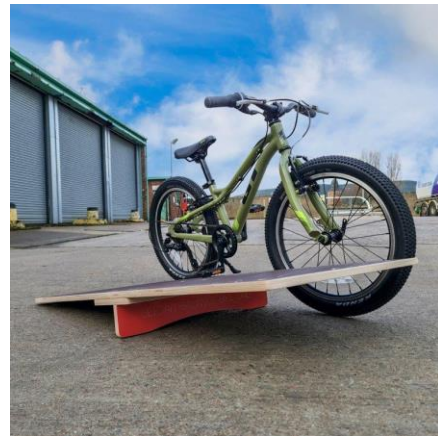




SENDER SKILL 5STATION



WARNING! THE SEESAW IS ONLY SUITABLE FOR BALANCE BIKES and SOME very small pedal bikes – PLEASE CHECK BEFORE USE! The rear wheel must be on the ramp surface before the SEESAW tips. Longer wheelbase bikes may cause the seesaw to tip BEFORE the rear wheel is on the ramp causing the bike to stop dead! It is NOT designed for launching other children into the AIR that are not on bikes 😊

Thank you for buying our Skill Station. You now have an incredibly versatile coaching and training aid to develop young rider's skills. It has been designed with beginners in mind to focus on Core Bike Handling Skills in a fun and challenging way. You will get maximum flexibility and progression by pairing the Skill Station with 1 or 2 Rookie Progression Ramps. However, it will work perfectly with fixed height ramps such as the Classic 200 / 350 and Core 200 and 350 straight or Curved Ramps but you will not have the benefits of intermediate height adjustment provided by the Rookie Ramps.

Our goal was to give users the ability to build confidence with ease by gaining height in small increments.

We have applied a lower load rating of 75 kgs on this equipment because it is designed for young children. In some settings such as the 1200 tabletop you will notice some flex and this is normal! The equipment is very strong, but will have a LOT of flex in certain settings if used by older children or adults and may fail if overloaded. We recommend our Progression Tabletop's if you need a set up that is designed for heavier and older riders that has been designed for heavy use and high loads.

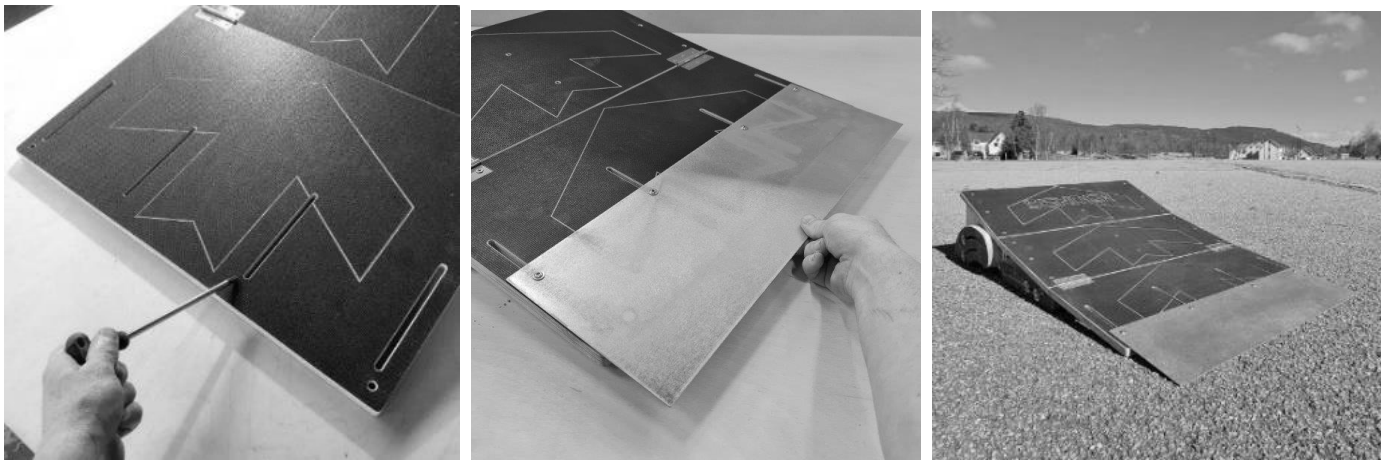
** You can use your Station on its own as a Standalone 200 mm HIGH Jump or Landing Ramp!

On this piece of equipment you can:

- Create a Balance Bike Seesaw
- Easy 200 Jump Ramp with 1200 Long Transition
- Harder 200 Jump Ramp with 600 Long Transition
- Multi height Drops 200 – 350 High
- Incline / Decline Drops
- Safe Jump / Easy 1200 Roll Over
- Safe Jump / Harder 600 Roll Over – Compression Roller
- Single 600 Tabletop Bridging 2 x Ramps
- Double 1200 Tabletop Bridging 2 x Ramps
- Create a Step UP or Step DOWN Tabletop Scenario

SUITABLE FOR SKATEBOARDS and SCOOTERS

Your Skill Station is suitable for skateboards and scooters if you buy the optional SKATE PLATE. This can be fitted and adjusted to create a smooth transition from the ground to ramp. PLEASE SEE INSTRUCTIONS LATER IN THIS GUIDE.



SAFE OPERATION!

Once you are familiar with all the parts you can set up, fold and pack SKILL STATION in 5 minutes. You can easily adjust the station to YOUR CHOSEN height or setting in a matter of minutes. YOU MUST ALWAYS check the components are bolted tightly together to prevent the ramp from failing / folding or collapsing.

Lift your ramp and station into place with two people. Dragging the ramp will damage components.

WARNING – This Station and our Ramps have moving components that can cause a finger entrapment. Under 16's should be supervised when assembling, erecting or changing the mode of the Station and Ramps.

We advise packing, unpacking and transporting the ramp with two people to avoid manual handling injuries.

DESIGNED FOR:

- Young Rider on Balance Bikes or First Pedal Bikes
- Safe Working Load is 75 Kgs – Dynamically Tested to over 150 Kgs
- Bolt Torque setting is 12 Nm

SAFE USE AND PPE:

Always wear a full face helmet, gloves and knee pads when using the Station. We also recommend back protection and a neck brace. Ensure adequate fall space all around with no surrounding impact surfaces like fences, trees, vehicles or roads. Keep spectators clear. Locate your Station on flat even ground. Take your time and follow all the user instructions carefully for max strength. Built confidence before trying higher settings. We recommend hiring / consulting a coach to improve skills. When improving your riding skills crashes can lead to life changing injuries and damage expensive bikes. You can use the peg points on the front of your ROOKIE and PROGRESSION Ramps to prevent ramps moving under use.

SENDER BUILT TO LAST:

Designed and Manufactured in the Highlands of Scotland from 18 mm (13 layer) Birch Plywood and 18 mm (13 layer) Phenolic Grip (mesh) coated Plywood secured with Stainless Steel Components. Look after your ramp and it will last a life time. We recommend storing the ramp inside after use and carefully drying the ramp if it is used outside in the damp or rain. **Spare parts are available for purchase on request.** The Plywood has been Independently Impact tested and Insert Pull Tested. Do not drag or pull the ramp around. It should be LIFTED into place to prevent premature deterioration.

PRESERVING AND MAINTAINING: COLOURED RAMP OWNERS GO TO END OF INSTRUCTIONS

When you assemble your ramp please use silicone spray to protect and lubricate the bolts. Follow instructions on the bottle / can for safe use. Preserve your ramp BEFORE use with the recommended Decking Protector – see end of Instructions



TORQUE WRENCH (recommended) – SPRAY YOUR BOLTS during assembly process and as often as possible for better function

Moving parts such as Nuts and Bolts should be silicone sprayed frequently. All cut edges and natural plywood faces should be treated with LOW VOC (Water Based) Decking protector Natural Colour. Repeat annually. Under no circumstances use Varnish!! Check for damage before and after each use and retire the Ramp if you find any until you seek further advice from support@sender-ramps.com. [Additional notes at the end of this guidebook.](#)

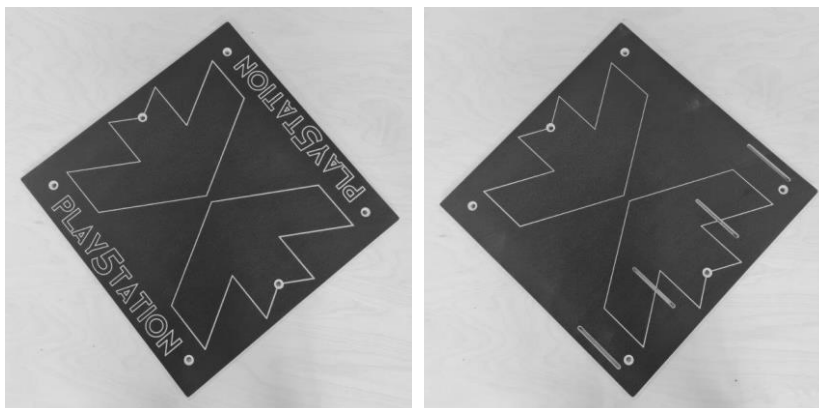
MODE CHANGING EQUIPMENT REQUIRED:

- 1 x 6 mm HEX KEY (Found ON Your Bike Maintenance TOOL!) OR SUPER Fast with an 6 mm Impact Gun / Drill Driver
- A “T” HANDLE 6 mm HEX / ALLEN KEY is useful piece of equipment for tightening bolts
- A Torque Wrench will ensure that ALL bolts are set at the max tension of 12 Nm

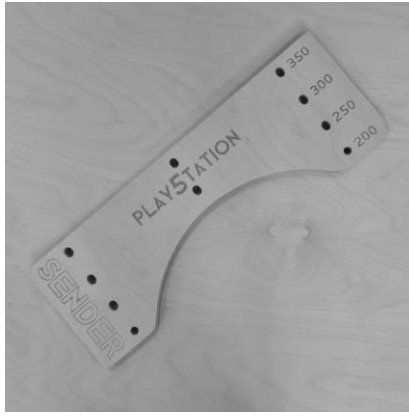
SKILL STATION ASSEMBLY AND MODE CHANGING INSTRUCTIONS

REFRESH KIT: A Refresh KIT will be available in our shop for components in contact with the ground subject to the most wear and tear. This will keep you station in good shape for years and is good for the environment.

COMPONENTS:



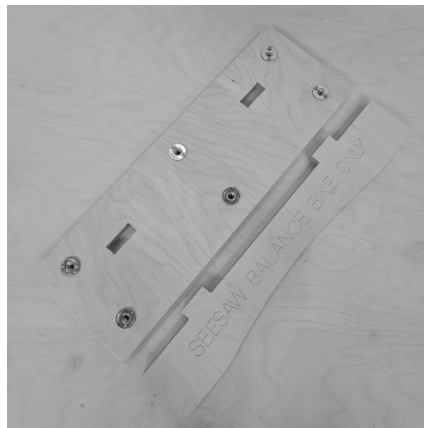
SURFACE 1 – SURFACE 2 with SKATE PLATE SLOTS



HEIGHT ADJUSTMENT PLATE – HEIGHT ADJUSTMENT FEET



SMALL HINGED PLATE – LARGE HEIGHT ADJUSTMENT PLATE



JOINING PLATE AND ROCKER / SUPPORT BAR

VERY IMPORTANT:

STAINLESS STEEL IS SOFT. It is VERY easy to round the heads of screws. Apply CONSTANT PRESSURE when fixing components. Take your time to complete the ASSEMBLY process. Poor Assembly WILL lead to a weak and poorly functioning product!

INITIAL ASSEMBLY TOOLS:

- 1 x 6 mm Allen Key – Found on Bike Tool
- 1 x Screw Driver or Drill Driver
- 1 x Pozi 2 Driver Bit
- 1 x TX25 Driver Bit
- 1 x 4 mm Drill Bit
- 1 x 600mm Long Quick Clamp (Useful but not essential)
- 1 x Torque Wrench with 12Nm setting. (Optional but advised for max safety)

Wear appropriate PPE when assembling your product – Eyewear / Gloves / Footwear. Protect your work space to avoid damaging your property.

SKILL STATION FIXINGS:

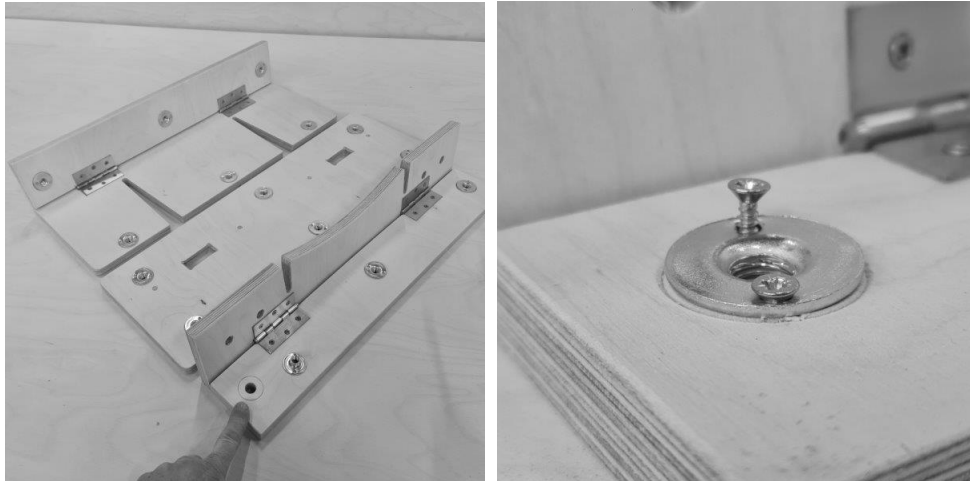
- 15 x T Nuts
- 30 x T Nut Screws
- 4 x Hinges (Already Installed)
- 24 x Hinge Screws (Already Installed)
- 7 x M10 x 40 Button Head Bolts (3 for Height Adjust Plate + 2 for Hooking to the end of Each Ramp)
- 7 x Large Washers
- 12 x M10 x 35 Countersink Bolts
- 8 x TX25 Screws

ASSEMBLING YOUR SKILL STATION

STAGE 1: Time to assemble approximately 30 min's.

Select the components with 13 mm holes through the plywood. These are found on the HINGED PLATES and the JOINING PLATE. Lie them on a flat surface so you can see ALL of the CIRCLE / ROUND Markers around the holes. Place the T nuts into **ALL CIRCLED** Holes.

Place the Small Screws into the holes in the T Nuts and fix them to the Plywood. The Screws **MUST** be placed VERTICALLY.

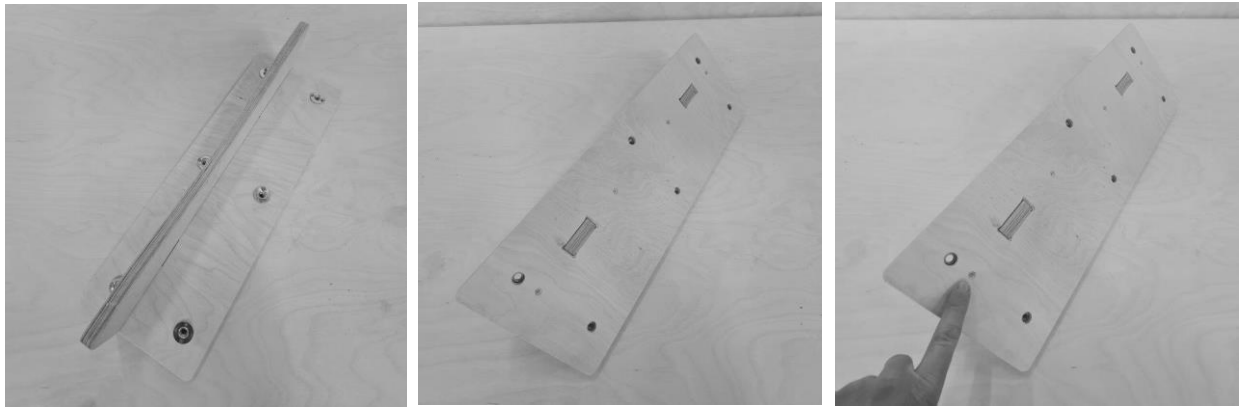


STAGE 2:

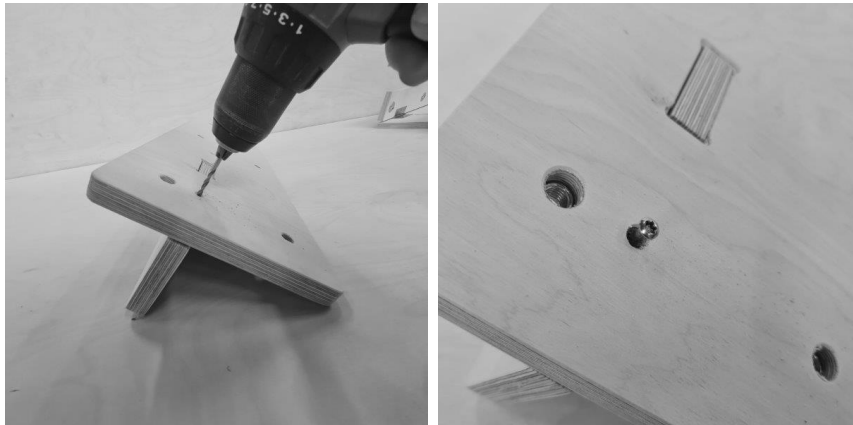
Take the Joining Plate and place this so that the T Nuts are facing UP. Take the Rocker / Support Plate and place this so you can see the text SEESAW BALANCE BIKE ONLY. Turn the Joining Plate so the that narrow section between the pockets and edge is at the top as shown in the right picture.



Place the teeth of the Rocker Plate into the pockets in the joining plate. Turn the two parts over as shown below so you can see the screw placement marker points.

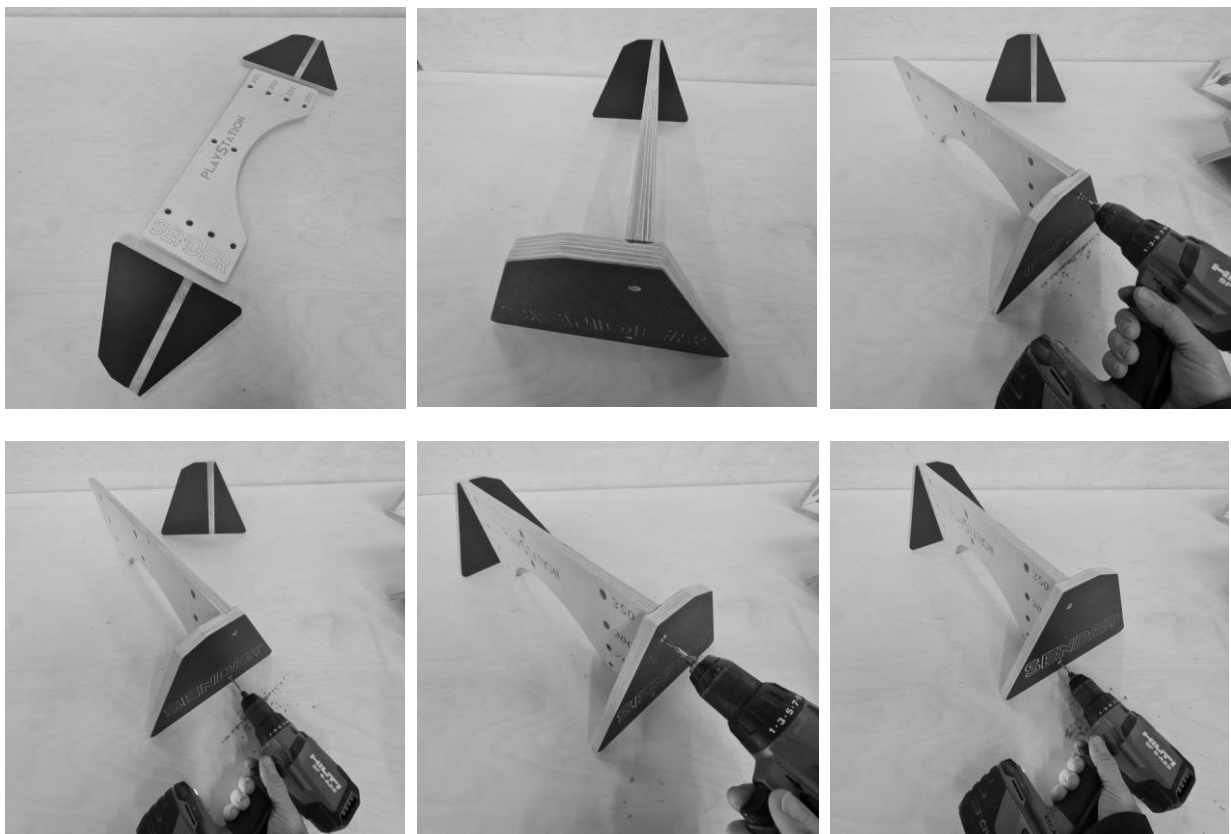


Drill through these 4 x points with a 4 mm Drill Bit and fix the two parts together securely with 4 x TX25 Screws.



Stage 3:

Take the two Height Adjustment Feet and the Height Adjustment plate and place them on a flat work surface as shown below. Stand the components up with the Adjustment plate inside the slots on the feet. Make sure that the plate is flush at the top and bottom. A Quick Clamp can be used at this stage to hold the parts together. Drill through the marker points on the foot with the 4 mm Drill Bit and secure with 2 x TX25 Screws. Repeat on the other side.



CREATING FEATURES AND SWITCHING BETWEEN MOD_{ES}

We recommend that you work through all the different modes described below in the order shown. If you need help please email scott@sender-ramps.com or call 07719 309214.

CREATING THE SEESAW + USING THE JOINING PLATE TO JOIN TABLETOPS

****BALANCE BIKES ONLY OR VERY SMALL PEDAL BIKES**** You must test each bike before use.

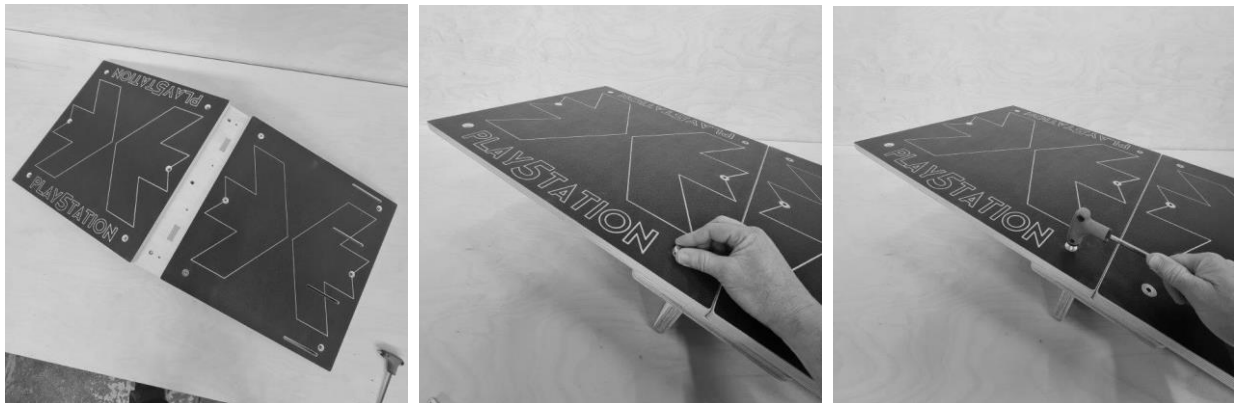
Both wheels (of the bike being used) **MUST** be on the Tabletop surface of the Seesaw **BEFORE** the Seesaw tips. If the Seesaw tips before the rear wheel is on the ramp the bike will stop dead!

Take the Tabletop with the Skate Plate Slots and place this so the Joining Plate is at the opposite end from the Joining Plate. Take 3 x M10 x 35 mm Countersink bolts and place these through the surface to catch the T Nuts in the Joining Plate below. This must be done by finger first to avoid cross threading.

Once all three bolts are in place tighten them with the 6 mm Allen Key until the bolts are flush with the surface. Secure to 12Nm with a Torque Wrench if you have one and want to confirm maximum security.



Take the second Tabletop section with SKILL / PLAY STATION text and sit this onto the Joining Plate. Repeat the process above for locating the bolts and applying the correct amount of force to hold the Tabletop safely in place.



You have now created the Balance Bike Seesaw and joined the two 600 mm Tabletops together to create one 1200 Long Tabletop.

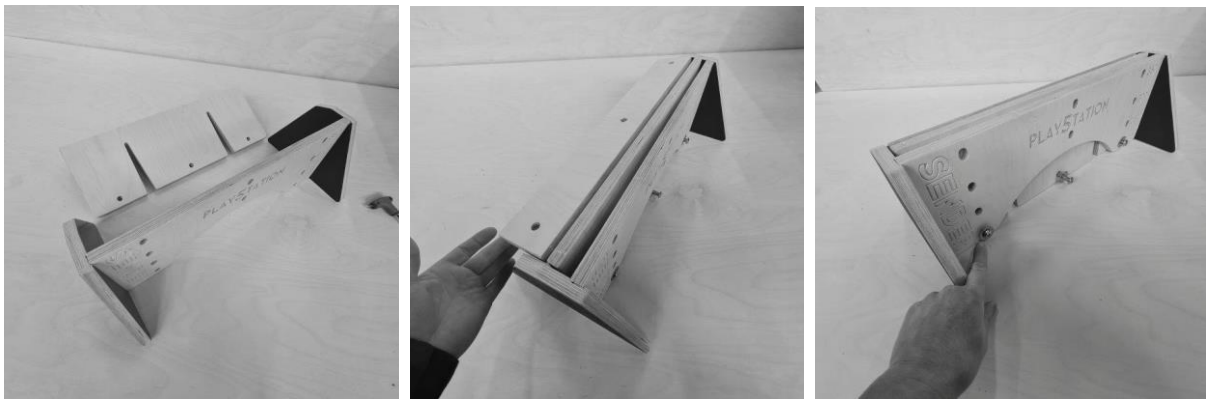
CHECK ALL BOLTS BEFORE USE!



BALANCE BIKE SEESAW MODE

BUILDING AND ATTACHING THE HEIGHT ADJUSTMENT LEG

Take the LARGE Hinged Plate and the Height Adjustment Plate with Feet. Place this as shown below. We will start with these components in 200 mm high mode. Place an M10 x 40 Button Head Bolt through the front plate and into the hinged plate at either end. Tighten with the 6 mm Allen key or Torque to 12Nm



There is a Central Bolt which is not engaged / needed at 200 OR 250 MODE. You can place this into the T Nut holes for Storage.

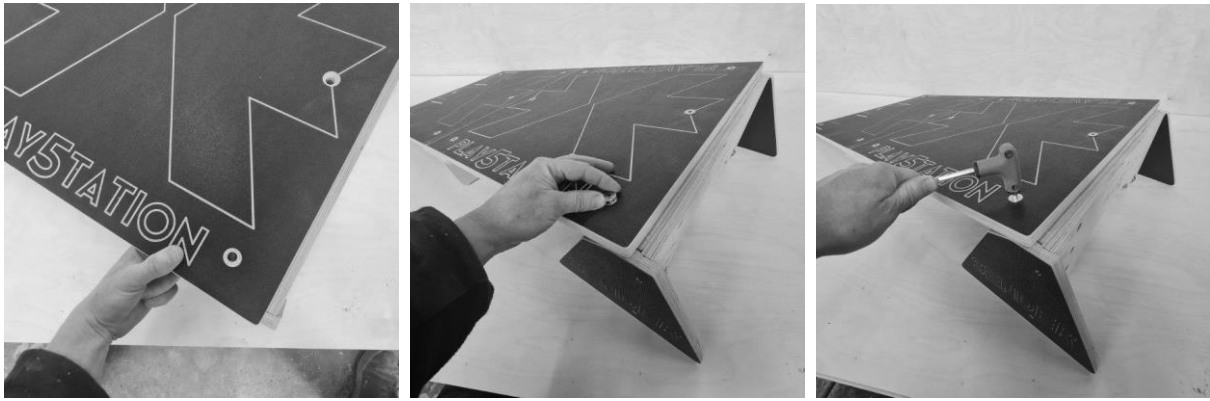


MAKING AN EASY ANGLE 200 mm HIGH JUMP RAMP

ATTACHING THE SURFACES TO THE HEIGHT ADJUSTER

Take the 1200 mm long surface you created by using the Joining Plate and turn this so that the SKILL / PLAY STATION TEXT is at the same end as the Height Adjuster. The orientation of the surfaces is important because the surface will not touch the ground if REVERSED!

Line the Holes in the surface with holes in the hinged plate on the Height Adjuster. Use 3 x M10 x 35 mm Countersink Bolts to hold the surface to the adjuster. Locate the bolts into the t nuts by hand first. Then secure with the 6 mm Allen Key. Secure to 12Nm.



You have now created an easy angle 200 mm Jump Ramp. This ramp is compatible with Skateboard and Scooters if you attached the Skate Plate (Optional Extra). You have also created the basis for the NEXT STAGE of creating Drop OFFS. Before this you have another option! Make sure the ramp is on flat, even and compact ground before jumping.

CHECK ALL BOLTS BEFORE USE!



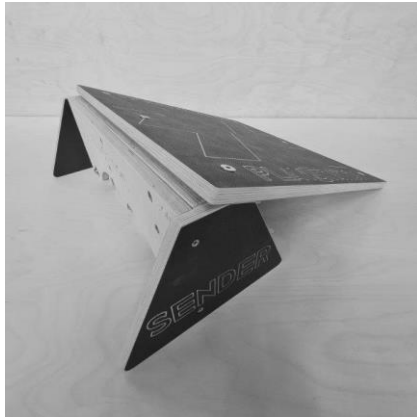
CREATING A HARDER / STEEPER 200 mm HIGH JUMP RAMP

Detach the lower section of the Ramp / Surface by removing the bolts ABOVE the join. You will need to switch the Tabletop Surfaces if you use this ramp with Skateboards and Scooter with the Skate Plate attached. You do not need to switch surface if you are only using a bike.



You have now created an alternative angle take off Jump Ramp! Make sure the ramp is on flat, even and compact ground before jumping.

CHECK ALL BOLTS BEFORE USE!



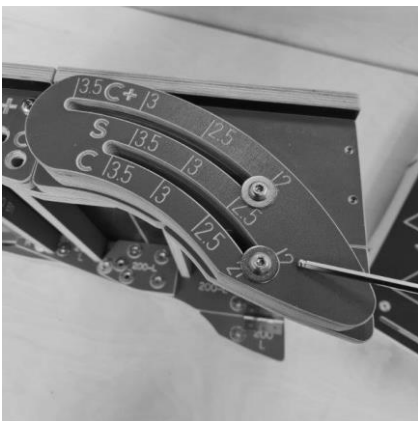
ATTACHING YOUR SKILL STATION TO A ROOKIE ADJUSTABLE PROGRESSION RAMP OR A FIXED CLASSIC OR CORE RAMP

CREATING A 200mm HIGH HORIZONTAL DROP OFF

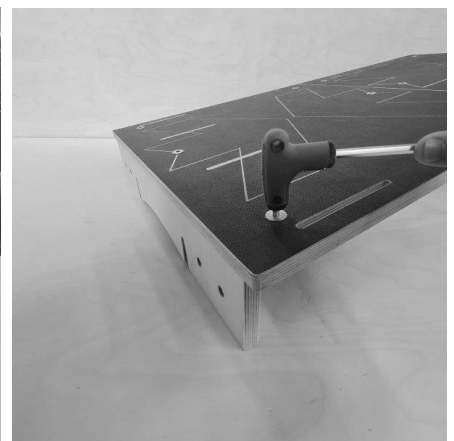
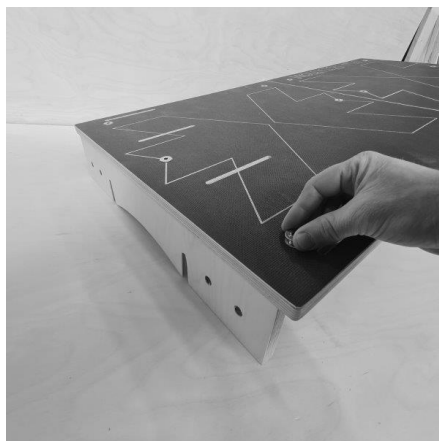
You will get the most progression out of your Skill Station by pairing it with a Rookie Ramp due to the fine adjustments that can be made.

EXAMPLE:

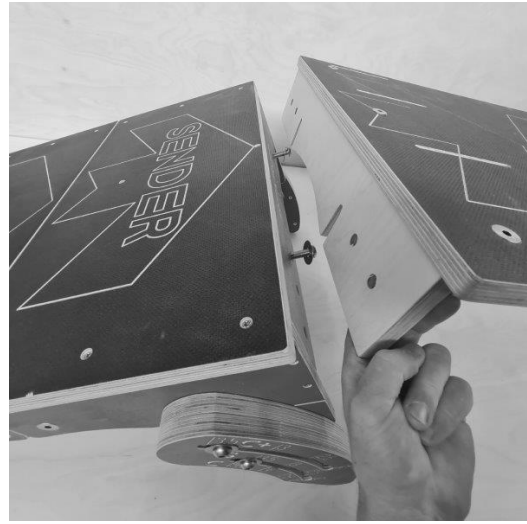
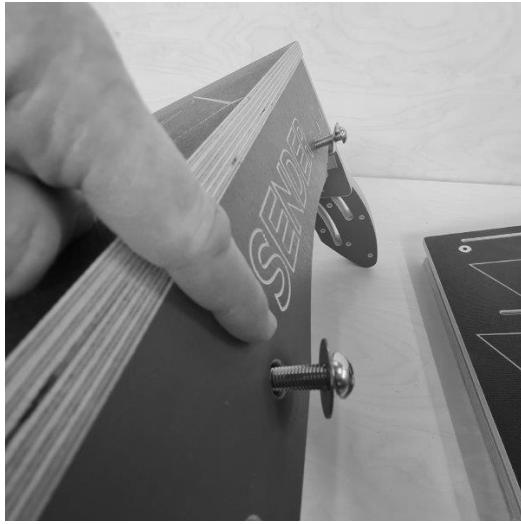
You have many height settings and angles on a Rookie Ramp that work with the Skill Station. STARTING WITH THE EASIEST: Set your Rookie Ramp to 200 Straight Mode.



Take the SMALL Hinged Joining Plate and bolt this to the end of the 1200 mm Tabletop which has the Height Adjuster attached. Secure the hinged plate to the Surface with 3 x M10 x 35 mm Countersink bolts and tighten to 12Nm.



Place 2 x M10 x 40mm Button Head Bolts with 2 x Large Washers into the Rookie Back Plate as shown below



Lift the Hinged plate so that the V Notches go over and slide down the bolts. Be aware that the plate can catch on the washers and adjust as required so they sit flush.



In the lower height settings it is NORMAL that the Skill Station SURFACE SITS LOWER than the top of the Ramp. You need to lift and hold the Surface Level before tightening the bolts. This is because the Skill Station requires ADDITIONAL movement at this point to create other features whilst remaining level with the top of the ramp. ADJUSTMENT is always required. Tighten to 12Nm once the position is correct.



You have now created a 200 mm High Drop OFF. Please note that you could PLACE A SMALLER RAMP or an angled piece of wood to reduce the drop height at the end to less than 200 mm. If you have a SECOND ROOKIE, the first two sections of ramp give you a 125 mm High Ramp which is PERFECT for beginners dropping for the first Time! Make sure the ramp is on flat, even and compact ground before jumping.

The ULTIMATE SET UP IS 2 x ROOKIE RAMPS and 1 x SKILL STATION.

CHECK ALL BOLTS BEFORE USE!

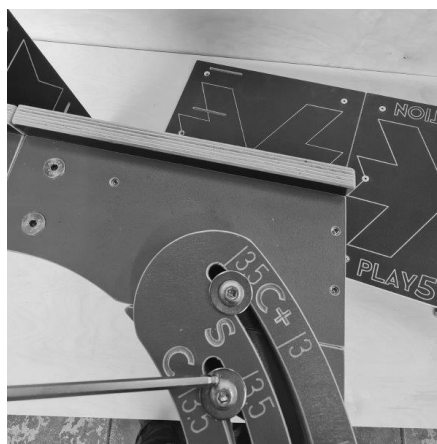


CREATING A 350 mm DROP OFF USING A ROOKIE RAMP and THE HEIGHT ADJUSTER ON SKILL STATION

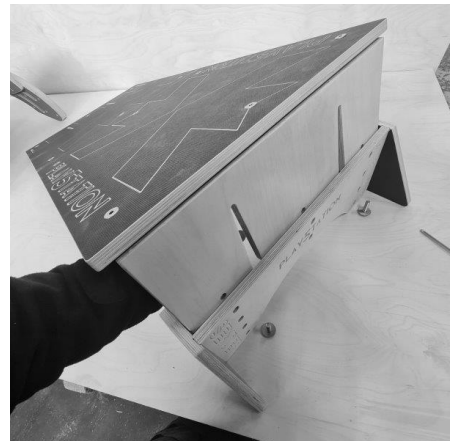
Paired with a Rookie Ramp you can create a 200 / 250 / 300 / 350 High Drop OFF. You can also use a FIXED Height 350 Ramp.

EXAMPLE:

Rookie in Straight 350 High Mode. Set your ramp to this height and mode.



This stage can be completed with the Skill Station Attached or Detached from the Rookie Ramp. Remove the Central Bolt (This is required for extra strength at the 300 + 350 Height Setting) Remove the two side bolts. Lift the Adjustment Plate (two people makes this very easy).



Place the side bolts back into the holes at 350 mm high and tighten to 12 Nm. Place the central bolt at the same height setting and secure at 12 Nm. You may need to loosen the other bolts if you cannot easily locate the central bolt. Tighten all to 12 Nm.

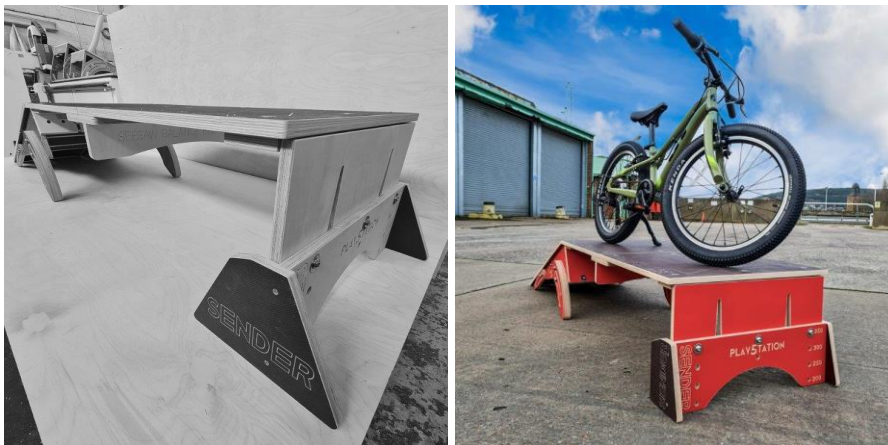


You may need to hook the Skill Station back onto the Ramp or readjust the level of the Surface to the top of the ramp. Hold the Tabletop Surface level while you secure the bolts to 12 Nm.



It is **ESSENTIAL** that the front Height Adjuster and Legs are on a **FLAT, EVEN and COMPACT** surface. You should check the stability of the structure **BEFORE USE** so that it will not topple forward. Toppling is possible on loose or uneven ground. The Station is most vulnerable potentially unstable at its highest settings if not correctly set up!

CHECK ALL BOLTS BEFORE USE!

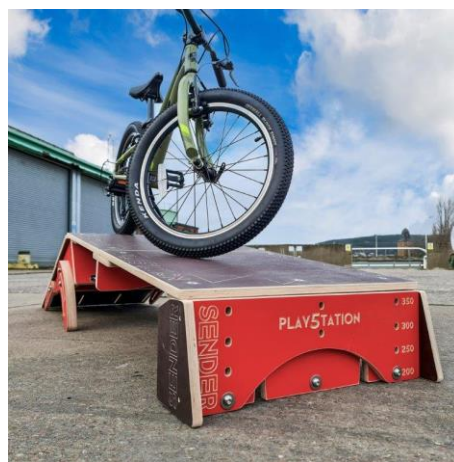


CREATING A DECLINE DROP OFF

You can easily create a **DECLINE DROP OFF** by setting your **ROOKIE** at 350 mm High and Dropping the front of **SKILL STATION** in 50 mm Step all the way to 200 mm! This creates a very challenging scenario requiring additional pull and push by the rider to land two wheels rolling!



The example below shows a Rookie / Skill Station 350 to 250 and Rookie / Skill Station 350 to 200 DECLINE DROP OFF! You can also make an INCLINE DROP OFF by setting your ROOKIE Ramp at 200 mm high and the Skill Station at 350 mm HIGH! You may wish to place a ramp at the end of the drop for first attempts. A second Rookie is PERFECT for this scenario and makes practice much safer.

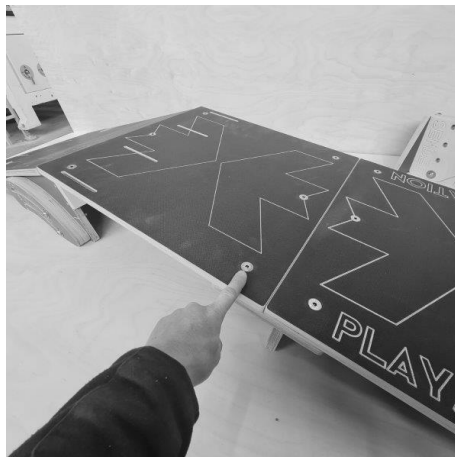
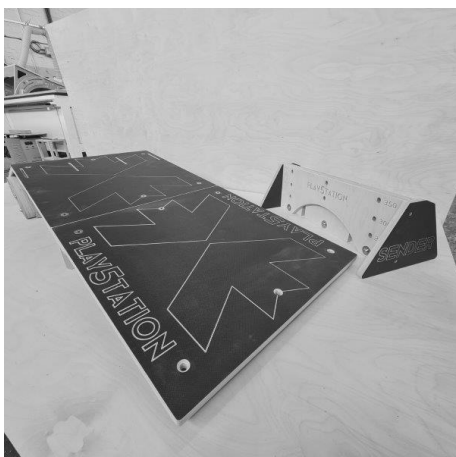


CREATING A 200 mm HIGH ROLL OVER Or SAFE JUMP with EASY or STEEPER ANGLE LANDING

Using your ROOKIE you can create the same set up described below at 200 / 250 / 200 / 350 Height Settings!

Sometimes it is safer to Jump with a Back Board so there is NO DROP at the end of the ramp. You can quickly detach the Height adjuster to create this feature with a 1200 long landing / roll. When the Ramp is in 200 Mode please make sure that the Joining Plate is correctly orientated so that you have a supported surface that connects with the ground.

You can quickly create a steeper Roll Over or Safe Jump Board by removing unbolting the Lower Section above the join as shown below. This gives a 600 mm long board and steeper back board! This gives a 600 mm long Back Board. Above 250 mm you must be careful that the 600 mm Board does not create such a steep angle "A" that the chain ring hangs up on the LIP!



The images below show a Mellow 1200 Board on the left and Steep 600 mm Roll Over or Safe Jump Board set up on a 200 mm HIGH Rookie on the right!

Check all bolts before use!

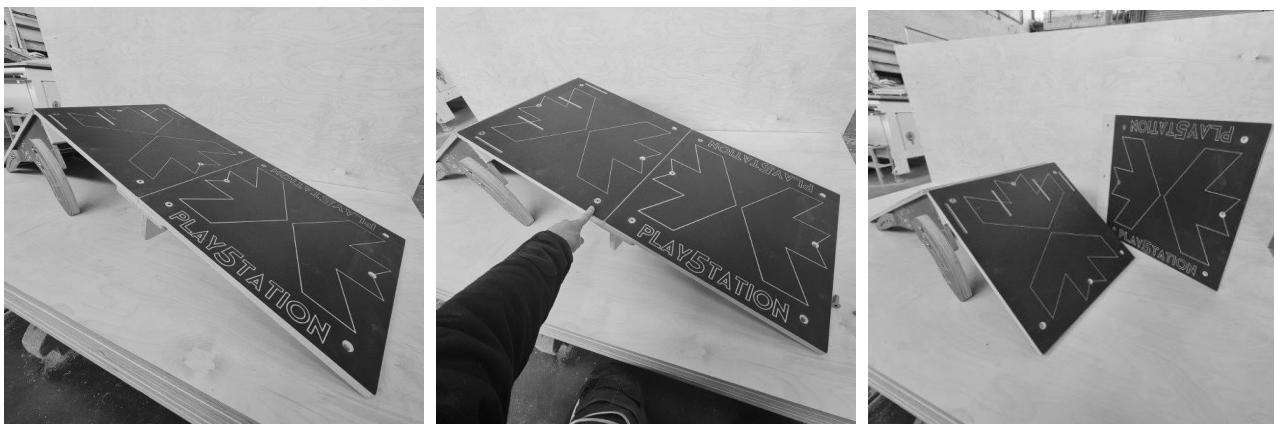


CREATING A 350 mm HIGH ROLL OVER Or SAFE JUMP with EASY or STEEPER ANGLE LANDING

Using your ROOKIE you can create the same set up described below at 200 / 250 / 200 / 350 Height Settings!

Sometimes it is safer to Jump with a Back Board so there is NO DROP at the end of the ramp. You can quickly detach the Height adjuster to create this feature with a 1200 long landing / roll.

You can quickly create a steeper Roll Over or Safe Jump Board by removing unbolting the Lower Section above the join as shown below. This gives a 600 mm long Back Board. Above 250 mm you must be careful that the 600 mm Board does not create such a steep angle "A" that the chain ring hangs up on the LIP!



The images below show a Mellow 1200 Board and Steep 600 mm Roll Over or Safe Jump Board set up on a 350 HIGH Rookie

Check all bolts before use!



CREATING A 600 mm wide Tabletop OR a 1200 mm Wide Tabletop.

You can Join two ramps together using your Skill Station to create safer take-off and landing scenarios. These Ramps can be of EQUAL Height OR OFFSET so one is higher than the other. It is possible to join a 200 to a 350 as a STEP UP OR a 350 to 200 as a STEP DOWN!

SINGLE TABLETOP

Take either of the Skill Station Surfaces and bolt a hinged plate at either end of the surface securing bolts to 12 Nm (1 x large and 1 x Small Plate). You must REMOVE the Height Adjuster Plate and Legs first on the Large Plate). Adjust the Surface so that it is LEVEL with the top of the ramps and tighten the Bolts in the V Slots to 12 Nm.

Check ALL Bolts before use!



DOUBLE TABLETOP

Take BOTH Skill Station Surfaces and BOLT them together using the Joining Plate to create a 1200 mm long surface. Attach a hinged plate at either end of the surface securing bolts to 12 Nm (1 x large and 1 x Small Plate) You must REMOVE the Height Adjuster Plate and Legs first on the Large Plate). Adjust the Surface so that it is LEVEL with the top of the ramps and tighten the Bolts in the V Slots to 12 Nm.

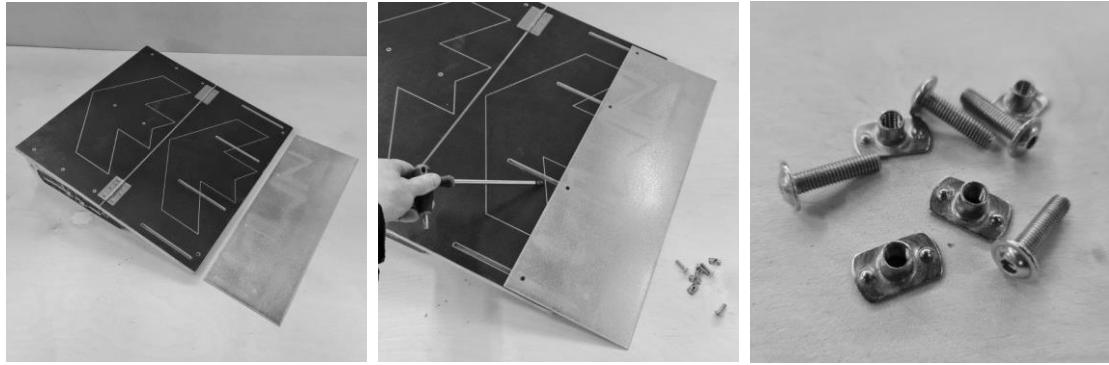
Check ALL Bolts before use!



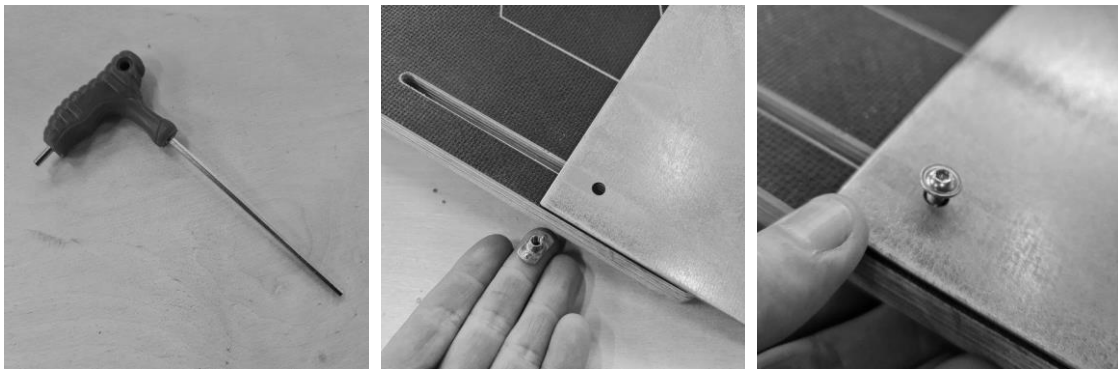
INSTALLING THE SKATE PLATE (This component may not have come with your ramp)

Please note that the images below the attachment of a Skate Plate to a Rookie Ramp! The process is the same for the Skill Station.

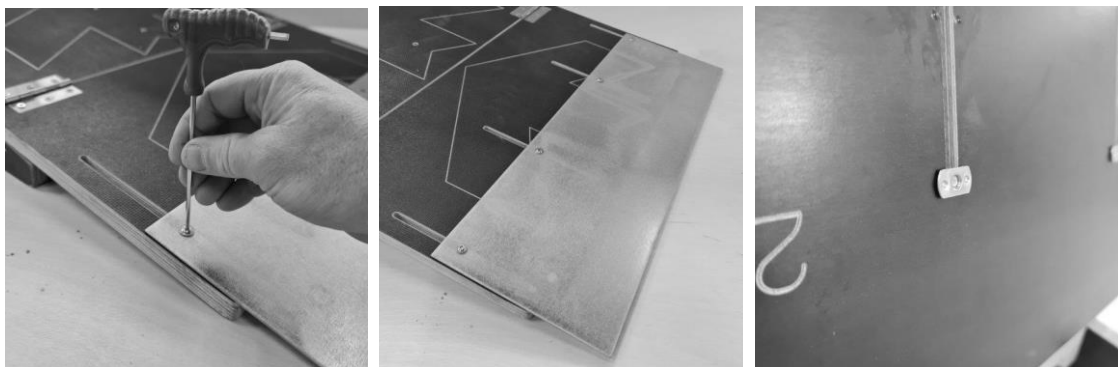
The Skate Plate can be installed and removed quickly. You will need a 3 mm Allen Key found on your BIKE TOOL! Place the Galvanised Steel Plate over the 4 slots on the first ramp surface. Take a small bolt and T Nut.



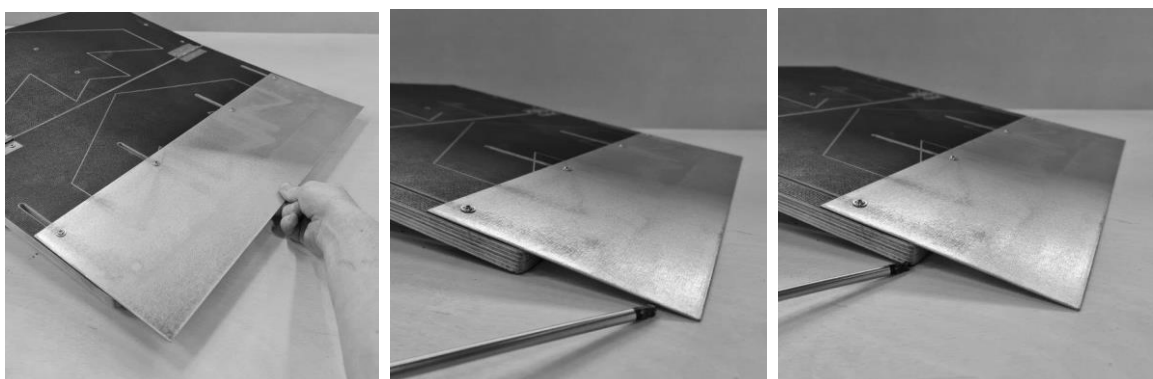
Place and Hold the T nut underneath the surface inside the first slot. Move the T nut so you can see it through the first hole in the plate. Connect the Bolt and T Nut together and wind the bolt by finger until nearly tight against the plate.



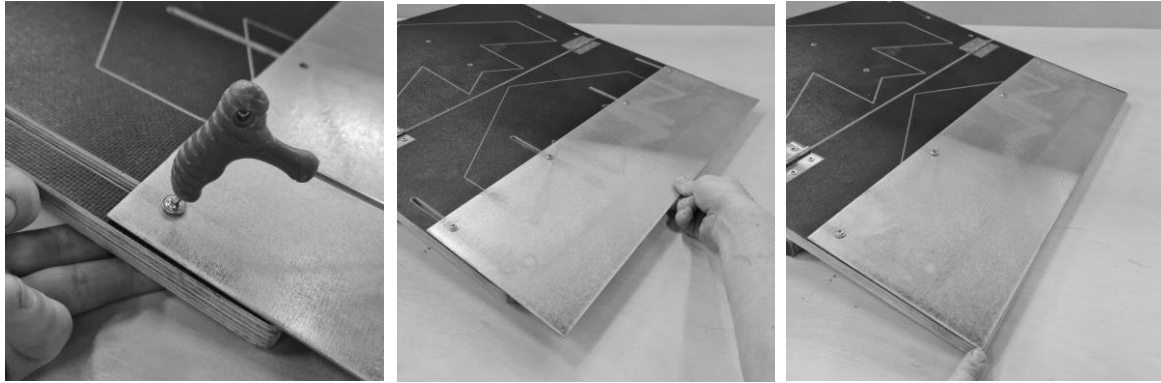
Repeat for the remaining 3 x T nuts and Bolts. You may need to manipulate the plate so do not tighten the bolts with an allen key at this stage. Please ensure that the T nut is perpendicular to the slot when you look at the smooth back surface of the ramp for full strength.



Adjust the plate by sliding it up and down the slots. The plate is in the correct place when the edge is on the ground and flush with the face of the ramp. **IMPORTANT! You will need to move / adjust the plate EACH Time you change the height and Transition of the ramp**



Once the position is correct tighten the bolts to prevent movement / slippage. When you are finished with the ramp the plate can slide into storage mode. Simply untighten – slide and retighten the plate. Be careful not to scratch the ramp surface.



STORING YOUR RAMP – KEY POINTS TO REMEMBER

Your ramp should be stored in a dry location. Shipping Containers are terrible for humid, warm and cold conditions that are perfect for growing mould and mildew. Birch Plywood (and other sheet materials) are prone to these growths if it is not treated. Your ramp CAN BE used outside in the rain and in wet grass but if you would like your ramp to last a lifetime bring it inside after use. We strongly recommend treating your ramp with a preservative. Please see below.

Never leave your ramp in a transport bag if it has been used in wet grass or in the rain.

IMPORTANT! PRESERVING RAMPS + COLOURED RAMPS:

It is not essential to use a preservative on Natural Wood but it will greatly increase the longevity of your ramp and prevent unsightly marks. It will also prevent the loss of colour on coloured ramps and features. NEVER use a varnish. Choose a water based protector as these are very easy to apply and environmentally friendlier.

We recommend COLOURED RAMPS AND FEATURES are treated with a LOW VOC Water Based Decking Protector – CLEAR COAT! This will seal and maintain the colour. On Coloured ramps you should apply the preservative carefully onto coloured surfaces allowing the coating to soak into the wood rather than “working it in” with a brush as this could dilute the colour. Coat all cut edges twice.

Please run a test on an internal coloured part to check for discolouration! To see if you are happy with the change BEFORE committing to coating the more visible coloured faces. CLEAR COATINGS ARE BEST on Coloured Ramps and Features

An annually or biannually treatment will help longevity of the ramps and features.

REMOVE FROM PHENOLIC RESIN / MESH COATED PLYWOOD

You MUST use a wet, then dry cloth to remove the excess from all BROWN Surfaces. It looks really good to begin with!! but leaves a waxy film that peels in the rain☹ It may even make the ramp surface slippery!



RONSEAL LOW VOC WATER BASED DECKING PROTECTOR – CLEAR or NATURAL

DISPOSING OF YOUR RAMP

You should remove all screws / nuts and bolts and place these in metal recycling. You must put the plywood in the wood recycling. BETTER! Get in touch for new parts or one of our refresh kits! This will allow you to keep using the ramp or even sell the ramp to another user. This is by far the MOST ENVIRONMENTALLY FRIENDLY SOLUTION.

COMPATABILITY

Please get in touch if you need help with compatibility or require confirmation of the strength of a specific set up or features, ramps and components!

Thanks again – We hope you enjoy the process of building your ramp and then making fast progress to new skill levels and greater confidence on the trail.

Scott and Team

You can get expert advice at Sender. Do not hesitate to contact us. You can also order replacement parts. This keep your purchase environmentally friendly and keeps you rolling.

Please subscribe to our YouTube Channel Sender Ramps for notifications when we upload new films. If you need advice or help please contact us direct support@sender-ramps.com