

## TRAMPOLINE SAFETY BREIFING

When jumping, always be aware of others around you. Stay in control and bend your knees to stop your bounce. Jump in the centre of the trampolines and never affect another person's bounce. If you do this can lead to double bouncing which is the main cause of injury. Please also watch out for smaller bouncers around you. Strictly no double flips on trampolines and always plan your landing. If falling, do not reach back with your hands. Instead land on the middle of your back and tuck chin in.

Always land on two feet - Never land on one and NEVER jump near or on the pads as this can cause broken bones. Never run across the trampoline court because it can result in uncontrolled landings. Jumping from one trampoline to another is okay, however, doing flips or tricks to another is not permitted. Please do not attempt more than 2 single flips in a row.

REMEMBER - Tricks or extreme moves can only be performed by those who have had some training.

Always plan your landing ahead and when jumping off walls please land on the closest trampoline. If you're tired, take a break. This doesn't mean sit down or lay on the trampolines.

AIRBAG- When jumping into the airbag DO NOT jump head first. This can result in paralysis or even death. You should be landing with your feet, stomach, side, back or butt. Please don't jump into the Airbag until given permission from our 'Flight Crew'.

SO REMEMBER – No Horseplay, which means running, tackling or piggybacks. It's your responsibility to avoid others and always follow 'Flight Crews' instructions. If you have any questions please ask.

Here at Pro Bounce we work on a 3 strike policy so if you break a rule that's a strike and our staff will let you know. 3 strikes and you will be asked to leave the trampolines. However, if you pose an immediate safety risk to others you will be asked to leave the trampolines straight away!

Finally, STAY SAFE, FOLLOW THE RULES AND HAVE FUN!!!