



HELP LINE

OVERHEAD TRAINING LINE

NEVER GRAB OR HANG FROM MAIN HELP LINE DIRECTLY, IT IS NOT INTENDED TO SUPPORT BODY WEIGHT AND MAY CAUSE INJURY AND/OR DEATH. ONLY USE THE HELPLINE TO GUIDE THE ARM-POSITION TRAINER.

THIS MANUAL CONTAINS IMPORTANT SAFETY INFORMATION. BEFORE USING ANY SLACKLINE EQUIPMENT, READ THIS MANUAL CAREFULLY AND MAKE SURE YOU UNDERSTAND AND AGREE TO ALL WARNINGS, CAUTIONS, INSTRUCTIONS, AND SAFETY RECOMMENDATIONS. PERIODICALLY REVIEW THE INFORMATION IN THIS MANUAL AND INSPECT YOUR SLACKLINE EQUIPMENT REGULARLY FOR SIGNS OF EXCESS WEAR OR DAMAGE. DO NOT USE THE SLACKLINE EQUIPMENT UNLESS YOU ACCEPT ALL RISK OF INJURY AND/OR DEATH THAT MAY RESULT FROM YOUR USE.

1. WARNING! THE SLACKLINE CAN BE A DANGEROUS PIECE OF EQUIPMENT EVEN WHEN USED PROPERLY. PARENTS OF MINORS AND MINORS: Minors should not use the slackline unless they are under constant competent adult supervision. Make sure that the slackline is only installed in areas where minors cannot access the slackline without such adult supervision. Minors should never install the slackline, use the ratchet or adjust the tension of the slackline at any time.

The slackline was developed solely for use by one adult at a time to improve his or her balance by slowly walking across the slackline over a flat, even and soft landing area clear of obstacles, people, projections, or nearby hazards. The slackline must only be used in the manner described in this Manual. USING A SLACKLINE CAN BE A DANGEROUS ACTIVITY THAT MAY RESULT IN SERIOUS INJURY AND/OR DEATH EVEN WHEN USED PROPERLY. USE AT YOUR OWN RISK AND ALWAYS USE COMMON SENSE.

Make sure that the slackline is attached only to anchors as described in section 3.1 below.
Do NOT attach the slackline to any anchor point that is not fixed or too weak to safely anchor and use the slackline. For example, do NOT attach the slackline to one or more cars, www.slacklineindustries.com contains additional information.

Make sure the ground and landing area over which the slackline is suspended is flat, even, and soft. You will be stepping and perhaps falling onto it!
Do NOT set the slackline at any height above 18 inches (50 centimeters).
Make sure there are no obstacles, hazards, people, or projections near the slackline that could injure you in a fall.
Only use the slackline at locations without any nearby hazards and/or dangers.
Always wear sturdy, tightly laced athletic shoes with flat rubber soles.
Do NOT walk the slackline in sandals, shoes with lugged soles or barefoot.
Keep all spectators at least 9 feet (3m) from the slackline.
Never use the slackline at dusk or night or in wet or icy conditions.
Do NOT allow more than one person to use the slackline at any time.
Do NOT exceed 300 pounds (136kg) in weight on the slackline at any time.

THE SLACKLINE IS NOT INTENDED FOR PERFORMING ANY TRICKS, INCLUDING BUT NOT LIMITED TO JUMPING, FLIPPING, ETC. ATTEMPTING OR PERFORMING TRICKS SIGNIFICANTLY INCREASES RISK OF INJURY AND/OR DEATH.

The slackline is not impervious to damage. ALL SLACKLINE EQUIPMENT MUST BE PROPERLY MAINTAINED AND INSPECTED BEFORE EVERY USE. FAILURE TO INSPECT AND MAINTAIN THE SLACKLINE EQUIPMENT BEFORE EACH USE MAY RESULT IN INJURY AND/OR DEATH. THE USE OF ANY PARTS NOT PROVIDED BY THE MANUFACTURER ARE NOT RECOMMENDED AND MAY DAMAGE THE SLACKLINE. IMPACT PERFORMANCE, SHORTEN THE LIFE-SPAN OF THE PRODUCT, AND CAUSE INJURY AND/OR DEATH.

11 FAILURE TO:
USE COMMON SENSE,
USE THE SLACKLINE EQUIPMENT AS RECOMMENDED IN THIS MANUAL, AND/OR
HEED THE WARNINGS AND INSTRUCTIONS IN THIS MANUAL.

MAY SIGNIFICANTLY INCREASE THE RISK OF SERIOUS INJURY AND/OR DEATH. WHEN ASSEMBLED, THE SLACKLINE IS UNDER SIGNIFICANT TENSION WHICH MAY EQUAL OR EXCEED 1500 lbs (7 kN/700 kg). DUE TO THE HIGH TENSION OF THE SLACKLINE EQUIPMENT, GREAT CARE MUST BE EXERCISED WHEN USING THE SLACKLINE TO DECREASE THE RISK OF INJURY AND/OR DEATH. OVERLOADING THE SLACKLINE WITH MORE THAN 300 POUNDS (136 kg) AND/OR MORE THAN ONE PERSON INCREASES THE TENSION AND MAY CAUSE THE SLACKLINE EQUIPMENT TO FAIL, RESULTING IN INJURY AND/OR DEATH.

Check local laws regarding slacklines to see where and how you may lawfully use the slackline. Slackline use on public property is illegal, restricted, or banned in some cities and states.

You may see people on TV or on the Internet performing tricks or stunts on a slackline. These are people who have been practicing for a long time, who are highly skilled, and who accept the risk of all injury and/or death. THE MANUFACTURER AND RESELLERS OF THIS SLACKLINE EQUIPMENT STRONGLY ADVISE AGAINST ATTEMPTING TO PERFORM ANY TRICKS ON THIS SLACKLINE EQUIPMENT AND SPECIFICALLY DISCLAIM ANY AND ALL RESPONSIBILITY AND LIABILITY FOR ANY DEATH, PARALYSIS, INJURY, AND/OR DAMAGE TO ANY PERSON OR PROPERTY THAT MAY OCCUR THAT ARISES OUT OF, OR IS IN ANY WAY RELATED TO THE USE OF THIS PRODUCT.

12 WARRANTY:

This product is warranted against any material or manufacturing defect for one (1) year from the purchase date as stated on a valid receipt. THIS WARRANTY DOES NOT COVER OR INCLUDE ANY DAMAGE OR DEFECT CAUSED BY: NORMAL WEAR AND TEAR, MODIFICATIONS OR ALTERATIONS, INCORRECT SETUP OR STORAGE, POOR MAINTENANCE, AND/OR DAMAGE DUE TO ACCIDENTS, NEGLIGENCE, OR MISUSE (INCLUDING BUT NOT LIMITED TO ANY USE NOT EXPLICITLY APPROVED IN THIS MANUAL).

13 WEAR NOT RELATED TO WARRANTY CLAIMS:

Wear on the slackline reinforced loop is expected and not taken into warranty consideration. Always inspect the slackline before any use and make sure the material under the loop protection is intact.
Wear on the print of the slackline is expected and excluded from warranty claim.
Wear on the slackline that is caused by incorrect setup or use is excluded from warranty claim.

14 CARE INSTRUCTIONS:

The slackline webbing can be cleaned using lukewarm water and a mild soap if needed. Rinse thoroughly with clean water and allow to dry completely before storing. Do not submerge metal ratchet or any other metal slackline equipment; clean only with standard machine lubricant. Always rinse slackline webbing with clear freshwater after use in saltwater.

Always ensure the slackline is completely dry before storing.

Other than as described above, THE MANUFACTURER, SELLERS, AND RESELLERS OF THIS PRODUCT MAKE NO OTHER REPRESENTATIONS AND/OR WARRANTIES, EITHER EXPRESS OR IMPLIED, REGARDING THE PRODUCT INCLUDING WITHOUT LIMITATION, ANY WARRANTIES AS TO MERCHANTABILITY, QUALITY, OR FITNESS FOR A PARTICULAR PURPOSE. THE MANUFACTURER, SELLERS, AND RESELLERS SHALL NOT BE LIABLE IN ANY WAY WHATSOEVER FOR SPECIAL, INDIRECT, CONSEQUENTIAL, OR INCIDENTAL DAMAGES, WHETHER BASED ON BREACH OF CONTRACT, BREACH OF WARRANTY, TORT (INCLUDING NEGLIGENCE), PRODUCT LIABILITY OR OTHERWISE, EVEN IF THEY HAVE BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES. THE SLACKLINE USER AGREES THAT HIS OR HER FULL REMEDY AGAINST THE MANUFACTURER, SELLERS, AND RESELLERS FOR ANY LIABILITY, CLAIMS, OR DAMAGES, SHALL BE LIMITED TO THE PURCHASE PRICE OF THE SLACKLINE EQUIPMENT, AND IRREVOCABLY WAIVES ALL CLAIMS FOR ANY OTHER DAMAGES THAT SUCH SLACKLINE USER MAY HAVE.

2. FURTHER WARNINGS:

ATTENTION! Do not use any other parts or materials to install the slackline or in connection with the use of the slackline other than the parts and materials provided by manufacturer.

USE OF THE RATCHET IS DANGEROUS AND MAY LEAD TO INJURY AND/OR DEATH. THE RATCHET MUST NEVER BE USED BY MINORS AND EXTREME CARE AND CAUTION MUST BE TAKEN WHEN USED BY ADULTS. THE SLACKLINE STRAP MUST NOT EXCEED TWO AND A HALF ROTATIONS AROUND THE AXLE OF THE RATCHET. (See subsection 3.5 below.) The tension on the lever of the ratchet must not exceed 85 pounds (approx. 378N/38.5kg) to prevent seizure and/or failure of the slackline system resulting in serious injury and/or death. It is always recommended to install a backup line on the ratchet. NEVER USE YOUR LEGS OR ANY DEVICE OR BODY PART OTHER THAN YOUR HANDS TO OPERATE THE RATCHET.

The slackline must not be attached or assembled between vehicles (e.g., cars or trucks) for various reasons, including because the tension can easily exceed the safety limit of 85 pounds (approx. 378N/38.5kg). This slackline equipment must not be assembled or used at any height above 18 inches (50 cm). Slacklining is a beautiful sport, but it's dangerous, including serious injury and/or death, are significant and must never be underestimated!

2.1 ADDITIONAL SAFETY REGULATIONS:

The slackline should ONLY be tensioned by hand and by one person.

Anchors must follow guidelines in section 3.1 and should not have any sharp corners or other conditions to potentially harm the slackline.

Only install the slackline over flat, soft or padded areas free of all obstacles and keep spectators at least 9 feet (3m) away from slackline area.

Never tension with other means (such as cars) than the equipment provided by the manufacturer.
Do not leave the slackline unattended.
Do not set up slackline in areas that cross a pedestrian, bike or other traffic paths.

Always alert others to the presence of the slackline using cones, flags or other highly visible objects to mark the area surrounding the slackline so it can be seen from a distance.
Do not modify length by using knots.
Do not use slackline equipment for any other purpose than slackline installation.

The HELP LINE is designed to aid beginners and accelerate the process of learning proper slackline form. The two-piece guide line easily mounts above the slackline to support the included arm position trainer. This system teaches the user where to position their arms to improve balance and can take the place of a spotter or partner so that the user can slackline on their own.

SPECIFICATIONS

- Length: 50ft or 85ft (15m or 26m) main line + 47in (119cm) arm position trainer
- Width: 1in (25mm)
- Max weight: 250lbs (133kg)
- Material: flat polyester
- Ages: 5 & up

HELP LINE SETUP

1. Wrap the main line around one of the trees 6-8 inches above the user's reach and thread it through the loop to fit snugly around the tree.



2. Wrap the secondary line around the other tree at the same height and thread it through the loop to fit snugly around the tree.



3. Guide the main line across to the secondary line ensuring it is flat the entire distance across, then thread through the D-rings to connect.



4. Feed the main line first through both rings then back between them and pull the tail until the HELP LINE is taut.



5. When the HELP LINE is secure, hang the arm position trainer over it. The user grips the arm position trainer so arms are extended at a 45 degree angle. Use the trainer to shift arms side-to-side, always keeping hands above shoulder height. This will assist in walking the slackline and learning proper form.

