

Infinity Trampoline Park

Rules for Trampoline Usage

Before Jumping

- All users must have read, understood and signed the disclaimer or have a parent/legal guardian sign on their behalf
- All jumpers must weigh under 16 stone
- All jumpers must have attended the full length of the safety brief
- Anyone under the influence of drugs or alcohol will not be permitted in the trampoline area
- All users must empty their pockets and remove any sharp items of clothing e.g. belt buckles or jewellery prior to taking part
- All users must wear socks or grip-socks
- Do not bring any food or drink (including chewing gum) into the trampoline area
- Mobile phones or loose equipment is not permitted on the trampolines

Main Court

- Jumpers should only bounce in the middle of the trampoline
 - Never on the safety padding
- Jumpers should land evenly, on two feet and stay in control
- Bouncing from one trampoline to another trampoline is allowed as long as the area is clear
 - **No running across the trampolines**
 - Ensure the landing area and pathway is clear before jumping over features or doing tricks
- Don't jump close to someone else
 - Jumpers should have around a metre's distance around them
- Never attempt any tricks beyond your skill level or out of your control
- If you lose control, don't put your hands down to save you! Let your body take the bounce
- No fighting or wrestling
- Only one person is allowed to use a feature at a time
- No sitting or lying on the trampolines or features
- No climbing on the walls or safety netting

Foam Pit

- Only one person is allowed to use a foam pit lane at a time
 - Wait for the person ahead of you to exit the area fully before jumping in
 - Jumpers should exit the pit out the far side, opposite the trampoline
- Always aim to land on your feet, back or bum in the foam pit
 - Never your head, stomach or knees
 - **DO NOT DIVE IN TO THE FOAM PIT**

- Exit the foam pit straight away – do not sit or lie in the pit
- Wait for the Safety Marshal to instruct you before you jump
- Empty your pockets – if you lose something you may not get it back!

Dodgeball

- There is a maximum of 16 people per game – 8 per side
- Head shots are not permitted and do not count as a hit
- Stay in control and land evenly
- Remember not to run on the trampolines

Performance Wall

- Always remain in control
- The objective of this area is to back-bounce up the wall – generally only wall-running is permitted in this area
- Do not climb up the wall – only reach the top by back-bouncing/wall running
- Do not jump from the top of the wall on to your feet – if you cannot get down by back-bouncing ask the safety marshal for assistance
- Only one person is permitted per trampoline at a time
- Remove ALL jewellery

Basketball

- Only one jumper per lane at a time
- Do not kick the basketball
- No hanging from the hoops or nets
- Do not lean on or grab the safety netting
- Do not remove the ball from the basketball area
- Landing on the basketball could cause injury – be aware of the ball

Safety Rules

- If you break the rules, you will get a strike
 - If you get 3 strikes, your session is over
- If you have any problems or questions, ask our Safety Marshals