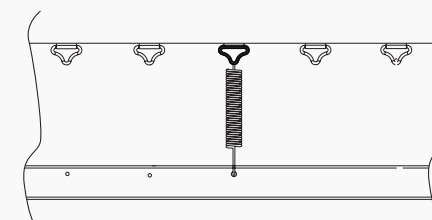
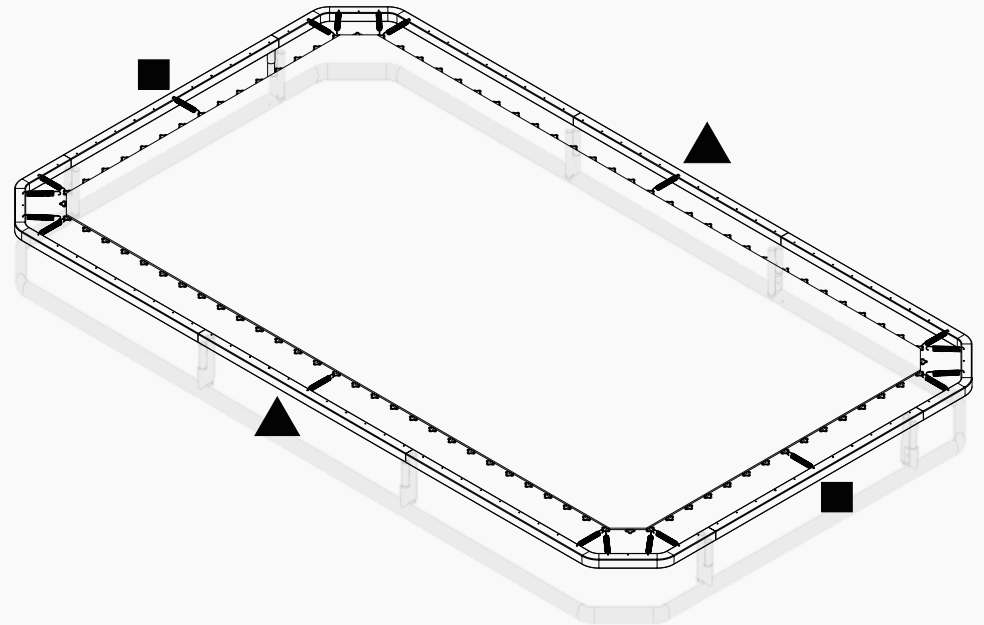
TOP TIP: these are the longer springs and you will need to attach 2 springs per d-ring of the jump mat for this section, as shown in the diagram below.



Attach the two shorter springs (J) in the middle of the short edge as indicated by the squares below.

Attach the two long springs in the middle on the long end. Then attach two of the longer springs (I) as indicated by the triangles on the diagram below.

- Short spring
- ▲ Long spring

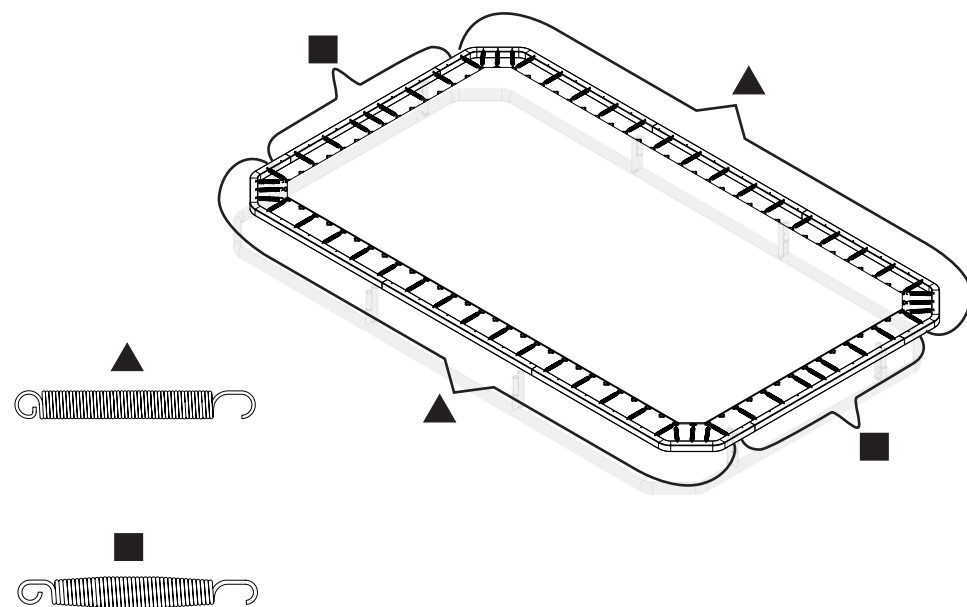


## Attaching the remaining springs

### Use a spring tool to help you

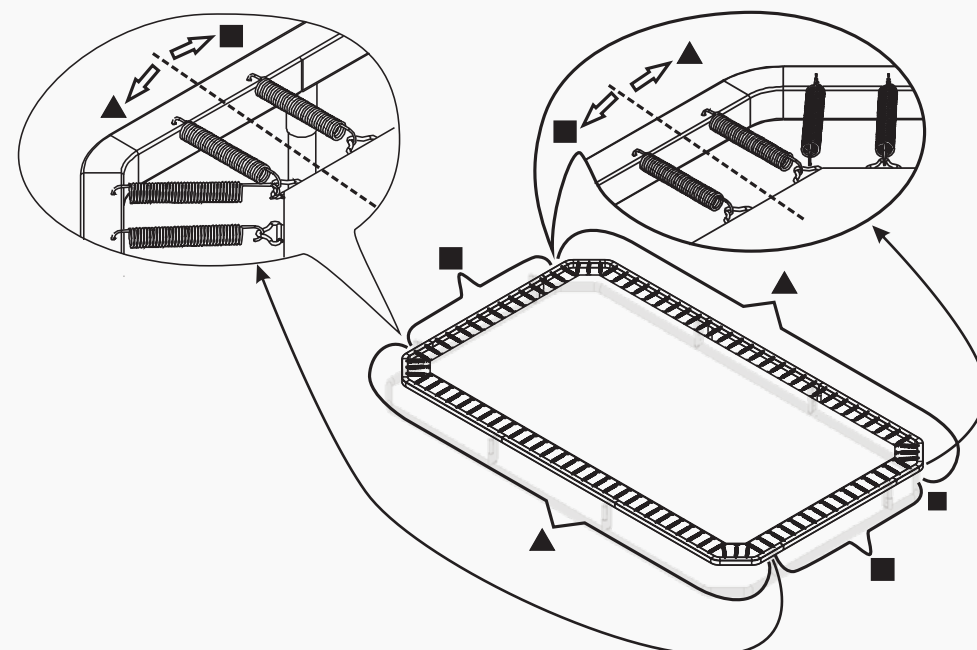
Attach the shorter springs (Part J - indicated by the squares) to the short sides of the trampoline, again working in opposites with another person to ensure even distribution of tension on the jump mat.

You will need:



### Fit the remaining longer springs with another person to ensure even tension.

Attach the remaining longer springs; 1 in each corner and the remaining on the long edge of the trampoline. Work in opposites with another person to ensure even distribution of tension.



# STEP FOUR

## Attach the retaining wall

### Time required

You will need two people to attach the retaining wall to the trampoline frame. You should allow approximately 15 minutes for this stage.

### Equipment needed

You will need a cross-head screwdriver or electric drill.

### Attach the retaining wall panels

There are three different size wall panels, follow the diagram to connect the panels.

*You may need to use some force when driving the screws into the frame.*

Take one wall panel and lay it against the frame between the upright sections, insert a self tapping screw with an electric screwdriver and tighten. Ensure the wall is a flush to the frame as possible.

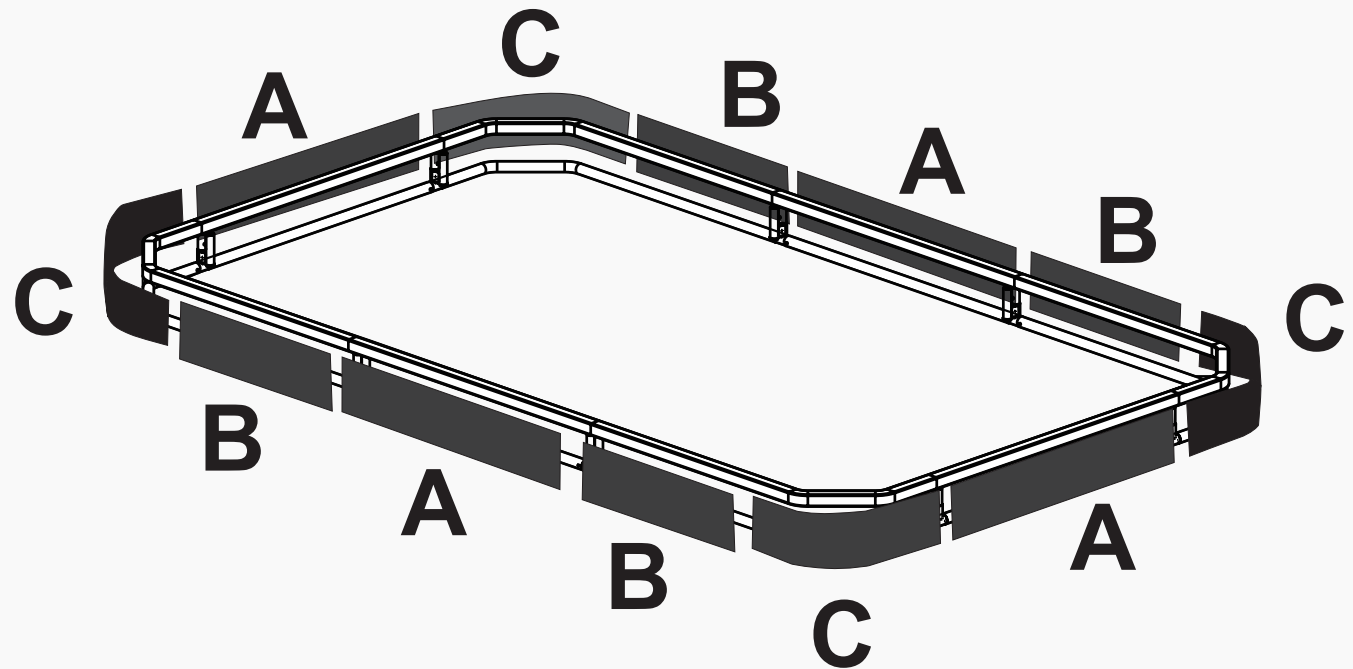
### Fit the remaining panels

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



### Wall panels

x4 (A): 230mm x 1530mm  
x4 (C): 230mm x 1220mm  
x4 (B): 230mm x 1075mm



# STEP FIVE

## Digging the hole

### Time required

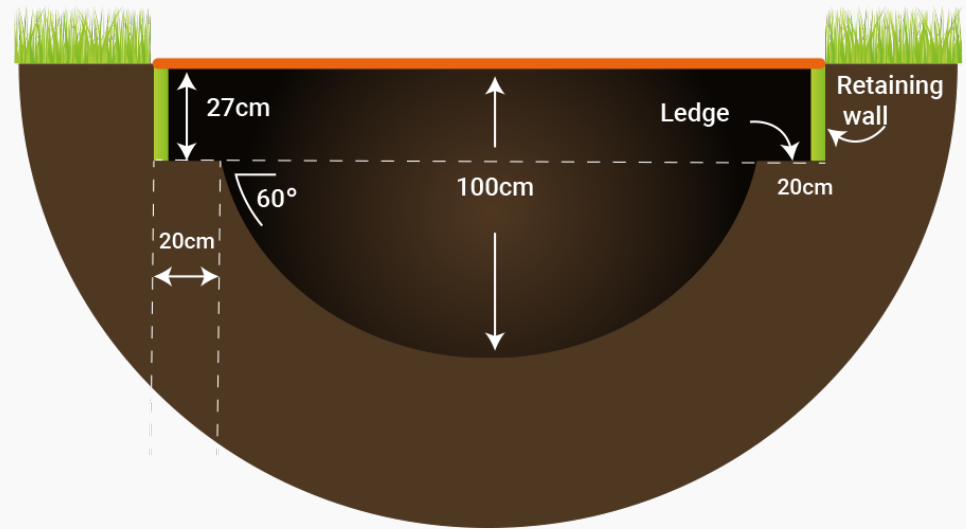
This will vary depending on equipment used and soil conditions. If you have a mini-digger (excavator) then the hole excavation will only take a few hours.

We do not recommend hand digging the 17x10ft as it is the largest size C-Sport In-ground Trampoline.

### Equipment needed

It's quicker and easier to hire a mini digger/excavator (and operator).

The mechanical digger (excavator) should be able to excavate most of the soil to leave you with the hand finishing. You will need a spirit level, a tape measure (tape measure provided) and you may find a can of 'grass spray' helpful for marking out the hole, although this is not essential.



### Outer hole dimensions

17ft x 10ft  
(5.2m x 3.05m)

### Inner hole dimensions

15.7ft x 9.35ft  
(4.8m x 2.85m)

### Hole depth (D)

(3'3")  
100cm



### Mark out the hole

It's best to mark out a hole around 4 inches (10cm) wider than the dimensions of your trampoline. This will make it easier for you to put the frame in and find the right level and this gives you some tolerance.

At the end of the install you back-fill between the outside of the hole and the trampoline wall with soil you have saved and then re-turf.



### 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 (10") 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 around 4-5 wheel-barrows of top soil for backfilling around the trampoline.



### 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: 100cm / 3.3' The inner hole is 40cm (16") narrower in diameter than the trampoline size.

This will leave a 20cm (8") ledge all around on which the trampoline sits. Use a spirit level to check that this ledge is the same level all the way round to ensure your trampoline sits securely on the ledge.

*If you have removed turf, save around a third of the removed turf for 'finishing off' around the trampoline once installed.*

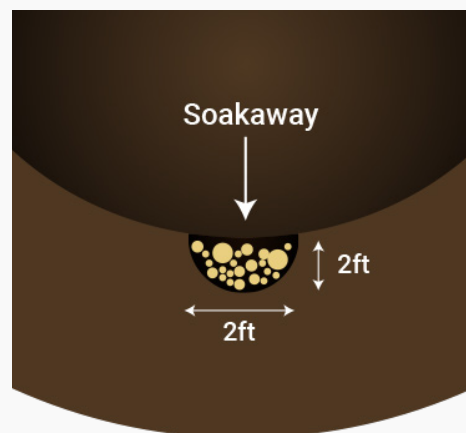
# STEP SIX

Dig a soak-away in the bottom of the hole

## 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 use 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. Fill with scalplings, shingle or just crushed hardcore.



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

Add your weed membrane

## Line the hole with weed membrane

We recommend you always add a permeable weed membrane to the hole before putting in the trampoline. (Available at most DIY stores.)

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. Leave a 20cm (8") ledge all around on which the trampoline sits.



# STEP SEVEN

Place the trampoline in the hole

## Time required

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

## Equipment needed

Rammer or handle-end of your spade.



**With retaining wall attached, lift the assembled frame into the hole and onto the ledge you've created. You'll need 3-4 people to do this.**

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.



## Backfill the hole

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.



## Re-lay Turf:

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

You may need to keep the re-laid turf well watered over future weeks to ensure that kit "takes" again.

# STEP EIGHT

## Attach the safety padding

### Time required

With 1 person you should allow approximately 20 minutes for this stage.

### Equipment needed

A flat-head screwdriver.



**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.



**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.



**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.

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





# SAFETY NET

## Installing your safety enclosure

You should allow approximately 20 minutes for this stage.



### Step 1.

Remove all contents from the box.

### Step 2.

Insert all eight poles through the slots in the safety pads and into the enclosure pole sockets beneath.



### Step 3.

Unroll the net onto the jump mat. Decide where you want the net entrance on your trampoline.



### Step 4.

Ensuring that the enclosure pole sleeves are on the outside of the trampoline, take the first enclosure pole sleeve and slide a third of the way down the required pole. Repeat with the remaining sleeves so the net is hanging off the top of all the poles.



### Step 5.

Then, one-by-one work your way around the trampoline wiggling the sleeves down to the bottom of the pole (you may need to do each one a bit at a time).

# SAFE SKILLS

## Bouncing skills

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.

## Basic Bounce

Start from a standing position with feet a shoulder width apart, head up and eyes on the trampoline mat.

Swing arms forward and up above head in a circular motion.

Bring legs and feet together in mid-air position and point toes.

Land back on the mat with feet a shoulder width apart (the same as the start position).



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.

## Knee Drop

Start with a low basic bounce.

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.

Bounce back to basic bounce position by using bounce momentum and swinging arms above head.

Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height.



## Hand & Knee Drop

Land on your hands and knees at the same time, ensure your back is horizontal to the bounce mat and hands and legs are shoulder width apart also.

Push off from hands and knees and recover the upright vertical position.



## Seat Drop

Start with the low basic bounce (Basic Skill 1) in the normal position.

Land with legs out straight in front of you, with hands either side of your hips and back straight in a strong body position.

Use the bounce momentum sided with a push from hands to return to a standing position.

Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height.



# CARE FOR IT.

## Care and maintenance checklist

**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 here 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.

**Use trampoline as advised on the safety guides in this manual. 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. Damage can be caused by water pooling, garden/ outdoor debris landing on it, and sparks from nearby bonfires and fireworks displays.
  - The net should be replaced every two years.
  - Check nuts and bolts for tightness and tighten when required.
  - Check all coverings of sharp edges and replace when required.
  - Remove safety enclosure in high winds to avoid damage.
  - If you experience high snow-load on your trampoline or very low temperatures; remove snow and store jump mat and safety net indoors.
- Please note:**  
Sunlight, rain, snow and extreme temperatures reduce the strength of trampoline parts over time.

Part	Checklist	OK	Not OK
<b>All Parts</b>	Securely attached Correctly positioned No sharp edges or points No missing parts	<input type="radio"/>	<input type="radio"/>
<b>Springs</b>	No damage (bent / broken) No missing parts	<input type="radio"/>	<input type="radio"/>
<b>Frame</b>	No bent parts No damage No rusting or corrosion	<input type="radio"/>	<input type="radio"/>
<b>Mat/Pad/ Net</b>	No missing parts (e.g. D-rings, ties) No sagging No damage (e.g. holes, rips, fraying, tearing)	<input type="radio"/>	<input type="radio"/>

∞ LIMITLESS  
possibilities

OWN  
IT.





 sport

The ultimate in-ground trampoline



Tel: 01276 855600  
sales@capitalplay.co.uk  
www.capitalplay.co.uk



Tel: 800-510-8734  
sales@capitalplay.com  
www.capitalplay.com



 capitalplay