

INDOOR TRAMPOLINE PARK GRAVITY

SAFETY RULES

- 1. Warning:** Failing to abide by the rules below and posted at the park may result in serious injury, paralysis or death.
- 2. Do not double bounce,** which is described as attempting to propel someone higher by timing a jump as another lands on the trampoline. This may occur when jumping on a trampoline pad with others in close proximity, so you should avoid simultaneously jumping with others close by.
- 3. It is especially dangerous for larger people to double jump smaller people.**
- 4. Wear appropriate clothing.** Clothes must be free of hanging zippers, belts and strings. Please remove all jewellery. Please empty your pockets and remember no gum or candy allowed.
- 5. Dangerous tricks:** Flips and other tricks are dangerous. Perform at your own risk only if you have sufficient skills to avoid injuring yourself or others.
- 6. Be alert.** Be aware and considerate of those around you. Jump with people that are of similar size.
- 7. No climbing.** Do not climb on walls or netting and do not touch basketball apparatus.
- 8. No Drugs or Alcohol Permitted.** Do not use a trampoline when under the influence of drugs or alcohol.
- 9. No tackling, pushing, or participating in any other activities that unnecessarily interfere with the jumping or concentration of another participant.**
No running/relay races across trampolines.
- 10. Hitting the frame.** Jumpers should stay in the center of the trampoline when jumping. Injury may result from hitting the frame when control is lost. Do not jump directly onto the safety pad.
- 11. Incorrect transfer from trampolines to the decking, or platform areas.** Improper transfer can result in broken ankles or other injuries. Please walk from the trampoline to decking areas.
- 12. Foreign objects.** Jumping with a foreign object can also increase the chances of getting injured. This includes keys, phones and cameras.
- 13. Inadequate skill level.** Attempting maneuvers above one's skill and ability may cause serious injury, paralysis or death.
- 14. The list above is not all-inclusive and we cannot list all of the activities that may lead to injury.** Please consult a physician prior to jumping regarding all medical conditions including, but not limited to; Asthma, diabetes, pregnancy, etc.

