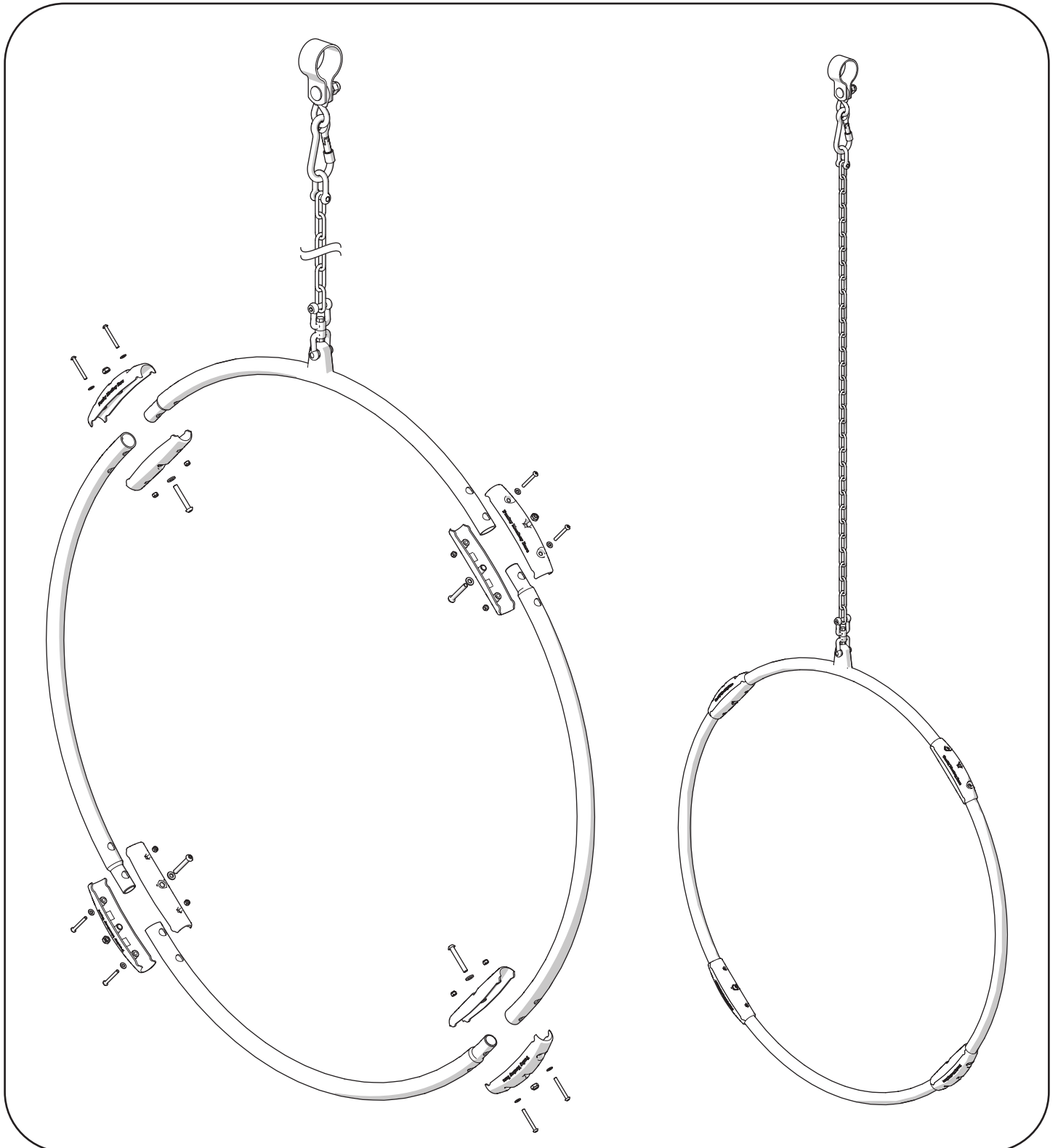


# FUNKY Monkey bars<sup>®</sup>

## AERIAL HOOP INSTRUCTIONS

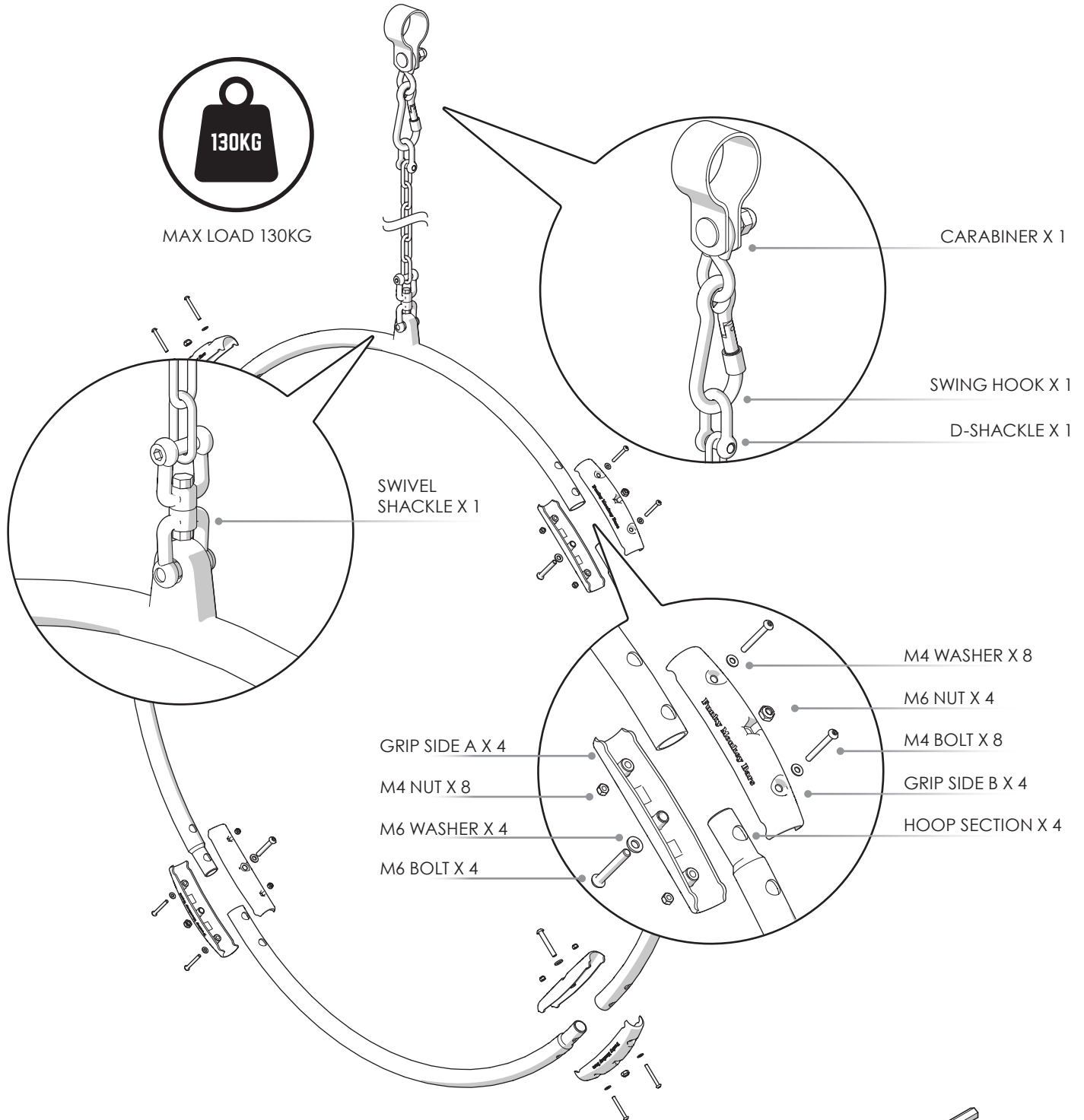




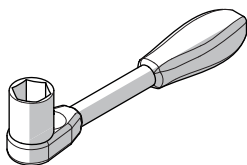
# AERIAL HOOP PARTS LIST



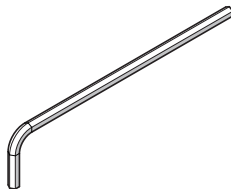
MAX LOAD 130KG



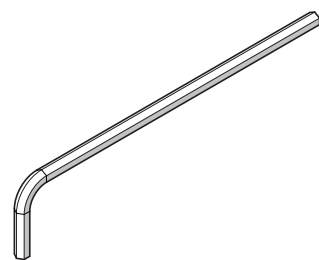
## REQUIRED TOOLS



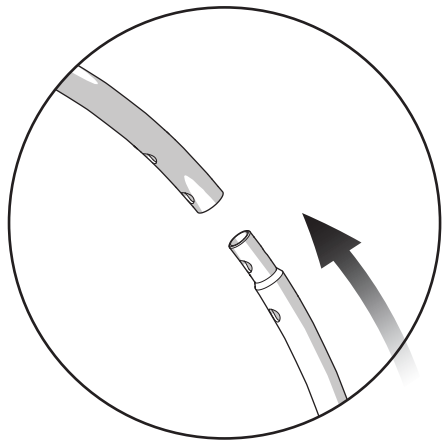
17MM RATCHET (NOT INCLUDED)



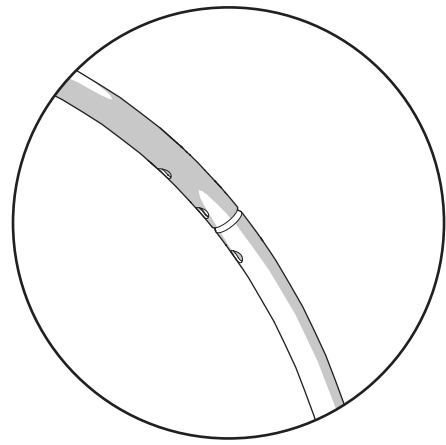
1 X 2.5MM ALLEN KEY



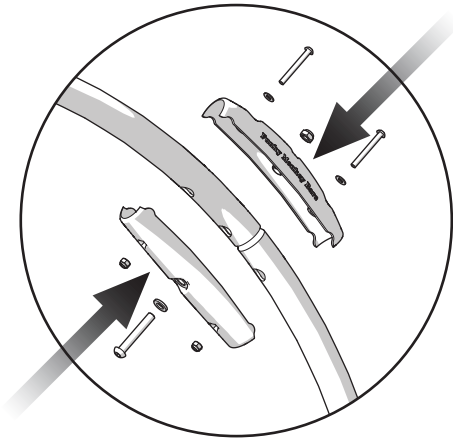
1 X 4MM ALLEN KEY



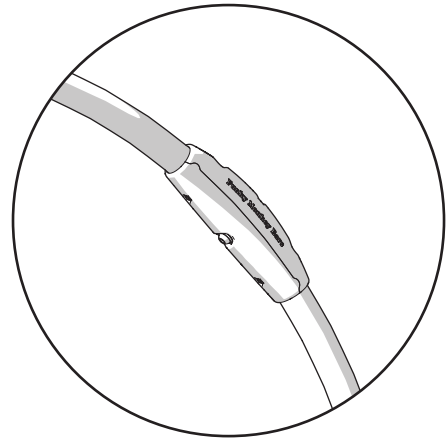
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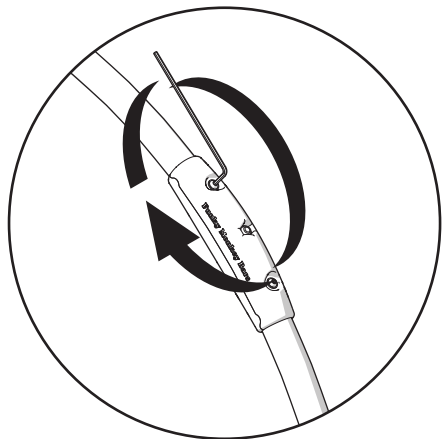
BRING TOGETHER HOOP SECTIONS, ALIGN HOLES



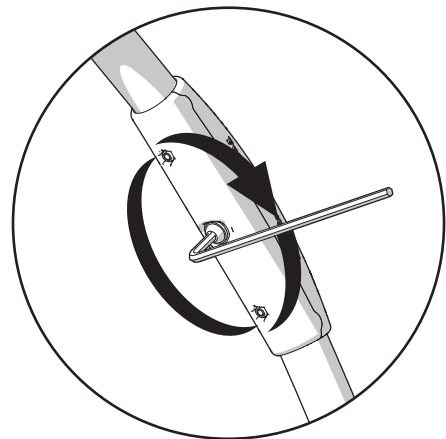
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BRING TOGETHER GRIP COMPONENTS, WASHERS, BOLTS AND NUTS



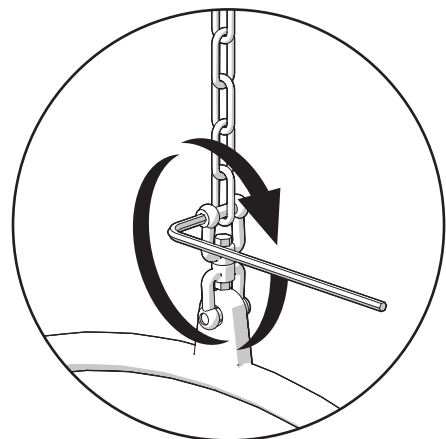
...



FASTEN THE M4 AND M6 BOLTS ON EACH GRIP



...



ENSURE THE D-SHACKLE AND SWIVEL SHACKLE ARE TIGHTLY FASTENED



# AERIAL HOOP USER GUIDE

## Introduction

Safety is paramount in the use of the Aerial Hoop. These instructions are to be used as a guide and are not a complete list of safety practices. These instructions are designed to provide you with general safety information and considerations before the use of the aerial hoop.

## Equipment Check:

**Inspect the Hoop** for any defects, damage or wear and tear. Regular inspections are recommended, that being daily before use and a thorough inspection weekly. Check for cracks, bending, loose components and any other defects.

**Inspect the Rigging** to ensure all carabiners, swivels, and other rigging components are in good condition and there are no signs of wear and tear. Check the supporting bar and frame that the Aerial Hoop is hanging from.

**Inspect the Connection/Connectors** and verify that the Aerial Hoop is securely attached to the rigging point. Cease use immediately if any signs of defects are found. Replace any equipment that shows signs of wear and tear.

## Check List

- Any cracks on the metal components. Pay attention to areas around welded joints.
- Any cracks on the plastic grips.
- Changes in the overall shape to the apparatus.
- Rusting or corrosion of the metal components.
- Check the carabiner for any damage to the thread, gate or overall shape.
- Check connections are tight and securely attached.
- Any loose fittings
- Use the push pull test to check stability of the overall structure.

## Maintenance:

In addition to **daily checks**, regular maintenance is required to ensure the continued safe use of the Aerial Hoop. It is recommended that a **weekly overall check** is done on the Aerial Hoop and surrounding equipment. Do not allow the Aerial Hoop to get wet or leave outside in extreme weather conditions.

Discontinue use if any of the below statements are true:

- The Aerial Hoop has been used for longer than 300 hours.
- The Aerial Hoop is older than 10 years from the date of manufacture.
- The Aerial Hoop has been used for longer than 5 years.
- The Aerial Hoop has been dropped or damaged.
- The Aerial Hoop is showing signs of wear and tear.

## After Use and Storage

After each use, take down the Aerial hoop and place inside, in a secure area. This ensures that others who may not be trained or authorised do not attempt to install and use this equipment. For storage, carefully disassemble and store the aerial hoop in a designated secure area. This ensures that others, particularly those who may not be trained or authorised, do not have access to it.

Clean the Aerial Hoop and equipment if it becomes dirty. Wipe the equipment with a damp cloth and allow it to thoroughly dry.

When the Aerial Hoop is in storage, store it in a cool, dry place away from direct sunlight or harsh weather conditions. Proper storage extends the life of the equipment and helps maintain its integrity.



# AERIAL HOOP USER GUIDE

## Personal Safety

**Do not exceed the maximum load of 130kg on the Aerial Hoop.**

Wear appropriate clothing that is tight-fitting without any loose parts. Remove jewellery and tie back long hair. Do not use the equipment if you are wearing any loose fitting items around the neck, such as a scarf. Do not use the equipment if you are using a hat with a neck strap.

Always **warm up** adequately before training to prevent injuries.

Ensure the Aerial Hoop and frame it is attached to, are installed over appropriate **soft fall** or safety mats. Do not use the Aerial Hoop over hard surfaces. Avoid overexertion and listen to your body. Do not push beyond your limits. **Training**

Professional guidance and professional instruction are recommended if you are new to the Aerial Hoop. Techniques can be complex and dangerous if performed incorrectly and may result in injuries and sprains.

Always have a trained **spotter** present if you are attempting new or difficult manoeuvres. Progress gradually and if you are a beginner, use basic moves to start with. You can gradually progress to more advanced techniques over time.

Be prepared for any Eventuality:

- Always have a first aid kit on hand.
- If an injury occurs, seek medical attention immediately.

## Conclusion

The Aerial Hoop is a fantastic piece of equipment that will promote health, strength and fitness. However, used incorrectly it can be a potentially dangerous piece of equipment. This guide provides a general overview of safety practices. Regular training, careful inspection, and proper adherence to safety protocols can help ensure a safe and enjoyable experience with the Aerial Hoop.

## Disclaimer

**This guide is for informational purposes only and does not replace professional instruction or the specific guidelines provided by the equipment manufacturer. Always consult with a certified instructor or professional rigger, and follow all local regulations and standards.**