

FACTS ABOUT THE SLACKLINE

Origin

The slackline originally emerged from the climbing scene in Yosemite national Park in California. In 2006 it gained popularity in central Europe from where it spread around the entire world.

Material

Typical slacklines are woven from Polyester or Polyamide (Nylon).

Width: 2.5 to 5 cm (1-2 inches)

Tension: From 100 to 1500 kg (~200-3500 lbf). Typically between 300 to 800 kg (~700-1800 lbf).

Breaking strength: 2500 to 5000 kg (~5500-11000 lbf) depending on the type of slackline.

Variations and disciplines

- 1 **Novice slacklines** (This is how everyone gets started - short and low)
- 2 **Longlines** (Demand concentration and endurance)
- 3 **Tricklines** (Pure acrobatics and the only competitive discipline as of today)
- 4 **Rodeolines** (quasi a swing you can stand on)
- 5 **Waterlines** above the water and more difficult than you would think)
- 6 **Highlines** (the supreme discipline at great heights)

Further information

Contact/Notes:

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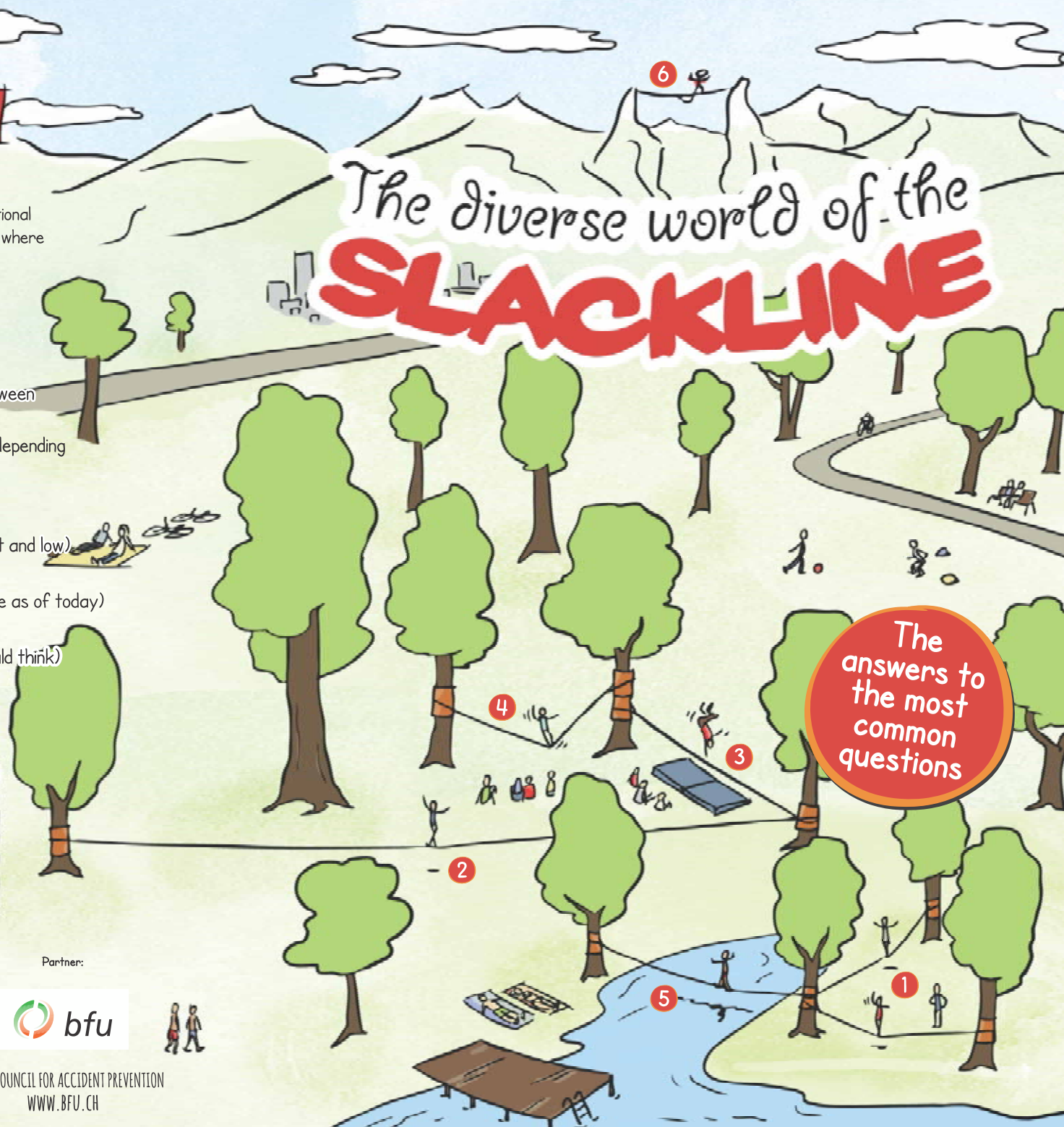


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WWW.SWISS-SLACKLINE.CH

AUSTRIAN SLACKLINE ASSOCIATION
WWW.SLACKLINEVERBAND.COM

SWISS COUNCIL FOR ACCIDENT PREVENTION
WWW.BFU.CH

The diverse world of the SLACKLINE



The answers to the most common questions

WHY DO WE BALANCE ON SLACKLINES?

We are not from the circus, our motivation is:



CAN THE TREE TAKE THE LOAD?

Trees are sensitive plants and rely on us to protect them. Hence we pay attention to sufficient diameter and always use tree protectors.

By the way: High winds create much greater forces on the tree than slacklines.

EVERYONE CAN SLACKLINE!

You do not need good balance and it can be compared to learning how to ride a bike. Your first line should be short (3-5 m, 10-15 ft) and below knee height. To begin with the webbing will shake a lot, which is perfectly normal and will stop rapidly. After a couple of hours of practice you will note great progress!

By the way: Inform yourself before you buy and compare different slacklines. Make sure you get good tree protection. Very cheap kits are not recommended.

Can I have a go?

Keep your distance from the line as long as there is someone standing on it. Wait until she steps off and then ask if you can have a go.

ROPE OR WEBBING - WHAT'S THE DIFFERENCE?

The webbings we use are high-tech products, developed for slacklining. Flat webbing offers a comfortable surface to walk on and does not roll away under the foot.

By the way: In contrast to traditional tightrope artists we do not use any poles to balance and our webbing is more dynamic and is tensioned less.



Round Rope

Flat Slackline

IF THERE IS SOMEONE ON THE SLACKLINE:

1. Don't touch the slackline!
2. Don't step over the slackline!



WIDE OR NARROW WEBBING?

Shoes or barefoot? Well tensioned or loosely tensioned? Everything is possible, it's all a question of practice and taste. Experiment and decide what you enjoy most for yourself.

By the way: Wider does not necessarily mean easier! If you wear shoes a flat sole without profile is recommended! If you're walking barefooted, it is recommended to do so over soft ground.