



# SAFETY RULES

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1. Every person who jumps on our trampolines must first provide a valid/signed Jump Space disclaimer acknowledgment form. Those under 18 must have the disclaimer acknowledgment form signed by their parent or legal guardian.
2. Those under 8 years old must be accompanied and looked after by parent or legal guardian.
3. **The child(ren) under 5 years cannot enter trampoline zone alone. Supervision of the parent or legal guardian over 18 is required.**
4. **Trampoline park do not provide child(ren) care services.**
5. When having any health disorder or problems, do not enter trampoline zone.
6. No food or drinks are permitted on the trampolines.
7. No sharp objects are permitted on the trampolines: belt buckles, clothing studs, jewelry, key chains or any other.
8. **Only socks are permitted on the trampolines (no shoes)!**
9. Only one person is allowed per jumping surface.
10. Do not attempt any tricks on safety padded areas of the trampolines.
11. No double flips – that is particularly dangerous.
12. Any kind of flips and tricks are dangerous exercises. Attempting to perform these exercises is a risk of serious injury!
13. Do not climb, lean, or hang on to any of the top pads or netting inside the trampoline area.
14. Do not sit or lie on the trampolines. Exit the trampolines if you need to rest.
15. Jump only on the trampoline, do not jump on the safety pads. Safety pads and resting zone are hard and you can injure legs, knees, back or elbows.
16. Jump in the center of the trampoline, as if you fall on the protective parts, you can injure yourself.
17. Jump and land on two feet.
18. Before jumping from one trampoline on the other, look at whether or not you will encounter another visitor.
19. Do not jump and do tricks outside the trampoline area, i.e. on / from the rest area.
20. No one under the influence of drugs or alcohol is permitted on the trampolines.
21. Attempt any skill or activity outside of your personal limitations, abilities or skill level. **Do not attempt any tricks you have not been trained to do. It is dangerous!**
22. Jump Space trampoline park **instructor have right to ask to leave trampoline area without possibility of coming back** according to safety rules braking frequency and other circumstances (causing danger for your own and others health).

**The child(ren) under 5 years cannot enter trampoline zone alone.**

**Only one person is allowed per jumping surface.**

**Any kind of flips and tricks are dangerous exercises. Attempting to perform these exercises is a risk of serious injury!**

**Only socks are permitted on the trampolines (no shoes)!**

## ADDITIONAL FOAM PIT SAFETY RULES

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1. **DO NOT** land on head or neck. **No diving!**
2. **NO** double or back flips.
3. **DO NOT** play with foam cubes, do not hide under them.
4. **DO NOT** enter foam pit until the landing area is clear.
5. Empty your pockets before jumping to the foam pit.
6. **Resist the trampoline so that you could really jump through the safety pad to the foam pit.**
7. After landing in the foam pit, leave foam pit as soon as possible.