

## TRAMPOLINE RULES AND SAFETY INSTRUCTIONS



**Please read carefully and take note!**

1. **An adult must supervise.**
2. **Do not use if wet.**
3. **Remove the weather cover and any tree debris from the jump mat before use and carefully clip the cover back in place after use.**
4. **Only one person at a time on each trampoline.**
5. **The upper weight limit is 115kg (18 stone).**
6. **Remove shoes and socks.**
7. **Remove sharp objects from pockets.**
8. **Remove any jewellery that may catch in jump mat or safety netting.**
9. **Tie back long hair.**
10. **Do not eat, drink or chew while bouncing.**
11. **The door must be zipped and clipped shut when in use and at the end of each session.**
12. **No somersaults.**
13. **Do not intentionally rebound off the safety netting.**
14. **Do not hang on, kick or climb the safety netting.**
15. **Do not sit on the padding or frame around the outside of the safety netting.**
16. **Please report any damage using the Snag Sheets found in the Solid Shelter or House.**
17. **Please record any accidents in the Accident Book in the Solid Shelter or Foyer of House.**