

Maintenance and Storage:

Clean all items with warm water only. Do not use any household chemicals, soaps or washing liquids. Store the slackline kit in a cool, dry place. Avoid direct sunlight, heat, dirt and damage during storage. If the ratchet is squeaking use a drop of oil on the moveable part only. Replace the slackline, when wear and tear is visible.

Equipment Guarantee:

From the day of purchase, the manufacturer provides a one year guarantee for this product. During the guarantee period, the manufacturer will repair or replace, at their discretion, any fault caused during the production process at no charge.

Excluded from the guarantee are damages caused by incorrect handling or normal wear and tear. Damages not directly related to the manufacturing of this product, are not included. This guarantee only covers slackline4u.com products. Any claim must be accompanied by proof of purchase.

Liability:

The slackline must not be used in any other manner, apart from that described in this document. The manufacturer and distributor are not liable for any injuries, secondary damages or collateral damage caused by using this product (this includes any damage caused to anchor points). Please use only ORIGINAL items from our range of products.

Our Beginners Guide to Getting On-Line:

1. Set the line up, no higher than your hips, so if you fall off you will not have a nasty accident.
2. Start 1.5 meters from one end of the slackline (best to start with a total slackline length of 4-8m, as this reduces the wobble).
3. Breathe and relax, before you start getting on.
4. Place your strong foot (straight) with the heel and toe along the slackline.
5. Focus your eyes on a fixed point such as the ratchet/tree, keep your head up as much as possible. This is key to keep your weight above your foot, which is very important in maintaining your balance.
6. Put your arms wide out, bend your knee a bit and try to find your balance on one leg. Keep one or both hands above your head.
7. Bring your upper body straight up above your foot.
8. Find your balance on your second foot.
9. Make your first step.
10. Practice, practice...

Have fun!

visit www.slackline4u.com for further details.

Security and Safety Guide - Please Read Carefully:



The slackline is a dangerous device and must be used with due care. The slackline tension can be in excess of 1.000kg! When incorrectly operated, this tension may cause injury or death. Please note:

- the slackline must only be tightened by hand
- ensure the anchor points are strong enough (healthy trees over 30cm in diameter; 1000kg minimum carrying capacity)
- only one person on the line at a time
- ensure the ground is soft enough to avoid injuries
- do not use over streams, rivers and other water obstacles
- do not use the line between cars or other similar devices
- children must be supervised at all times
- the slackline must be set up by adults only
- the line should never be extended with knots

Wear and Tear:

If you see one of the following, stop using the slackline-kit (replace the items or the kit):

- a cut in the webbing greater than 10 % of the width,
- crossways or sideways cracks in the webbing,
- open or damaged seams,
- deformities, cracks, fractures or strong corrosion on the ratchet or shackles.

Check all parts for wear and tear each time, before setting up!

Slackline4u.com
14b Lausanne Road
London SE15 2HU
UK

mobile: +44(0)77 8573 6071
phone: +44(0)20 3287 6085
shop@slackline4u.com
www.slackline4u.com



Instruction Guide

for Slackline4u.com
SIGMA slackline kits

This Slackline-Kit is a high quality product **MADE IN GERMANY**. Please **READ** this Instruction Guide completely, **before you start**.

Slackline-Kit 15m, 25/35mm



- 1.) 1x Slackline webbing red, length 15m, width 25/35mm
- 2.) 1x Ratchet with webbing attachment
- 3.) 2x Round slings, black, max. 1000kg carrying capacity (4m long, 2m useable)
- 4.) 2x Shackles, max. 1500kg carrying capacity
- 5.) 2x Tree Protector, red
- 6.) Bag (no picture)

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New Balance for your Life.

Slackline-Kit 25m, 25/35mm



- 1.) 1x Slackline webbing, red, length 25m, width 25/35mm
- 2.) 1x Heavy duty ratchet with webbing attachment
- 3.) 2x Round slings, black, max. 1000kg carrying capacity (4m long, 2m useable)
- 4.) 2x Shackles, max. 1500kg carrying capacity
- 5.) 2x Tree protector, red
- 6.) Bag (no picture)

What is Slacklining?

Slacklining is a balance sport. The slackline is usually set up at knee level between two anchor points, such as trees. You can simply walk on the slackline, do acrobatic tricks and improve your balance. Slacklining is a young sport with great physical benefits.

Where can I set up my longline?

The slackline can be set up anywhere, where you can find two anchor points. Trees and posts are most commonly used. Each anchor point needs 1000kg minimum carrying capacity. Healthy trees, more than 35cm in diameter, are generally suitable. Slacklining is an 'all seasons' activity. The ground should be soft, for example lawn, sand or snow. Make sure there are no sharp or pointy items lying around. Beside and above the slackline there should be at least three or more metres of space, to avoid any risk of collision.

Please respect private properties and public spaces, you may like to consider asking for permission first, before setting up!

Anchoring:

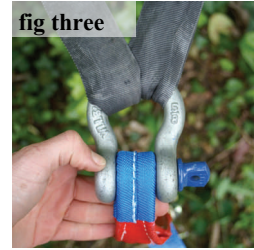
Set up the slackline between two anchor points such as trees at the same level. Please protect the trees with the tree protector (fig one, point 1)



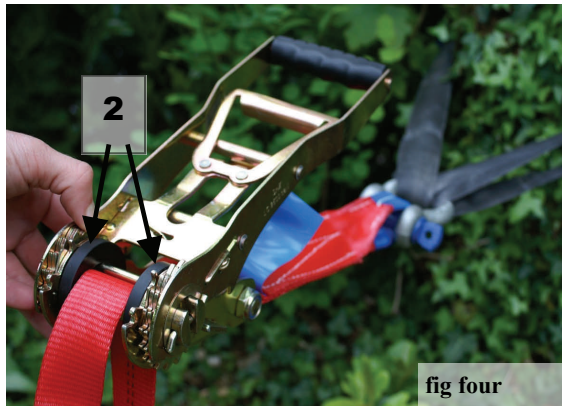
The round slings should not be twisted.

Slackline-Kit Set Up:

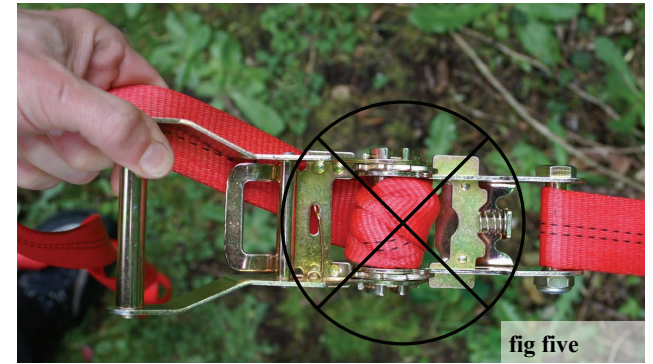
If you use a tree as anchor point, place the tree protection around the tree. Adjust the round slings (see fig one). Put the shackle through the loop and attach the end of the ratchet (see fig two). Close the Shackle bolt completely and pull the ratchet loop to the front (see fig three).



Prepare the second anchor point like the first. Place the line flat on the ground (not twisted). Pull a minimum of **one metre** of slackline through the ratchet (see fig four). Make sure that the line is between the black spacer rings (see fig four, point 2)! Pull the Slackline as hard as you can with your hands and tighten it up with the ratchet. A tight line is easier to balance on compared to a very slack one.

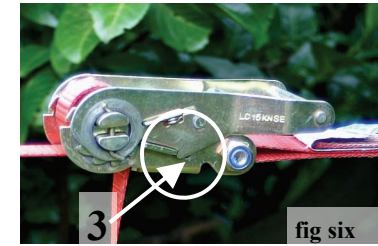


Never twist the slackline, especially not in the ratchet (see fig five)!



The ratchet needs to be turned at least 4 times to ensure the slackline webbing is secure. Never tighten the line diagonally, as that can damage the ratchet and the slackline itself! Never force the lever of the ratchet with anything else, other than hand power!

Secure the ratchet/slackline:



Once the desired tension is achieved, close the ratchet properly, it 'clicks in' (fig six, point 3).

Sometimes you need to re-adjust the tension, because of webbing expansion, especially with longer or brand new slacklines.

Maximum Height:

The slackline must always be set up below 90 cm. For heights over 90 cm special safety equipment and experience is necessary. Otherwise there is risk of fatal injury! The optimal height is at knee level.

Taking Down the Line:

Pull the middle part of the ratchet in the direction of the arrow (see fig seven, point 4) and slowly take it down. Be careful of kickback!

