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TRAMPOLINING
A guide to indoor trampolines & accessories

Introduction

Trampolining is a popular leisure, gymnastic & competitive sport, and trampolines are found in schools, leisure centres, clubs & other facilities. Trampolines are also used for physiotherapy & ‘rebound therapy’. There are a wide variety of trampolines & accessories available, and this guide is designed to explain the different types and their associated uses, as well as offering links to product options & prices. The guide also offers contact information for trampoline organisations & suppliers.

The following pages are broken down into different types of trampolines & accessories comprising:

Indoor trampolines / Competition Indoor Trampolines (Pages 3 & 4):
These trampolines are found in schools, clubs & leisure facilities etc. They are available in different sizes and comprise a rectangular steel frame, elastic or steel springs, coverall frame pads & a choice of beds.
The choice of bed depends on the required use: some have less bounce with more control, which are ideal for beginners or children, while others have more bounce but less control for more advanced or experienced users or for competition use.
The beds are attached to the frames using springs, and both the frame & springs are covered with padded covers, known as coverall pads, which can provide protection from injury should the user fall in that area.
The frames can be folded in half with the beds & frame pads still attached to aid moving & storing. A variety of accessories are available to assist in folding & moving the trampoline including roller stands, which the folded frame is lifted onto to be wheeled away, trolley lifters which help lift the trampoline onto the roller stands, and lift/lower roller stands which lower the height of larger trampolines so they can be rolled through a standard height door.

Accessories & Spare Parts (Pages 5 & 6):
A variety of accessories are available to enhance both the enjoyment and safety of trampolining. These include end decks & mats which are placed at each end of the trampoline to offer additional protection, floor mats, which are placed around the trampoline, & teaching rigs to offer safety & control while the user is learning new moves. Replacement parts such as springs, beds, coverall pads & frame parts are also readily available for most makes and models of trampoline.

Rebound Therapy (Page 7):
Rebound therapy uses trampolines to provide therapeutic exercise and recreation for people with a wide range of special needs. Models from the ‘Indoor Trampoline’ section are the most suitable, combined with the correct trampoline bed for the intended use (beds with less bounce & more control are normally recommended).
There are also a number of accessories available, including steps & hoists to aid access to the trampoline, as well as safety rigs to support users whilst on the trampoline.

Contact Information (Page 8):
Contains details of trampolining & gymnastic associations who provide further information about the sport as well as details of clubs & coaches.
Also contains contact information of companies who manufacture & supply trampolines, accessories & parts.

Safety, Inspection & Maintenance:
Safety is a vitally important aspect of trampolining. Due to the nature of the sport injuries, sometimes severe, can be caused if users attempt unsafe manoeuvres, or moves which they have not been trained to do. Training & practice for sports, gymnastic & competitive trampolining should always be supervised by an appropriately experienced instructor, and appropriate safety equipment should also be used.
Correctly maintained & properly functioning trampolines & equipment are also essential to safety. Trampolines & equipment should be inspected before each use by a competent person, and should also be maintained regularly to ensure continued safe use. Independent companies can inspect trampolines on an annual or bi-annual basis & issue a certificate to confirm the equipment is safe to use & complies with any relevant standards.
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Indoor Trampolines

Indoor trampolines are available in a full range of sizes to suit all requirements, from the smaller Grasshopper & Junior sizes for beginners & younger users to the Regulation 77A for all round use. They are normally supplied complete with coverall frame pads, elastic or steel springs and a choice of beds offering different levels of bounce & control. The frames usually fold (known as ‘Flashfold’) so the trampoline can be stored when not in use, and the folded frames can be lifted onto roller stands to aid moving the trampoline.

Grasshopper trampolines are the smallest folding trampolines, and were developed for use in junior schools, youth clubs and for rebound therapy. Their lower height provides easier access, the dimensions allow the instructor to easily reach the user, while the PowerMesh or solid nylon beds have less bounce, offer more control and are more forgiving. A 25mm webbed bed, with more bounce, is also available. Options & Prices

Open: 9’ (2.75m) x 6’6” (2m) x 2’6” (610mm) high
Folded: 7’ (2.13m) x 12” (300mm) x 4’6” (1.37m) high
60 x steel springs
PowerMesh, Solid Nylon or 25mm webbed bed.
Coverall frame pads & roller stands included

Junior trampolines are ideal for beginners or for use in junior schools, clubs or other establishments where space or height are restricted. They are also used for rebound therapy. They are slightly bigger than the Grasshopper, but with the same option of PowerMesh, solid nylon or 25mm webbed bed. Robust enough for adult users as well as children. Options & Prices

Regulation 77A trampolines are the original standard size models. These are the most popular & most versatile trampoline models, ideal for schools, colleges & universities, clubs & leisure centres, as well as rebound therapy. They are available with four types of bed, and have the option of extra wide frames (coaching sides) which an instructor can stand on, as well as trolley lifters to assist with manual handling. Options & Prices

Standard frame:  Open: 15’ (4.57m) x 9’ (2.75m) x 3’3” (1m) high
Folded: 9’6” (2.9m) x 12’ (3000mm) x 6’5” (1.96m) high
100 x elastic or steel springs
PowerMesh, 25mm webbed, 13mm webbed or 6mm webbed bed.
Coverall frame pads & roller stands included
Optional trolley lifter

Regulation 77A Trampoline

Grasshopper Trampoline

Junior Trampoline

_Trolley lifter in position_
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Competition Indoor Trampolines

The larger competition indoor trampolines are available in three different sizes for training, national & international competition use. The Goliath is available with a standard frame or extra wide ‘coaching side’ frame, which the person training the user can stand on during instruction. They have a choice of high performance beds, and are also available with optional EasyLift adjustable height roller stands for easier manual handling.

**Goliath Trampoline**

Goliath trampolines are used for competitive training and competition use up to national level. They are available with either elastic or steel springs, plus a choice of either 13mm, 6mm or 4mm x 6mm webbed beds. The Goliath is available with a standard frame or an extra wide ‘coaching’ frame, and there is also the option of EasyLift roller stands, which lower the height of the folded trampoline so it can be rolled through a standard height door.

**Options & Prices**

<table>
<thead>
<tr>
<th>Frame Type</th>
<th>Size</th>
<th>Specifications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standard frame:</td>
<td>Open: 16’9” (5.15m) x 10’ (3m) x 3’6” (1.15m) high</td>
<td>Folded: 10’6” (3.2m) x 12’ (300mm) x 7’1” (2.16m) high</td>
</tr>
<tr>
<td>Extra wide frame:</td>
<td>Open: 16’9” (5.15m) x 11’ (3.35m) x 3’6” (1.15m) high</td>
<td>Folded: 11’ (3.35m) x 12’ (300mm) x 7’1” (2.16m) high</td>
</tr>
<tr>
<td></td>
<td>112 x elastic or steel springs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>13mm, 6mm or 4mm x 6mm webbed bed.</td>
<td></td>
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<tr>
<td></td>
<td>Coverall frame pads &amp; roller stands included</td>
<td></td>
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<tr>
<td></td>
<td>Optional EasyLift roller stands reduce the folded height to 6’5” (1.96m)</td>
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</tbody>
</table>

**Dinamic & Dinamite Trampolines**

Dinamic and Dinamite trampolines are designed for competitive use up to international level, and are designed to FIG (Federation Internationale de Gymnastique) specifications. Their size, structure & bed options mean they offer the highest quality response combined with safety. The Dinamic has 118 steel springs and a 6mm webbed bed, while the Dinamite has 126 steel springs and a 4mm x 6mm webbed bed.

Both trampolines have the option of EasyLift roller stands to aid movement.

**Options & Prices**

<table>
<thead>
<tr>
<th>Frame Type</th>
<th>Size</th>
<th>Specifications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standard frame:</td>
<td>Open: 17’ (5.2m) x 10’ (3m) x 3’9” (1.52m) high</td>
<td>Folded: 10’6” (3.2m) x 12’ (300mm) x 6’5” (2.16m) high</td>
</tr>
<tr>
<td>Dinamic:</td>
<td>118 x steel springs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>6mm webbed bed.</td>
<td></td>
</tr>
<tr>
<td>Dinamite:</td>
<td>126 steel springs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4mm x 6mm webbed bed.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Coverall frame pads &amp; roller stands included</td>
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</tr>
<tr>
<td></td>
<td>Optional EasyLift roller stands reduce the folded height</td>
<td></td>
</tr>
</tbody>
</table>

Olympic Gymnasium Services, Tel: 01295 760192 Fax: 01295 768092
e-mail: sales@olympicgymnasium.com / www.olympicgymnasium.com
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Trampoline Accessories
A variety of accessories are available for trampolining, including lifters & stands to help fold & move trampolines, spotting decks & mats to aid practice, training & safety, plus training belts & rigs.

Spotting Decks

Spotting decks are fitted at each end of a trampoline, and are used to provide additional cushioning should a user fall beyond the end of the trampoline. They comprise a metal frame, either rigid or wheeled, which is attached to the trampoline end. A wedge end mat is then placed on top of the deck. The decks can usually be folded or taken apart when not in use, and some can also store the mat to conserve space.

Options & Prices

Safety Mats

A variety of mats are available to improve the safety of trampolining. In addition to the spotting deck mats featured above, there are also:

Push on mats: These are held by the coach or instructor, and ‘pushed on’ to the trampoline to give extra landing support if the user is about to fall.

Spotter mats: Used in the same way as push on mats, except these thinner & lighter versions are intended for use during competitions.

Surround mats: These are laid on the floor all around the trampoline to offer a softer landing should the user fall from the trampoline.

Dividing mats: Where two trampolines are placed end to end, dividing mats can be used to bridge the two trampolines in place of spotting decks. These have double wedged sides and are placed on a support stand. Options & Prices

Stands & Lifters

Stands & lifters are used to ease the manual handling of trampolines, helping to fold, unfold & move them. There are three main types:

Roller Stands. These are supplied in pairs, each consisting of a vertical post with hooks attached to a horizontal post with wheels. The folded trampoline is attached to the hooks at each end and then wheeled away. Most trampolines are supplied with roller stands as standard.

Lift/Lower roller stands. Similar to roller stands, but fitted with a handle which lowers the height of the folded trampoline. This is useful for larger trampolines to allow them to pass through standard height doors when being moved.

Trampoline Lifter. This is used to lift the trampoline in order to attach or remove the roller stands. Only one is required as each end can be raised individually.

Options & Prices

Training Rigs are available either ceiling mounted or freestanding. Combined with twisting belts or tumbling belts, they are used to provide additional safety for users learning trampoline moves. Options & Prices

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e-mail: sales@olympicgymnasium.com / www.olympicgymnasium.com
Trampolines are normally supplied fully assembled and complete with bed, springs, coverall pads & all other parts required for use. Most trampoline manufacturers also supply replacement parts as & when required.

### Trampoline Beds

Beds provide the ‘bounce’ to a trampoline and are available in different types, each of which offers different levels of performance.

The bed is stretched between the trampoline, and attached to the frame via springs & hooks.

**Webbed beds** are the most popular type for sports trampolines. They comprise strips of webbing interwoven across the length & width of the bed. Different widths are available (normally 4mm, 6mm, 13mm, 25mm or 45mm). The narrower widths are more responsive & normally used for gymnastic & competition use, while the wider webbing is better suited for children, beginners or gymnastic practice & training. [Options & Prices](#)

**Nylon or mesh** beds are also available. These tend to have less bounce than the mesh beds, but instead offer more control to the user and are therefore ideal for children, beginners or for physiotherapy or rebound therapy. Some of these, such as the PowerMesh bed, are washable. [Options & Prices](#)

### Coverall Pads

Coverall pads are placed on top of the trampolines frame & springs, and are designed to offer protection to the user should they fall on that area.

The pads normally have a PVC outer filled with foam, which are attached to the frame of the trampoline using ties or Velcro tabs. [Options & Prices](#)

### Springs

Springs provide support between the trampoline & the bed, and are available in steel or elastic.

Replacement springs are normally available in complete sets to suit specific trampolines. [Options & Prices](#)

### Other Parts

Most other trampoline parts are replaceable, including individual frame components such as legs & side rails.
Rebound Therapy

Rebound therapy refers to the use of trampolines to provide therapeutic exercise & recreation for people with special needs. The smaller trampolines are normally used in conjunction with PowerMesh or 25mm beds. Various accessories are also available to aid both the trampoline user & coach.

Trampolines

The Regulation 77A trampoline with a PowerMesh bed is the most suitable combination for rebound therapy, offering the ideal size, bounce & control. The smaller Grasshopper or Junior trampolines can also be used, particularly where space is restricted. See Page 3 of this guide for details of each trampoline.

Options & Prices

Trampoline Beds

The PowerMesh bed is generally best suited to rebound therapy, as it offers a soft but lively bounce which is very forgiving for those who land badly. The PowerMesh is also easily cleaned. For a more responsive bounce the 25mm webbed bed is recommended. Options & Prices

Steps are useful to help the user get on & off the trampoline, and there are steps available which have been specially designed for this purpose.

Padded wheelaway steps comprise a steel frame with padded steps in alternate colours for easy visibility. They have a handrail which can be fitted to either side, allowing the coach to offer assistance from the opposite side, or a second handrail can be supplied to offer support on both sides. The frame is fitted with wheels to assist moving the steps to & from the trampoline.

Soft steps are lighter & softer and comprise a foam inner with a PVC cover. These can be easily moved into position and offer a soft feel when used. Options & Prices

Hoists

These can be used where users are unable to access the trampoline either directly or with steps. The hoists are automatic, and can safely lift a person to or from the trampoline. Options & Prices

Safety/training rigs:

See page 5
Organisations:

British Gymnastics
School, club & coaching contacts, events
www.british-gymnastics.org

British Olympics Association
History, technical, equipment, rules
www.olympics.org.uk

Suppliers:

Olympic Gymnasium Services
Retailer of trampolines, accessories & parts.
Trampoline inspection, maintenance & repairs.
www.olympicgymnasium.com

Gym-Tech
Manufacturer of trampolines, accessories & parts.
www.gym-tech.com