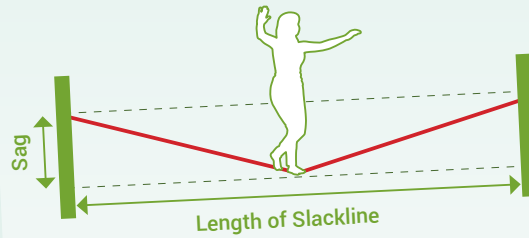


## 6. ESTIMATING FORCES MADE EASY

How it works:

1. Estimate the length of the line or count your steps as you walk along
2. Estimate sag in the middle by sitting on the line
3. Calculate force using this formula



$$\frac{\text{Body weight (lbs or kg)} \times \text{Length (ft or m)}}{\text{Sag (ft or m)} \times 4} \approx \text{Force in System (lbf or kgf)}$$

Use either metric or imperial units. 1 kN ≈ 220 lbf or 100 kgf

### Typical Loads of Slackline Styles



**Rodeolines**  
220 to 440 lbf  
100 to 200 kgf (= 1 to 2 kN)



**Low tensions**  
440 to 1760 lbf  
200 to 800 kgf (= 2 to 8 kN)



**Medium tensions**  
1760+ lbf  
800+ kgf (= 8+ kN)

Contact / Notes

INTERNATIONAL  
**SLACKLINE  
ASSOCIATION**  
International Slackline Association  
[www.slacklineinternational.org](http://www.slacklineinternational.org)



Austrian - Slackline-Verband  
[www.slacklineverband.com](http://www.slacklineverband.com)



Slackline U.S.  
[www.slackline.us](http://www.slackline.us)



Swiss Slackline  
[www.swiss-slackline.ch](http://www.swiss-slackline.ch)

# Basics of SLACKLINING

It's easy and safe to learn for everyone!



Come by and try slacklining; we're happy to help you!

[www.slackline.us](http://www.slackline.us)

[www.slacklineverband.com](http://www.slacklineverband.com)

[www.swiss-slackline.ch](http://www.swiss-slackline.ch)

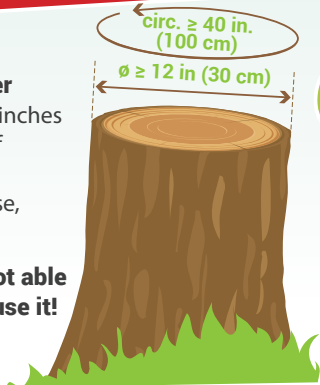
# 1. CHOOSING A SPOT: WHERE TO GO?



- Talk to other slackliners in your area, on the web and in social media.
- Do not cross paths and avoid crowded parks
  - when in doubt, choose another spot
- Do not leave your slackline unattended
  - so that no one trips over or runs into it
  - increase the visibility of your line if necessary
- Take your slackline down before dusk

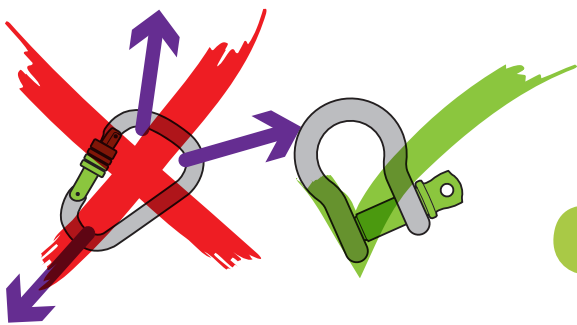
# 2. ANCHORING: HOW TO ATTACH IT?

- Choose healthy trees with a diameter of at least 12 inches (30 cm) and 40 inches (100 cm) circumference at the height of attachment.
  - If the tree moves during setup and use, it is not suitable.
- Posts, lamps and rails are usually not able to take the loads. If in doubt, don't use it!



**Tip!**  
Use your anchor slings to measure the tree. By adding markers on them you can make a simple measuring tape.

# 3. CLIMBING GEAR: DON'T USE IT!



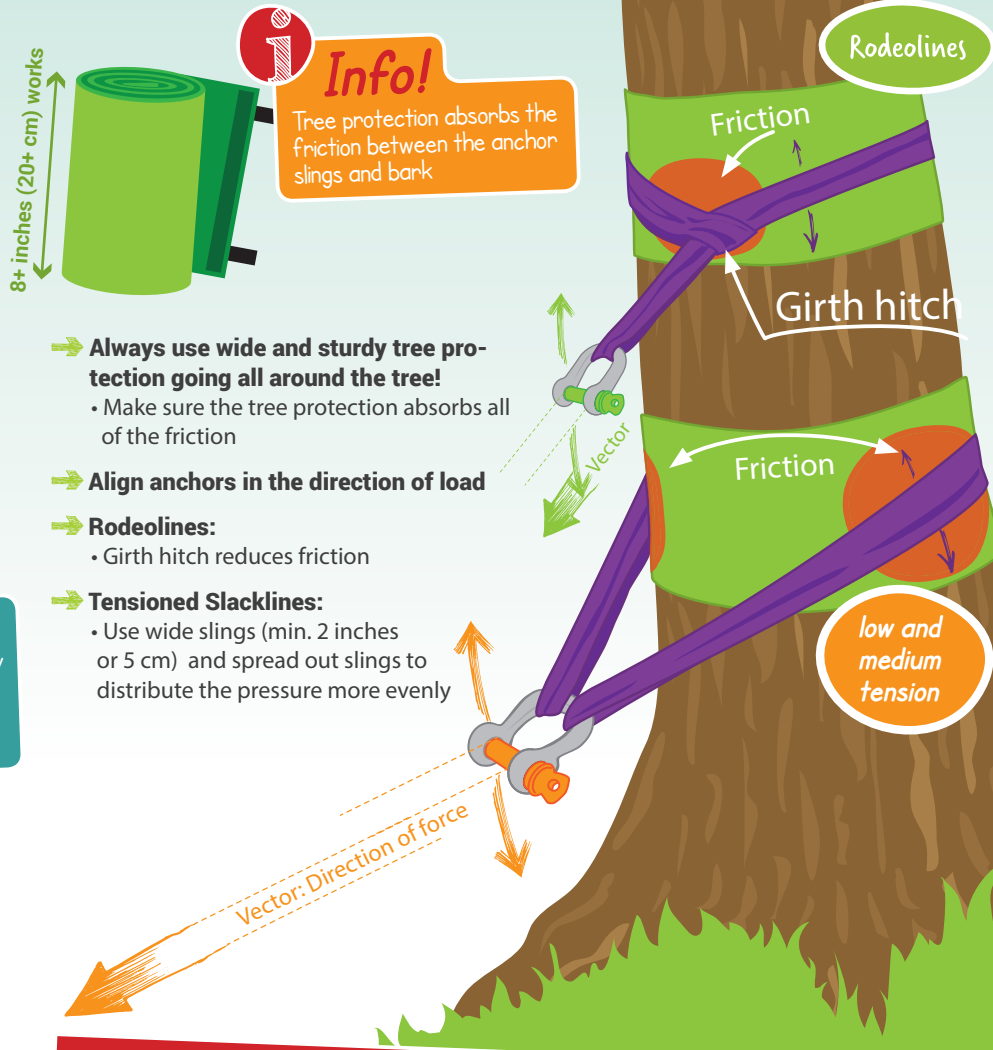
**Carabiner**  
(Avoid triloading)

**Shackle**

- Aluminium carabiners can break when used in slackline systems! If already used in slacklines, don't use for climbing.
- Do not load carabiners in three directions (see diagram on the left). Also applies to steel carabiners

**Tip!**  
Prefer shackles over (aluminum) carabiners (much larger breaking load!)  
Shackles with 1-2 tons working load limit (=WLL) are most versatile.

# 4. SETTING CLEAN & SAFE ANCHORS



**Info!**  
Tree protection absorbs the friction between the anchor slings and bark

- Always use wide and sturdy tree protection going all around the tree!
  - Make sure the tree protection absorbs all of the friction
- Align anchors in the direction of load
- Rodeolines:
  - Girth hitch reduces friction
- Tensioned Slacklines:
  - Use wide slings (min. 2 inches or 5 cm) and spread out slings to distribute the pressure more evenly

# 5. ALWAYS DOUBLE CHECK EVERYTHING!

- Four eyes principle: Check each other's work when setting up and taking down.
- Doublecheck: Apply low tension first then then double check the entire system before finishing tensioning.
  - Check: Are all shackles closed properly?

**Tip!**  
Backup all metal parts with the remaining line and spare rope