

INDOOR TRAMPOLINE PARK GRAVITY

OLYMPIC TRAMPOLINE SAFETY RULES

- 1. Take extra care on the Olympic Trampolines as they provide extreme height and increase the amount of difficulty and risk.**
- 2. Only attempt skills within your skill level and ability.**
- 3. One person at a time on each trampoline.**
- 4. Don't jump or land on the padding.**
- 5. Only jump forward and land feet first on the airbag or the foam pit.**

