

# PARK RULES



**Jumping on a trampoline can be great fun but it can also be dangerous.**

**T**here is a risk of serious injury if care is not taken when using the trampolines. Using trampolines is physically demanding and involves jumping and other strenuous actions involving height, speed and unpredictable surfaces.

Jumping on trampolines is a high-impact, full body activity which requires intense focus, awareness of your body's strengths and limitations, awareness of the environment around you and extreme caution at all times.

- 1. Only jump if you are in good physical condition.**
- 2. Do not jump if you have any pre-existing medical conditions including heart, back, neck, bone or muscle conditions.**
- 3. Do not jump if you are pregnant.**
- 4. Before jumping loosen up with warm up exercises and stretches.**
- 5. Always remain in control - Be aware of how to bend your knees to control or stop your bounce.**
- 6. Practice first before moving around the arena.**
- 7. Always plan your landings before jumping.**
- 8. Always jump & land in the centre of the trampolines.**
- 9. Never jump on or near the coloured pads.**
- 10. Do not exit the trampolines by 'bouncing' off onto the surrounding walkways.**
- 11. Make sure you have control before leaving the trampolines.**
- 12. Always jump so you land on both feet at the same time. Never land with just one foot.**
- 13. Know your limits - Do not attempt any move beyond your own skill level.**
- 14. Never attempt flips or other extreme moves unless you know you are capable and have had the appropriate training.**
- 15. No double flips or triple flips even if you are capable.**
- 16. No double bouncing! (There should never be two people on one trampoline at the same time).**
- 17. Strictly only one person per trampoline at any one time.**
- 18. Do not jump or step onto a trampoline unless the trampoline is clear.**
- 19. Look out for other jumpers and give way to smaller ones.**
- 20. Never run across the trampolines.**
- 21. No diving, No gainers (forward moving back flips) No wrestling, tackling, pushing or shoving.**
- 22. No climbing the trampolines or the padding.**
- 23. No leaning, grabbing or climbing on netting.**
- 24. No sitting or lying on the trampolines or the padding.**
- 25. Remove all items from your pockets prior to jumping.**
- 26. All jewellery, watches, keys, key chains, coins or the alike to be removed prior to jumping.**
- 27. Clothing should not have any hard or sharp points (such as buckles, studs, toggles).**
- 28. No phones or cameras on the jump arena.**
- 29. No food, drink or chewing gum whilst jumping.**
- 30. Do not leave clothing on the jump arena, use the lockers provided.**
- 31. Approved anti-slip socks must be worn at all times.**
- 32. No jumping under the influence of alcohol or drugs.**
- 33. Always follow the marshals instructions. Dangerous behaviour will not be tolerated and you could be asked to leave.**
- 34. We do not provide or accept responsibility for the supervision of children.**
- 35. Children must be supervised by a parent or guardian at all times.**
- 36. Under 6's not allowed in the main arena unless accompanied by a parent or guardian.**
- 37. Maximum weight restriction is 127Kg.**
- 38. Do not attempt to use any of the activity equipment unless you have registered to participate, undertaken the safety briefing & signed a waiver (if you are under 18 a waiver must be signed by a parent or guardian).**

**Additional rules apply to additional activities- please ensure you familiarise yourself with these prior to use.**

# HAVE FUN