

Ascent Trampoline Park Limited

Adult (18 and Over) Jumper Consent Form

Please enter your details here

First Name.....

Email Address.....

Last Name.....

Telephone No.....

Date of Birth.....

Next of Kin.....

Address.....

Next of Kin Tel No.....

.....

.....

*Please note Rules of Bounce can be found overleaf

I wish to take part in all activities at Ascent Trampoline Park

I confirm that I am aged 18 or above

I understand that trampolining activities themselves are not completely free from risk and whilst Ascent staff will take all appropriate precautions to prevent accidents, injuries can occur.

I confirm that I will carry out all activities within Ascent Trampoline Park in accordance with the specific safety briefing instructions and that I will follow instructions and advice given by Ascent staff at all times

I understand that I must wear Ascent Trampoline Socks when using the park's trampolines.

I give consent in the event of any illness/accident for any necessary treatment to be administered to me.

In giving my consent, I am confirming that I have fully read, understood and accept the content of this consent form. I also confirm that I have read the Rules of Bounce and that I will abide by the rules outlined in the rules of bounce at all times and know that by breaking these rules, I am at risk of not only injury, but also being asked to leave the park itself.

From time to time, Ascent Trampoline Park will be taking photographs or filming participants using the park.

Please tick the box if you give permission for yourself to be the subject of photographs/films

Signed.....

Print name.....

date.....



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 13 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 12 or under must have an adult on site at all times

All participants must be aged 2 or above. All under 5's must be accompanied by an adult on the trampolines at all times.

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



**HAVE FUN!
STAY SAFE**

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 onto the exit platform

SLAM DUNK ZONE

- Do NOT hang off the hoops, basketball 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

