FOFANA
NINJA
OBSTACLE COURSE

User Manual
and Setup Guide

**If you have any issues
please reach out to us:
SUPPORT@FOFANA.CO
We'll be glad to help you ASAP.**

Kit Contents

65 Foot Set

2x Gym Rings

2x Freestyle Rings

7 Foot Ladder

2x Monkey Bars

Monkey Fist

Spinning Wheel

9x Hardware Sets

2x Tree Protectors

65 Foot Slackline

Carry Bag

50 Foot Set

2x Gym Rings

2x Freestyle Rings

7 Foot Ladder

2x Monkey Bars

Monkey Fist

8x Hardware Sets

2x Tree Protectors

50 Foot Slackline

Carry Bag

WARNING!
Safety Rules:

- For ages 6 and up.
- Maximum user weight limit 250 lbs.
- One person at a time.
- Maximum distance from user's feet to the ground is 18 inches.
- Read all instructions before assembly.
- Adult supervision required at all times.
- Check for correct installation and for wear prior to each use. If worn or damaged parts are found, replace with Fofana replacement parts. Please contact us at **support@fofana.co** with any questions.
- Adult assembly required, including site selection and installation.
- Area under Slackline must be free of all hazards, obstacles, obstructions, protrusions, and other dangers nearby.
- Load stress test must be performed before use.
- All watchers should maintain a 10 foot distance to prevent injury.
- Do not use if there is lightning in the area.
- Choose healthy and strong trees of at least 1 foot in diameter.
- Do not attach to unhealthy trees, this may result in injury.
- Set up slackline only between 2 trees:
    - 65 Foot Set: Trees should be between 25-55 feet apart depending on size of trees.
    - 50 Foot Set: Trees should be between 25-40 feet apart depending on size of trees.
    - Larger trees will reduce the maximum distance between trees.
    - Example 1: Distance between trees is 40 feet, each tree is 3 feet around. The total line length needed is 46 feet so this should work for both sets.
    - Example 2: Distance between trees is 35 feet, both trees are 8 feet around. The total line length needed is 51 feet so this will not work for the 50 Foot set, but will work for the 65 Foot set.
    - To determine the line length needed for your location, measure the distance between trees (inside to inside) and the distance around each tree. Add these values and an additional 4 feet to get the total line length needed.

Failure to follow these instructions could result in serious injury!

Helpful Tips

- This is a conditioning course, do not expect to be able to complete it the first few times. You will improve over time. If it is too difficult, set course line height lower so that toes reach the ground. Course can be raised to recommended height when ready.
- Distance between obstacles can be customized to user's ability or preference. Obstacles should be spaced closer together for younger or new users.
- A section should be left clear for freestyle rings usage. This can be as the first obstacle, last, or in the middle between obstacles.
- If you are unsure about your health, please consult a health professional before use.
- There is possibility for injury or even death. Adult supervision is required.
- Have fun! Try new obstacle combinations. Try timing yourself to check for improvement.

Frequently Asked Questions:

- Can I get more attachment hardware?
  - o Absolutely, please check out this link: **www.fofana.co/ninja-hw**
- Something is wrong with the kit I received.
  - o Please contact us at **support@fofana.co** and we'll be glad to help ASAP.
- What do I need to set up the course? Can I use a fence post or part of my house?
  - o You need 2 strong trees at least 25' apart and at least 1' in diameter (or 3' around). The 65' kit works for trees up to about 55' apart (depending on tree diameter), and the 50' kit works for trees up to about 40' apart (depending on diameter). Please don't attach the course to your house, fence post, or other similar structure. Slacklines require sturdy trees because of the very high forces in the system. These forces can be thousands of pounds.
- Why does the line sag?
  - o Sagging is normal and should be expected. The line sags for a couple reasons: the polyester material it's made from can inherently stretch. When a person's weight is on the line, they exert a surprisingly high tension force into the line easily over 1000 pounds. If your line sags too much, you should first tighten the line as much as you can. If it still sags too much, you'll need to raise the line higher on the trees to get proper ground clearance.
- When should the ninja course be taken down? How long can I leave it set up?
  - o To help keep your ninja course in good condition and to help it last, we recommend the following: Take it down when not in use for long periods of time. This will help prevent UV damage and weathering of the line, and unsupervised use. Take it down and store it at the end of the play season or when temperatures drop below freezing. Inspect each component for wear, damage, or rust. Replace as needed. Store it in the carry bag so everything is ready for the next time you set it up.
- How do I adjust the location of the attachment hooks?
  - o To rearrange the obstacles, simply open the triangle carabiner screw gate, remove the obstacle and place it in a different carabiner. This can be done without releasing the line tension of the course. To move the carabiners/hooks and change the distance between obstacles, the line tension must first be released. Once tension is released, you can simply slide the carabiner/hook to the location you want.

Customers value reviews written by other customers who purchased this product.
We would appreciate if you wrote a review that reflects your experience with the product.
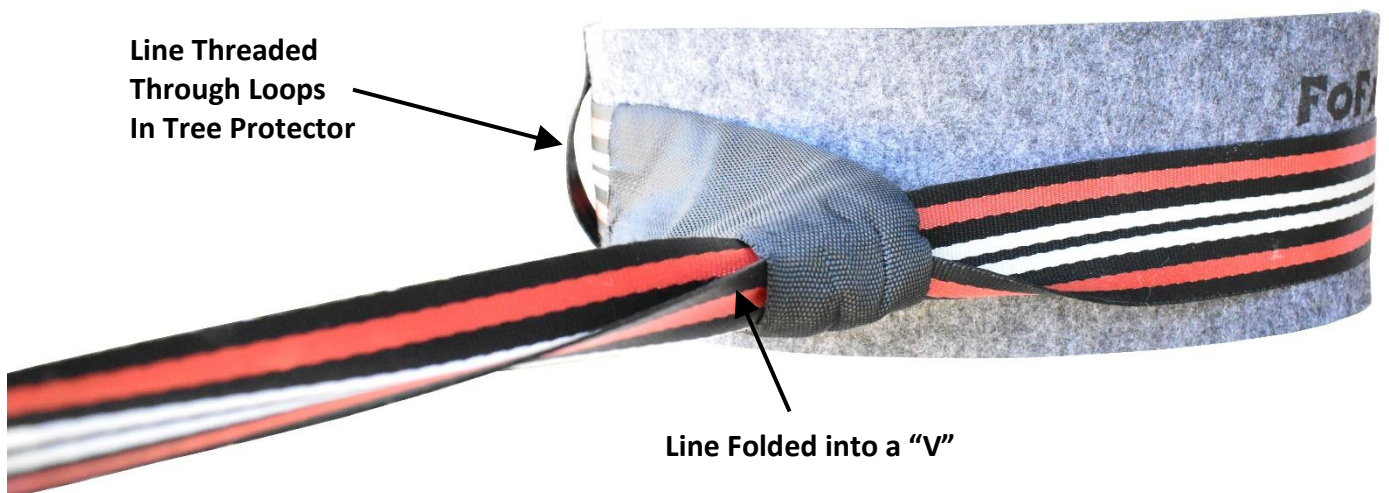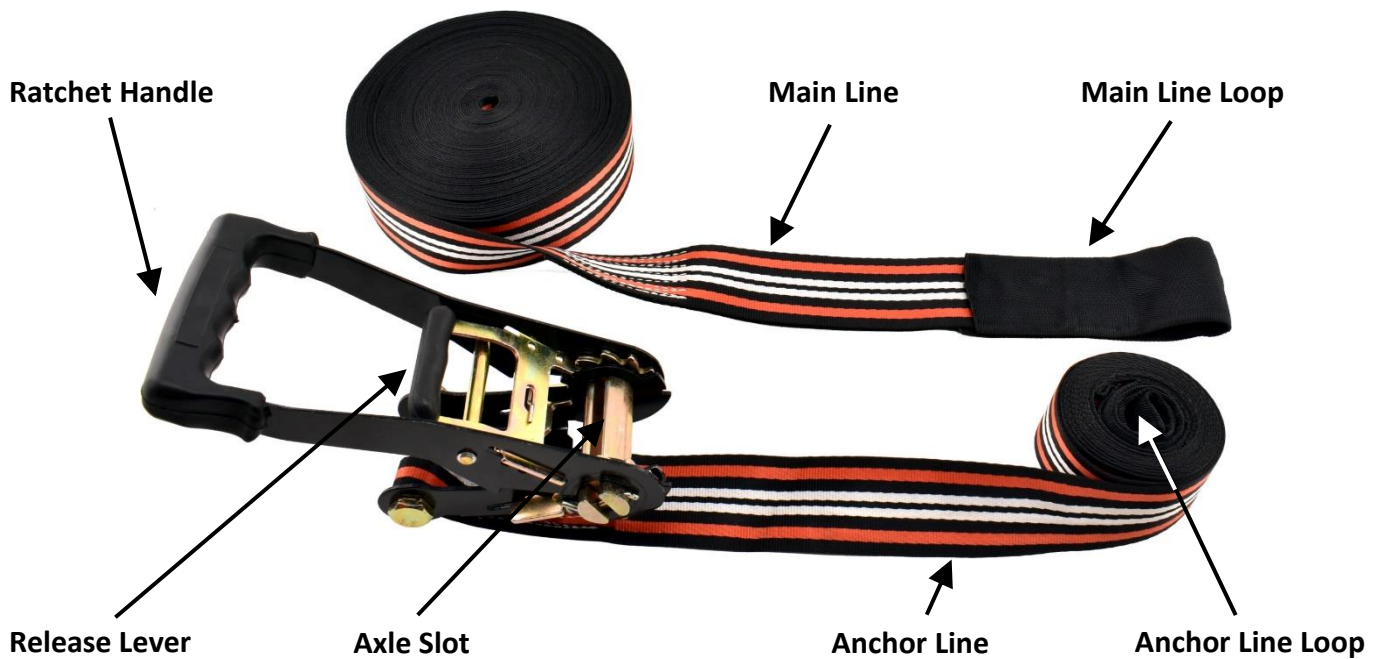
Step 1. Determine height for obstacle course

- Line should be set so that the shortest user's feet hang 12 inches from the ground while hanging from the monkey bars.
- To determine the height of course add the values below:
    - Measure shortest user from feet to fingertip with hand held high.
    - Add 24 inches to account for the monkey bar rope length and ground clearance.
    - Use the chart below to estimate the amount of sag for the smallest user.
    - For example, your shortest user is 66 inches from feet to fingertip, add 24 inches, and you determine the sag to be about 12 inches (50 pound user with trees 50 feet apart), the height of the line should be 102 inches (66" + 24" + 12" = 102") from the ground.
- As shown in the chart below, the farther apart the anchor trees are, the more the course line will sag. This is normal, but should be taken into account when setting the line height. Also shown in the chart below, heavier users will experience more sag.
- The line height may need to be adjusted for best user experience. Feel free to adjust to a height you feel is safe for your users and your situation.

DISTANCE BETWEEN TREES (FEET)
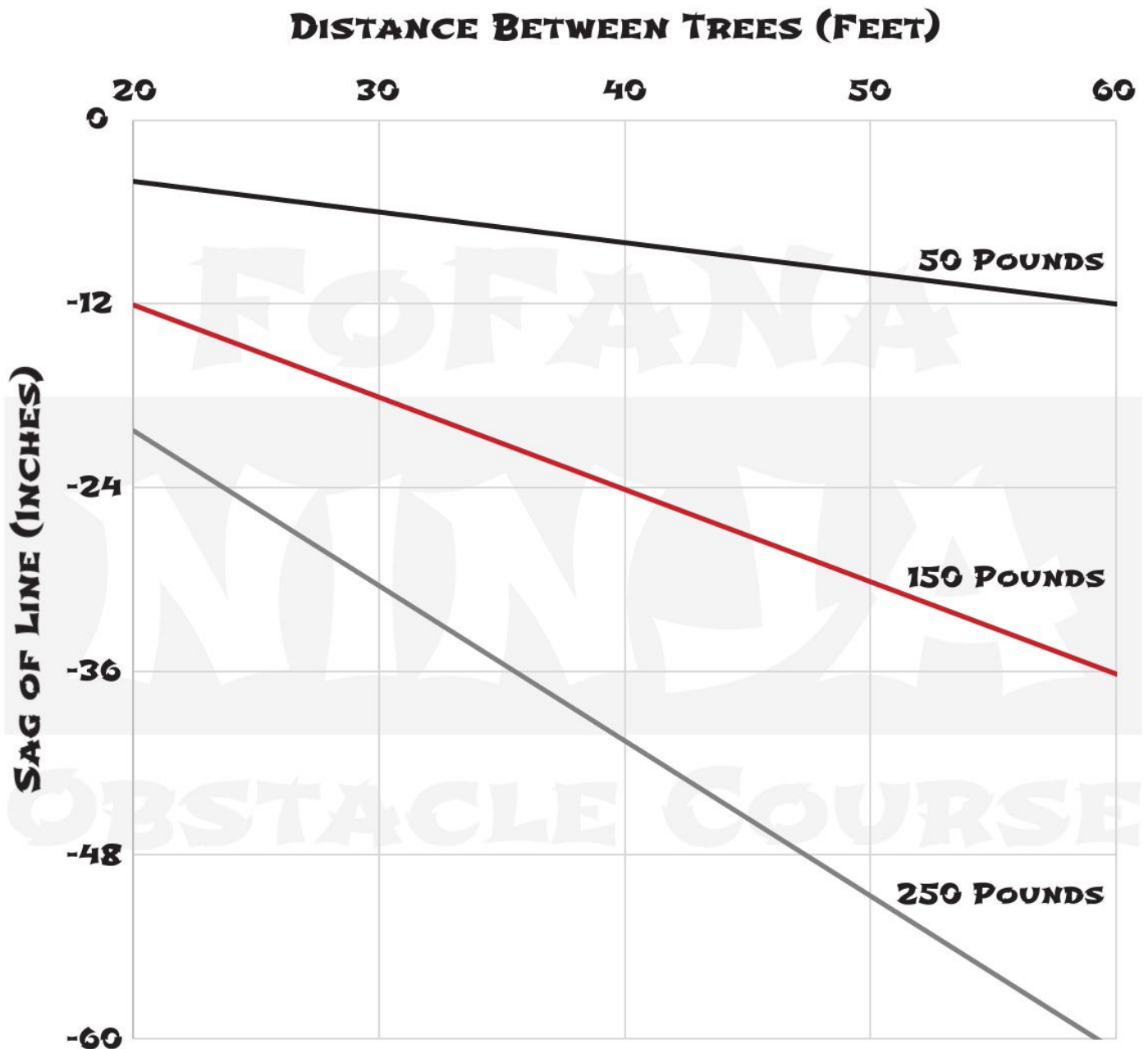
Step 2. **Setting up the line**

- Wrap tree protectors around desired tree trunks at pre-calculated line height. Use of a step ladder may be necessary. Exercise caution and follow necessary safety guidelines.
- Wrap anchor line around tree by threading through loops on tree protector, then thread ratchet through the loop at end of anchor line. Pull ratchet until line is snug around tree with no slipping.
- Take course line and wrap around other tree by threading loop end of line through loops on tree protector. Pull loose end through the loop at end of the line and snug by hand to prevent slipping.
- Fold the line into a "V" as it is passes through loop to help the line stay flat. See image below.
- Do not tighten the line until after webbing hooks and triangle carabiners are attached.

Ratchet Handle **Main Line** **Main Line Loop**

Release Lever **Axle Slot** **Anchor Line** **Anchor Line Loop**

Line Threaded Through Loops In Tree Protector

Line Folded into a "V"

Step 3. Attaching obstacles

- Select desired positions for obstacles. Shorter distances apart are recommended for smaller users (approximately 16 inches apart is a good place to start). First obstacle, typically the climbing ladder, should be placed 6-10 feet from tree on the main line. Do not attach obstacles to the anchor line.
- With webbing hook on underside of line and hook flanges on top, pull line through webbing hook to make a loop. See Images 1 and 2.
- Thread triangle carabiner through the line loop. Do not attach triangle carabiners to webbing hooks. See Images 3 and 4.
- Attach obstacles to triangle carabiners in desired order. Lock carabiner by twisting the nut closed.

1. Clip Hook on Underside of Slackline

2. Pull Slackline through Hook into a Loop

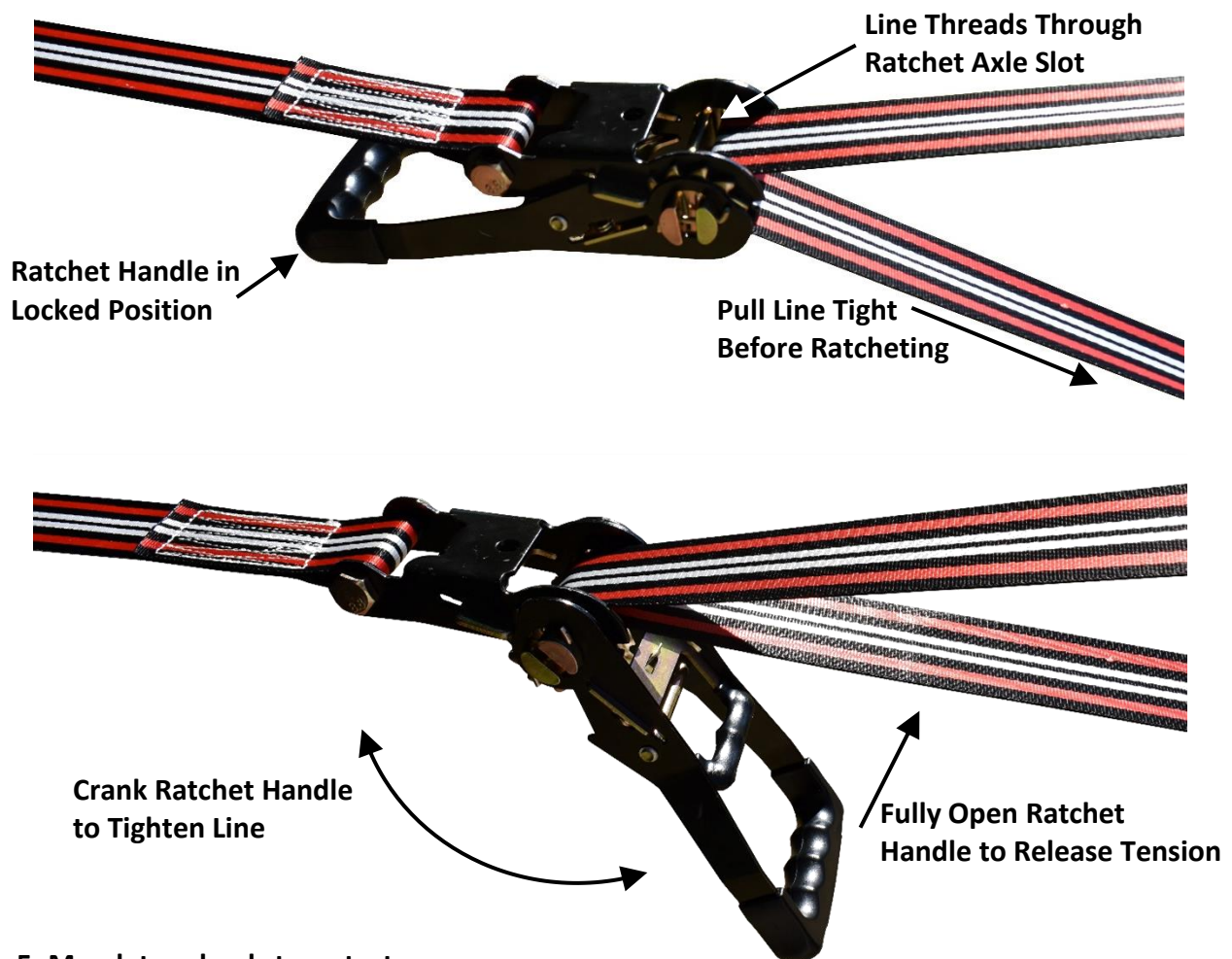## 3. Attach Triangle Carabiner to Slackline Loop

4. Pull Slackline Snug, Slide Hook into Position

If you have any questions or problems, please contact us, we are glad to help!
Visit **Fofana.co/Ninja** or email **support@fofana.co**

Step 4. Connecting and tightening the line

- Make sure both ends of the line are secured at the same height.
- With the ratchet handle facing down, feed the end of the main line through the ratchet axle slot. Make sure line is not twisted or folded as this could weaken the ratchet and cause breakage or damage to the line.
- Pull the line tight through the ratchet axle slot so there is no slack in the webbing. The ratchet spool can only hold about 2 feet of line, so it's necessary to pull the line as tight as possible before using the ratchet. Do not overfill the ratchet spool or it can become jammed and unable to unwind.
- Pull on ratchet release lever to unlock ratchet handle. Use ratchet handle to tighten further by cranking the handle back and forth.
- Keep ratcheting the line tighter until the line is as tight as you can make it (but do not exceed 100 pounds of force on the handle). When fully tightened, pull release lever to close and lock handle in place. If ratchet handle is not locked closed, the line could unwind suddenly and cause injury.

Line Threads Through Ratchet Axle Slot

Ratchet Handle in Locked Position

Pull Line Tight Before Ratcheting

Crank Ratchet Handle to Tighten Line

Fully Open Ratchet Handle to Release Tension

Step 5. Mandatory load stress test

- Make sure all connections are tight and secure.
- Bystanders should maintain a safe distance from the line, at least 10 feet at all times.
- Using either a 250 lb person or weight, test the line by suspending weight 5 feet from each end.
- Watch for line dipping, or slipping around anchor trees. Tighten line if necessary.

Step 6. Releasing the line

- When you are ready to take down the line or want to adjust the spacing of obstacles, you will need to release the line tension.
- Unlock the ratchet handle by pulling the release lever firmly and opening the ratchet.
- Fully open the ratchet by pulling the release lever and firmly press the ratchet handle open until the line snaps loose. A popping sound can be heard.
- Once tension is loosened, obstacles can be repositioned.