



GuideLine

The *GuideLine* is intended to assist or guide the novices to learn the art of slacklining. Ideally, the *GuideLine* should only be used for the first learning sessions until the adept has learned the basics and can continue on her/his own.

The *GuideLine* is great to teach to groups, families or children when used properly.

The *GuideLine* consists of 3 components (see figure 1):

- The main line
- The short anchor line
- The arm position trainer

The *GuideLine* mounts above the slackline at about 20cm (8") higher than the user's arm can reach while on the slackline.

WARNING: NEVER HANG FROM THE GUIDELINE OR USE IT TO SUPPORT ENTIRE BODY WEIGHT.

ASSEMBLY:

Wrap the main line around one of the trees at about 20cm (8") above the user's reach and thread it through the loop to fit snugly around the tree (figure 2).

Wrap the short anchor line around the other tree at the same height and repeat the above instructions (figure 3).

Guide the main line across to the short anchor line, ensuring it is flat the entire distance across.

Thread through rings to connect. Feed the main line first through both rings then back between them and pull the tail until the *GuideLine* is taught (figures 4-6), then tie an extra knot to secure it and avoid slippage.

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



Figure 1

Figure 2



Figure 3



Figure 4



Figure 5



Figure 6

