

# Feet Off Ground: Information Manual

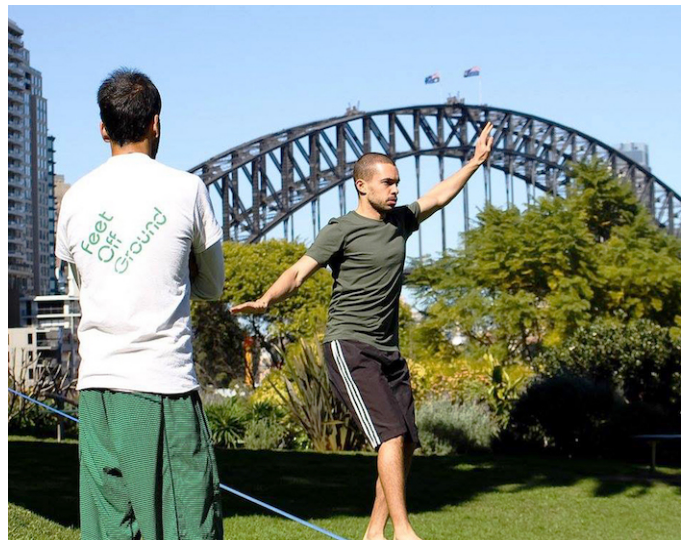
**The following document contains important information regarding setting up your slackline, taking care of your slackline and keeping things safe for you and those around you.**

*Warning: Slacklining is a potentially hazardous sport. Any person using Feet Off Ground's products are responsible for learning safe techniques and assume all risks, and accept full and complete responsibility for any and all damages or injury of any kind, including death. Failure to use proper techniques or not following guidelines can/will lead to serious injury or death, participants do so at their own risk. The Slackline may only be used for the purpose described here and in the manner specified here. The purpose and role of the Slackline is to balance on a piece of webbing from a safe height. Any other use or application is prohibited.*

## Keeping it Safe

To keep things safe for yourself and those around you, please be mindful of the following things:

- Setup your slackline over grass (or other soft surface)
- Our recommended height if learning to slackline should be below thigh height
- Maximum load on the slackline should not exceed 120kg
- Make sure that there are no obstacles, hazards, people, or projections near the slackline that could injure you in a fall. Be aware of the effects of sloping or uneven ground.
- Always use the tree protection provided, this minimises impact on the environment and equipment.
- Use strong healthy trees with at least 35cm diameter, do not use soft bark trees as this can damage some species or kill the trees.
- Do not attach a slackline to any sharp anchors or any anchor that cannot withstand a 3 Tonne force
- Do not over tension your slackline, use a maximum of 2 people tensioning by hand to tighten your line
- Do not leave your slackline unattended ever
- Avoid setting up your slackline in a high pedestrian traffic area, and make sure it is well clear of other park users
- All slacklining equipment should be replaced after 2-5 years of use or sooner (depending upon frequency/intensity of use)
- This slackline is not intended for performing any jumps or dynamic tricks
- Minors should not be allowed to use a slackline unless under constant adult supervision
- Do not tie any knots in your webbing or extend the length of your webbing by connecting other materials as this will considerably weaken the webbing (backup knots are fine)
- This slackline should not under any circumstances be used for highlining



# Setting up your slackline



## Primitive Slackline Kit

Included in your kit is the following:

- 1x Ring
- 3x Carabiners
- 2x Tree Slings
- 2x Tree Protection
- FeetOffGround Organic Carry Bag
- 30m Slackline Webbing (Blue)

## Setting Up your Kit

Setting up your kit for the first time can seem a little daunting, but we have tried to make this process as easy as possible by making a video to follow along. To see how to setup your kit, please visit our website for a video showing step-by-step instructions:

<http://www.feetoffground.com.au/setup/>

Please contact Feet Off Ground for Training or your nearest qualified instructor.

## Taking care of your slackline

Your slackline kit should be inspected for damage every time before use, during use and after use, please note the following things:

- ❖ When not using your slackline you should keep it in a cool dry place away from any chemicals
- ❖ Check your webbing and tree slings, if you see any tears, cuts, or loose stitching on the webbing, stop use immediately.
- ❖ Check your carabiners and rings for any visual defects, the gate on the carabiner should be able to open and close fully, the ring should not have any burrs or sharp edges- Stop use if any defects are present.
- ❖ Always rinse your slackline equipment in freshwater if it comes in contact with saltwater
- ❖ If your slackline gets wet, allow it to dry in the shade before storing

Please contact us if you need any replacement parts, or if you have any doubts about your equipment, DO NOT USE IT, please contact us first: [info@feetoffground.com.au](mailto:info@feetoffground.com.au).

