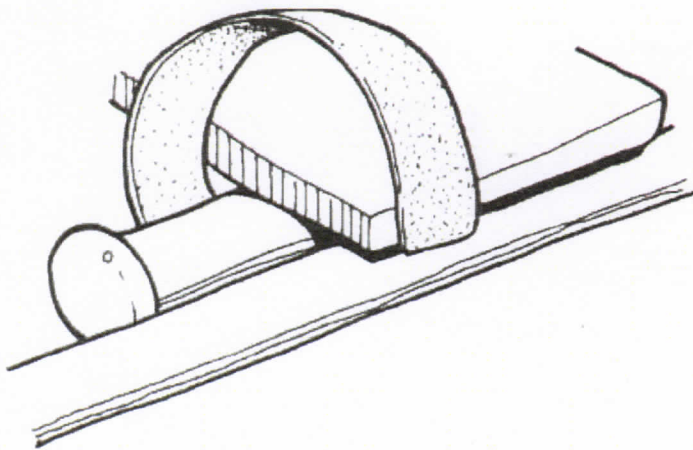


User Information Velcro Straps

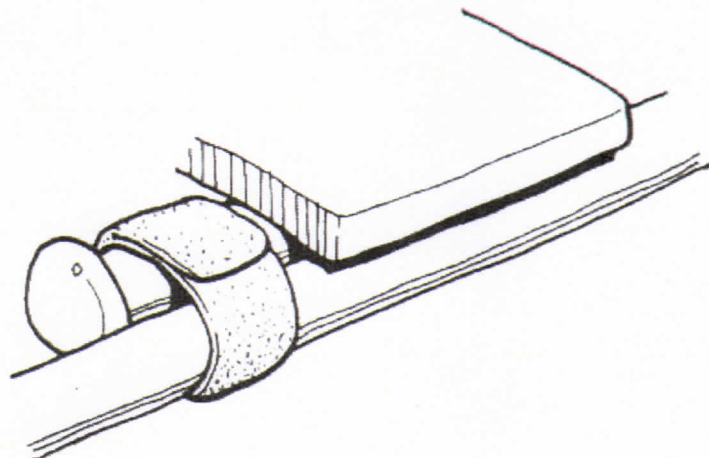
The Velcro fastening system is an extremely safe and effective method for linking gymnastic equipment. The following instructions will show you how to fasten straps in a safe and secure manner.

Strap Only



Place the linking apparatus (with the Velcro strap undone) on top of the bar to which it is going to be attached. Never attach from below the bar.

Pull the strap tight, wrap it around underneath and then over the trestle bar. The Velcro will bond giving a tight secure fit.



Please take care to check all links and fittings are secure before allowing children onto the apparatus.

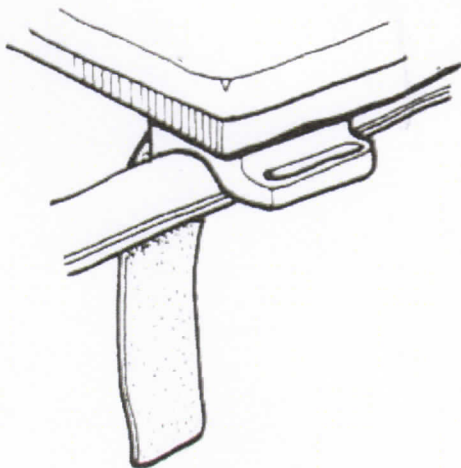
User Information

Velcro Straps

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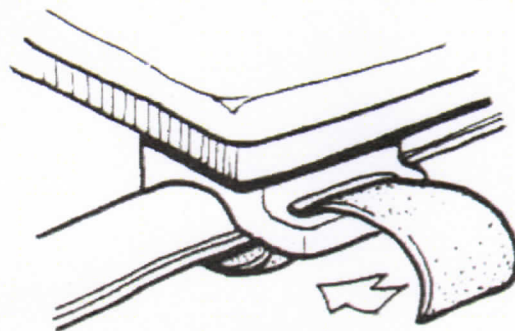
Saddle Bracket



Place the pad/plank over the trestle bar. Ensure the bar is resting in the groove of the saddle bracket and the Velcro straps are loose.

Bring the Velcro underneath the bar and feed it through the gate on the bracket.

Pull the Velcro tight and wrap it back around underneath the bar so that it bonds for a tight secure fit. Repeat for all straps and brackets on the piece of apparatus.

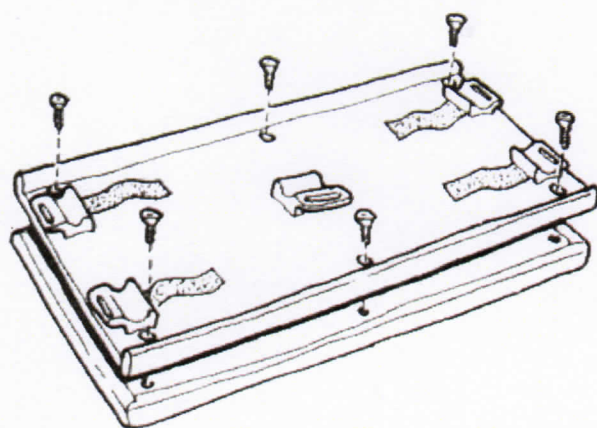


Please take care to check all links and fittings are secure before allowing children onto the apparatus.

User Information Padded Top

Padded tops can be fitted to the trestle tops and the balance bench. They give children a feeling of security and safety when carrying out rolling and jumping movements. The plain tops can be used on their own, as a progression from the padded option, or to provide other movement experiences such as sliding.

Attaching Padded Tops

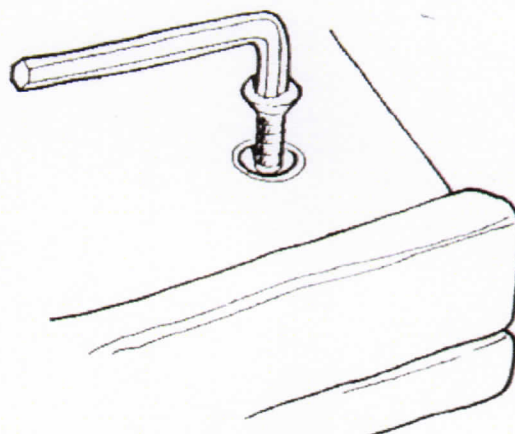


Place the padded top on a flat surface with the padded side down. Place the plain top/bench over the pad and line up the fixing holes with those on the padded top.

Using the Allan key re-attach the pad to the top/bench with the screws provided. Check the tightness of fit before fixing to a trestle, or before use by children.

Removal of Padded Tops

Place the trestle top/bench on a flat surface with the padded side down. Use the Allan Key to remove the fixing screws.

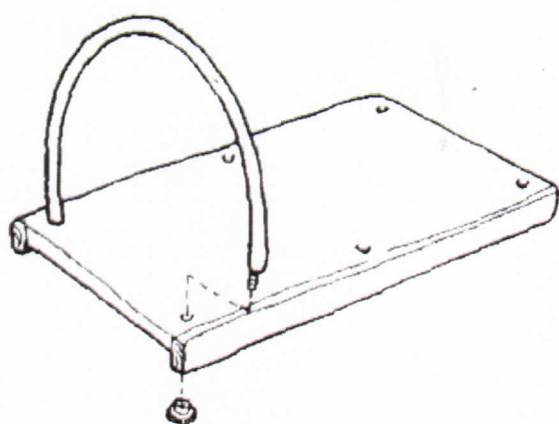


An Allan key and screws are provided with the Gym Time pack. If you require any spares please contact our sales office.

User Information Hoops

The hoops can be used to add movement possibilities to a number of pieces of equipment or to define movement directions. The hoops come in two lengths to give progression and variation. The hoops can be attached to the trestle tops, balance bench and balance beam.

Trestle Tops and Balance Bench (with padded top removed)



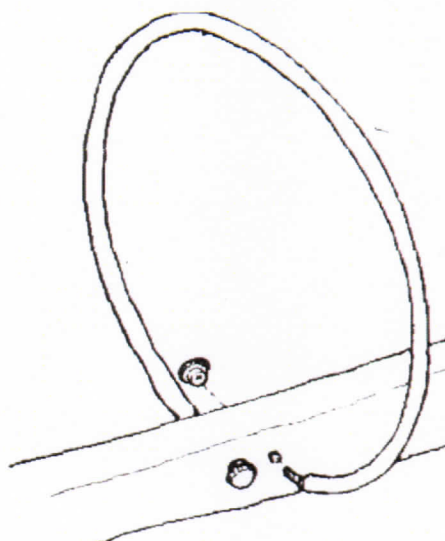
Insert the bolt on one end of the hoop into a fixing hole on the top of the bench/top. Secure from below with the retaining nut.

Bend the hoop over so that the bolt at the opposite end of the hoop goes into a fixing hole on the opposite side of the trestle top (or further along the length of the bench). Secure from below with the retaining nut.

Balance Bench and Balance Beam

Insert one end of the hoop into the larger of the two holes on the side of the bench/beam. Push through until the bolt appears on the opposite side of the bench/beam. Secure with the retaining nut.

Bend the hoop over and insert the end into the large hole on the opposite side of the bench/beam. Secure as above.



Please take care to check all links and fittings are secure before allowing children onto the apparatus.

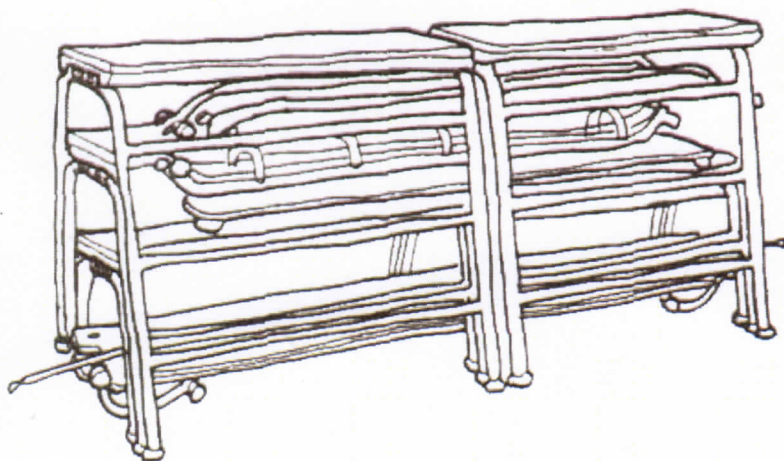
User Information Storage Suggestions



As well as being a versatile system of equipment during PE. lessons, Gym Time allows versatility in storage method, depending on each schools different policy or situation. Gym Time can be stacked in a tidy single nested block, or can be positioned around a hall in different stations.

Nested

There are two different nested storage methods. The trestles can be placed end to end as in the first illustration, or side by side as in the second illustration. Choose the method that is best suited to your own situation.

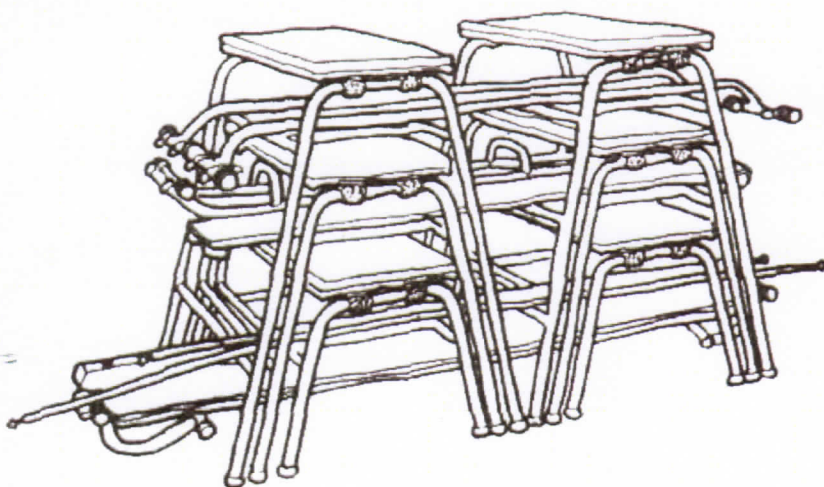


Place the two larger trestles next to each other. Position all of the smaller trestles underneath these larger trestles.

The lighter linking apparatus (single bars and ladder) can then be placed on top of the larger trestle tops.

If your children are not tall enough to do this they can slide the bars and ladder through the legs of the trestles at a lower height.

The heavier items can now slide underneath the smallest trestles so that no items stick out and present a danger to other users.



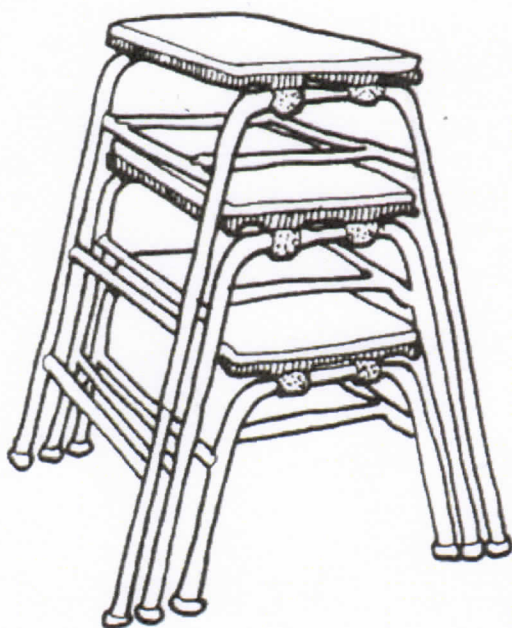
When using the equipment, the linking pieces should be removed first. The trestles can then be positioned before stations are connected.

User Information Storage Suggestions



If you have more room around the edges of a hall, or require different storage points to increase easy access to more pieces of equipment, Gym Time easily adapts to this method.

Stations



Each trestle group can be positioned separately in the traditional manner. The smaller trestles store easily underneath the larger trestles.

You can remove any trestle from the stacked position without needing to move or pick up other trestles first.

The linking items (ladder and bars) can easily be stored on hooks on walls, or attached to wall bars. Teachers will need to assist in this due to the height of the equipment.

