

# 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.

- 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)
- Children aged 10 or under must have an adult on site at all times
- All participants must be aged 2 or above (with the exception of toddler sessions which is 1 years and above)
- All under 5's must be accompanied by a paying adult on the trampolines at all times.
- Last jump for under 5's is 5pm every day.
- All Participant's MUST watch the Safety Briefing Video prior to using the equipment

## GENERAL

- When using the Trampoline Beds you MUST land within the Green Tape to avoid injury on padding or springs
- 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 AND OBSTACLE CHALLENGE

- NEVER dive head first into the AIRBAG or FOAM PITS
- 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
- Always EXIT the AIRBAG AND FOAM PITS as quickly as you can onto the exit platform
- NEVER try to double flip
- ONLY one challenger PER obstacle AT ANY ONE TIME

## 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

## CLIMBING / TRAVERSE WALL

- Only relevant coloured Wristbands can use the Climbing Wall
- Only proceed once instructed by a member of the Ascent Team
- Do not climb above the highest fixture on the wall
- Do not touch the netting above the wall
- Climb within your ability!
- Please exit to the right
- Try to plan your landing ahead of time
- Try to land on two feet
- You must be ages 4 years and above to use the Climbing Wall
- Do not overtake whilst on the Climbing Wall
- Do not stand underneath somebody whilst they are climbing
- Be aware of other Climbers!

