

SLACKLINE instructions for use EN

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Congratulations!

With your purchase you have decided on a high-quality product. Get to know the product before you start to use it. Carefully read the following operating instructions. Use the product only as described and only for the given areas of application. Keep these instructions safe for future use. When passing the product on to another party, always make sure that all documents are included.

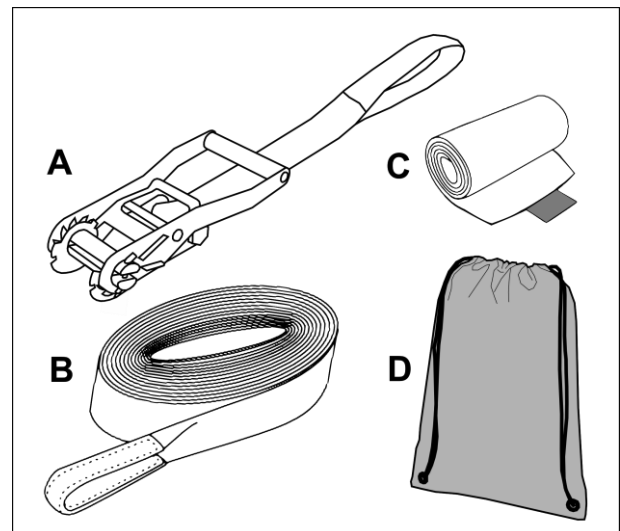
Contents

- A 1 x Ratchet with retaining slope
- B 1 x Slackline with retaining slope
- C 1 x Tree wear
- D 1 x Storage bag

Technical data

- Maximum number of users: 1
- Maximum user weight: 150kg
- Maximum height of use: 50cm
- Total length: approx . 15m
- Slackline width: approx . 5cm
- Maximum attachment point load: 9000N
- Maximum tensioning element operating force: 500N

Manufactured according to DIN EN12195-2
GS and TÜV proofed, manufactured in Germany



Terminology

Slackline system

Sports equipment for balancing, consisting of a walkable, non-rigid element including fastener and tensioning element, secured between two attachment points

Slackline

Walkable element of the slackline system

Attachment point

Force absorbing fastener for securing the slackline system

Height of use

Clearance between the unloaded slackline and the ground

Attachment height

Vertical distance from the attachment point for tensioning or supporting the retaining element

Maximum attachment point load

Resistance of the attachment point against the increased nominal load

Maximum tensioning element operating force

Maximum force the user may apply to the tensioning element

Intended use

This product was developed as a sporting good for private use to balance in outdoor areas. One person may only use this product at a time with a weight of up to 150kg, not multiple persons. Not suitable for children under 6 years.

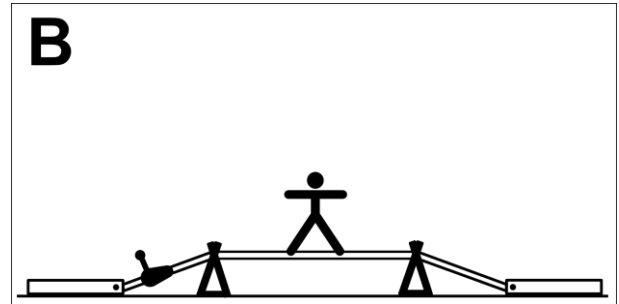
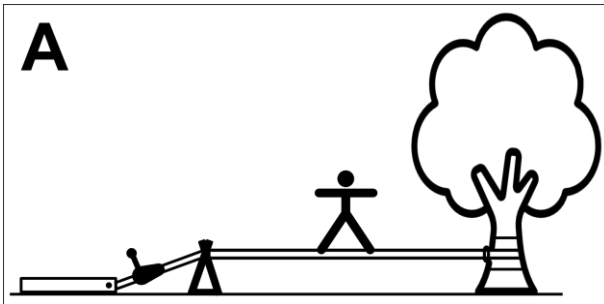
Safety instructions

Risk of injury!

- Only use this product for the purpose described in these instructions and in the specified manner.
- This product is not for use by children or persons unable to safely use it based on their physical, sensory or mental capacity or their lack of experience or knowledge.
- Adults must always assemble this product. Keep product out of reach of children at all other times.
- Always fully assemble the product as described before use.
- Before every use verify that the product is in perfect condition. Discontinue use if cuts in the slackline, ruptures in the seams, the line is bleached out or stiff, deformation or corrosion of metal parts are detected or product parts are missing, do not use this product anymore.
- Children must be supported and supervised by an adult whilst using this product.
- Persons who are not directly supporting the balancing person must keep a distance of at least two meters, as a rebounding slackline or a falling person can cause serious injuries to persons in the immediate vicinity.
- Only one person may use this product at a time.
- Do not perform tricks or flips! Especially warn children of the dangers.
- Be sure the slackline is always clean and dry.
- Do not use the slackline in rainy or windy conditions. Immediately disassemble the product if there are indications of a storm.
- Do not use the product under the influence of alcohol, medications or drugs or when fatigued. Immediately stop balancing if you feel unwell or lightheaded.
- Do not use this product in the dark! The slackline must always be clearly visible.
- Always disassemble the slackline at dusk to prevent others from tripping over it.
- Be sure to wear appropriate clothing. Remove jewelry and piercings, eyewear, backpacks, shoulder bags, belts, buckles, etc.
- Remove items such as keys or pocketknives from pant pockets.
- Crushing hazard when using the ratchet.
- Only tension the ratchet by hand. Never use extensions or other tools.
- For the use of children the article may not be set up higher than 40 cm. For adults, the height must be adapted to skill level and may not exceed 50 cm. Set up at knee height recommended.
- The slackline must be suspended horizontally and tightly tensioned. The more the line sags, the more difficult it is to balance.
- Never assemble the product over hard surfaces such as tarmac or paved surfaces due to risk of injury. Always assemble the product over soft surfaces such as grass or sand.
- Keep an area of 2 meters to each side of the product clear of any objects (e.g. stones or roots).
- For fixing the article, special slackline anchorages suitable for the required attachment point load of min. 9000N as well as stable and healthy trees with at least 30cm trunk diameter.
- Use the tree wear to protect the tree bark when you are using a tree.
- Use an edge guard when assembling the product between square posts.
- Never use the slackline between cars or other tools, as the initial load can then become uncontrollable.

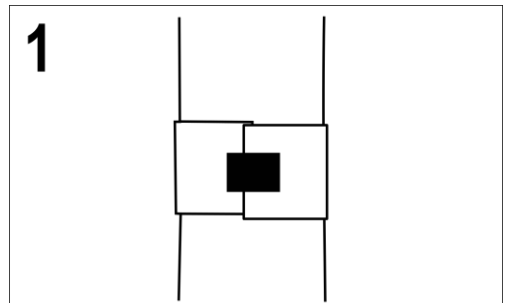
Set up

The slackline is specially designed for a set up with one or two ground anchors or other artificial attachment points. The advantage of this set is that the tensioning ratchet is not in the area of the walkable slackline.



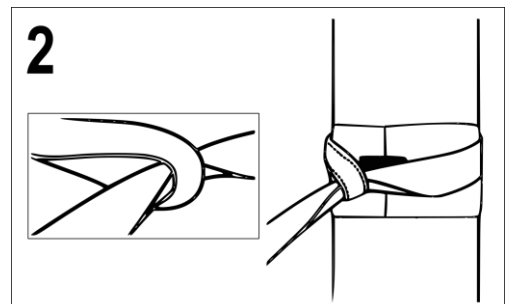
A. Set up with one Tree

1. Attach a tree wear to the selected tree via Velcro.



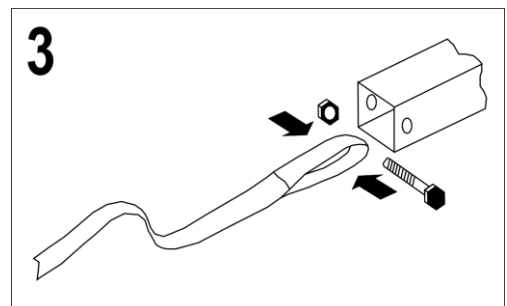
2. Place the slackline undiluted around the tree and guide it through the attachment loop. Fold the line in the middle so that it does not twist later when tightening.

Please set up the other side of the slackline as described under B.

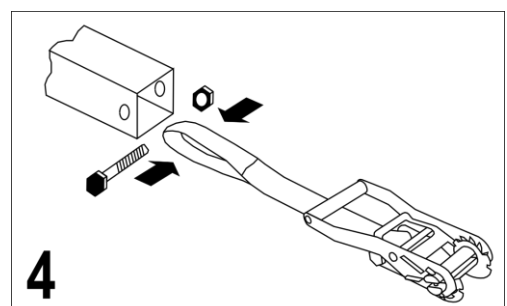


B. Set up without Tree

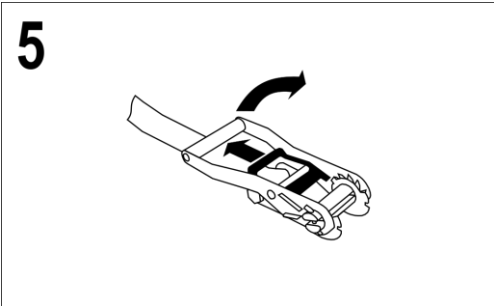
1. If you do not use a tree, attach the loop of the slackline end with the artificial attachment point. **Observe the set up instructions of the anchoring!**



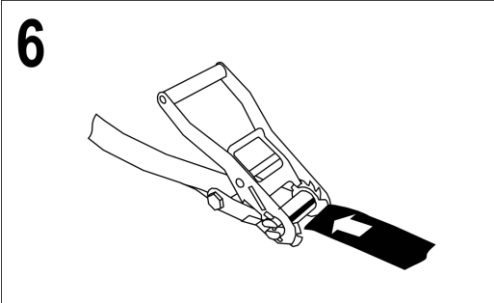
2. Fix the slackline loop of the ratchet with the artificial attachment point as prescribed in its **set up manual**.



3. Pull the safety lever and raise the ratchet lever.

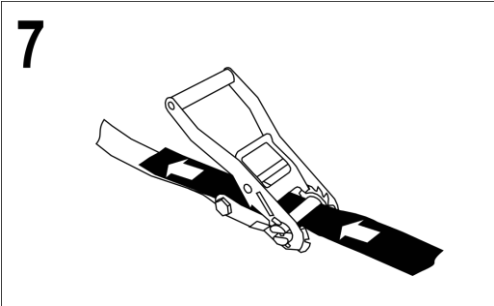


4. Thread the slackline through the slot in the axle and pull the excess slackline through until it is loose on the ground with no tension.



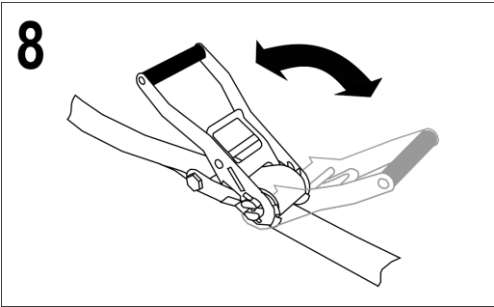
5. Tighten the slackline by moving the ratchet lever back and forth. The slackline should have no tension after that.

IMPORTANT: The slackline must be wrapped around the axis of the ratchet at least 1.5 times (4-5 moves with the ratchet lever).



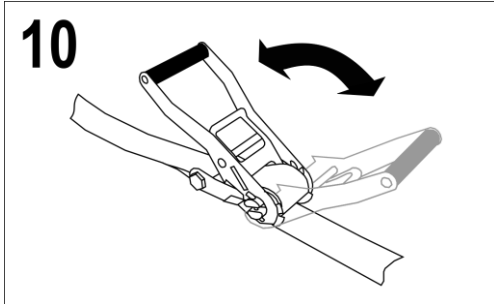
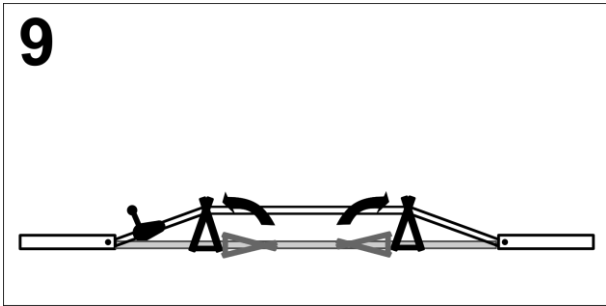
6. Tighten the slackline by raise up the frame or alternative bearings. The higher the frames/bearings, the looser the slackline must be before to rise up the frames/bearings. Ideally, the frames will remain after raise up under the tension of the slackline without falling over.

Please follow the instructions of the frames/bearings and the measures listed there for **securing the frame** against falling over (bracing, etc.).

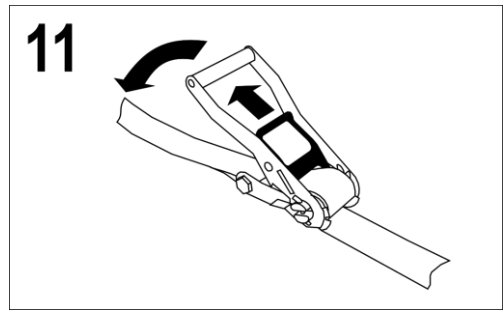


7. Tighten the slackline again as described above.

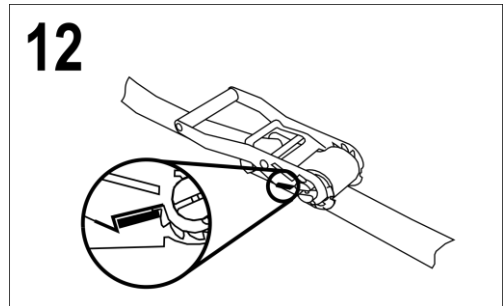
IMPORTANT:
The tape may only be wrapped around the axis of the ratchet so many times that the tape does not touch the safety lever! Only tension the slackline by hand force. Never use extensions or other tools.



8. To secure the ratchet pull the safety lever and push the ratchet lever all the way down.



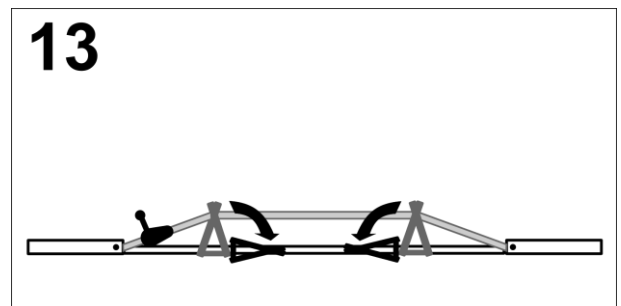
9. Check out if the **pawl and the toothed gear are engaged** and secured against opening.



Disassembly

Attention: When opening the ratchet without lay down the frames, the tensioned slackline creates a risk of injury to your fingers ("strike" when releasing the ratchet).

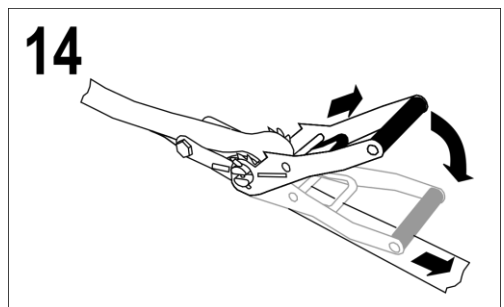
1. Lay down the frames/bearings. Now you can release slackline tension easily and safely as described in the next section without "strike".



2. Pull the safety lever upwards to unlock the ratchet. Move the ratchet lever in the direction of the slackline until the safety lever engages in the rear guide.

3. Pull the slackline out of the ratchet.

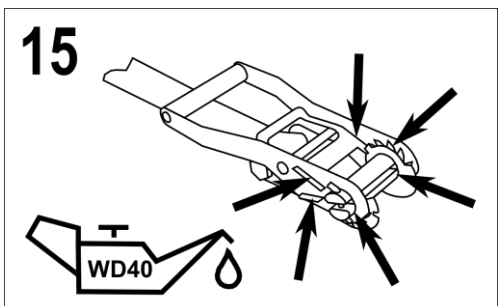
4. Remove the ratchet and slackline from the attachment points and remove the tree wear.



Care, Storage

Always store the product in a dry and clean tempered room. Never clean with harsh detergents, only wipe clean with a dry cleaning cloth.

Regular lubrication can significantly increase the lifetime of the ratchet. Apply silicone oil or silicone spray (WD40) to all sliding surfaces of the metal slides, safety lever, sprockets and slotted axle. All wear parts must be checked before each use and regularly maintained.



Disposal information

Please dispose of packaging and the product in an environmentally friendly, correctly sorted manner! Dispose of the product through an approved waste management facility or through your municipality. Please note the current applicable regulations.

Use / Exercises

Check before every use:

- **Is the product damaged?**
- **Is the product set up as described?**
- **Is the surface below free from pointy or hard objects?**
- **Is the slackline secured at a maximum height (40cm for children, reasonable jump height up to 50cm for adults)?**
- **Is the ratchet closed and secured?**
- **Is the slackline twisted and is it taut?**

Notices:

- The slackline is under great tension when assembled. Uncontrolled, excessive and careless movements can result in falls. Do not perform tricks or flips! Especially instruct children of the dangers!
- The more the slackline sags, the more difficult it is to balance.
- We recommend that beginners should have a second person to support the balancing person.

Basics

For a faster learning without overstraining and with constant success experiences we recommend:

Start with only 2 or 3 meters of walkable length of the slackline. To do this, place a frame / bearing at this distance to the tree or to the second frame. When you feel secure walking this distance **slowly and safely** several times, extend the distance in 0.5 or 1 meter steps. With daily practice, you should be able to walk a 10m line soon.

Mounting the slackline

1. Stand at the end of the slackline opposite the ratchet. Place one leg on the ground up against the slackline so that your leg is touching the slackline, allowing it to minimize swaying to some extent.
2. Place your other leg on the slackline, straighten the bent leg and use it to push yourself to an upright position. Shift your center of gravity, to bring it over the rope and put your other foot one step ahead.
3. Focus on a fixed point at the end of the slackline. Doing so, rather than looking down at your feet, will make it easier to keep your balance.

Walking along the slackline

1. Focus on the fixed point and carefully place your feet one in front of the other. As you do so, keep your arms outstretched; this makes it easier to keep your balance.

Turning on the slackline

1. Reposition your feet gently to turn 180 degrees to the left or the right.
2. If your left leg is in front turn to the right; if your right leg is in front, turn to the left.
3. As soon as you have turned, return your focus to the fixed point as quickly as possible.

Beginners

1. We recommend for beginners to position themselves as described in the basics using the support of another person.
2. When walking and turning on the slackline use the auxiliary rope or another person for support.

Advanced users

Only perform the exercises for advanced users once you are proficient in the basics. Do not overestimate your skills.

1. With a little practice you will be able to walk backwards as well as forwards on the slackline. Keep your balance by extending your arms. .
2. Position yourself on the slackline. One leg is bent, your foot on the slackline, your arms outstretched. The other leg is straightened next to the slackline for counterbalance. Place the foot of the bent leg closer to your body. From this position straighten your leg to push yourself to a standing position.

Produced for:

Hubert Weymayer GmbH

4400 Steyr, Josef-Wokral-Str. 22, Österreich

Mail: [Office\[at\]NoTreeSlack.com](mailto:Office[at]NoTreeSlack.com)

Web: <http://www.NoTreeSlack.com/>