

RULES OF BOUNCE

For the enjoyment and safety of everyone, visitors must pay attention to the rules and follow instructions issued by the safety marshals at all times.

1. Children aged 11 and over can stay at the park without adult supervision providing that a consent form signed by an adult has been received and the young person visiting the park is not part of an organised group (e.g Schools, Youth Club, Scouts etc)
 2. Children aged 10 or under must have an adult on site at all times
3. All participants must be aged 2 or above (with the exception of Toddler Classes).
4. All under 5's must be accompanied by an adult on the trampolines at all times.
5. Last jump for under 5's is 5pm every day.

GENERAL

- Do NOT jump if you have a health related issue that could result in injury to yourself or others
- Do NOT jump if you are under the influence of drugs or alcohol
- Do NOT jump if you are or maybe pregnant
- ASCENT safety socks must be worn whilst using the trampoline equipment
- ALWAYS wear the supplied entry wristband for the session you are attending
- NO food or drink is permitted on the trampolines
- NEVER sit or lay down on a trampoline bed; exit the trampoline bouncing zone should you need a rest
- Do NOT touch, climb, lean on or hang off any netting or the basketball hoops
- ALWAYS land on 2 feet; never land on your head and never jump or land on any of the padding
- NO double jumping is permitted; no more than one person can jump on a bed at any one time
- NEVER double flip
- REMOVE all items from pockets before using the equipment; valuables should be placed in the lockers provided or left at home

AIRBAG AND FOAM PITS

- NEVER dive head first into the AIRBAG
- Do NOT enter if others are in the way
- SAFELY land on your feet, bum or back
- Do NOT hide yourself in the AIRBAG or FOAM PITS as others may jump on you without knowing
- EXIT the AIRBAG as quickly as you can onto the exit platform
- NEVER try to double flip

OBSTACLE CHALLENGE

- ONLY one challenger PER obstacle AT ANY ONE TIME
- NEVER dive head first into the pit
- Do NOT enter if others are in the way
- SAFELY land on your feet, bum or back
- Do NOT hide yourself in the foam pit as others may fall on you without knowing
- ALWAYS EXIT the foam as quickly as you can on to the exit platform

SLAM DUNK ZONE

- Do NOT hang off the hoops, backboard or support bars
- STAY on your track; do NOT jump across the padding
- Do NOT jump or dunk from behind the backboard
- ONLY one person is allowed on each trampoline at a time
- ONLY attempt dunks within your ability