

# NINJA RUN

# RULES



1. This activity can be great fun but it can also be dangerous. There is a risk of serious injury if care is not taken when using the equipment. Using this equipment is physically demanding and includes strenuous actions involving physical strength, height, speed and unpredictable surfaces. Use of this equipment 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
2. Only participate if you are in good physical condition
3. Do not participate if you have any pre-existing medical conditions including heart, back, neck, bone or muscle conditions
4. Do not participate if you are or may be pregnant
5. 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)
6. Before use loosen up with warm up exercises and stretches
7. If you get tired please leave the equipment and take a break
8. Know your limits - Do not attempt any move beyond your own skill level
9. Take extra care – activities in this area provides superior height & a greater degree of difficulty & risk
10. This area is for advanced participants only. Only those with the required skill level should participate
11. Know your limits. Do not attempt to participate unless you have the skills to the required level
12. Participants must be able to reach an obstacle from a standing position to attempt it. If you cannot reach an obstacle from a standing position please do not attempt it
13. Maximum weight restriction is 127kg
14. Only one person at a time on the starting pad
15. Only one person at a time per track / lane / obstacle
16. Only one person at a time per activity /obstacle
17. Do not go until the path is clear
18. No running and jumping onto the equipment
19. Always jump so you land on both feet at the same time. Never land with just one foot
20. No wrestling, tackling, pushing or shoving
21. No leaning, grabbing or climbing on the trusses/framework or padding
22. No swinging from the framework
23. No sitting or lying on the equipment or the padding
24. Remove all items from your pockets prior to participating
25. All jewellery, watches, keys, keychains, coins or the alike to be removed prior to participating
26. Clothing should not have any hard or sharp points (such as buckles, studs, toggles)
27. No phones or cameras on the equipment
28. No food, drink or chewing gum whilst participating
29. Do not leave clothing on the equipment, use the lockers provided
30. Approved anti-slip socks must be worn at all times, although we strongly recommend the use of trainers on this course
31. No participating under the influence of alcohol or drugs
32. Always follow the marshals instructions. Dangerous behaviour will not be tolerated and you could be asked to leave
33. We do not provide or accept responsibility for the supervision of children
34. Children must be supervised by a parent or guardian at all times

**HAVE FUN**