

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 replace after use.
4. Only one person at a time on each trampoline.
5. The upper weight limit is 150 kg (24 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, chew or smoke while bouncing.
11. The door must be closed when trampoline is 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 – these are in the Solid Shelter and the foyer of House.

Toni-ann Hammond 14 June 2024