

 **HIGH
ALTITUDE**
**TRAMPOLINE
PARK**

AIRBAG SAFETY - LANDINGS



Land on your back or bottom with your legs stretched out in front of you



Do not dive head first into the airbag



Do not tuck your knees up when landing



Do not land with your legs underneath your body



Do not land feet first

AIRBAG SAFETY

Warning: The airbag is designed for controlled landings. If you do not follow the rules you could injure yourself. Uncontrolled landings can cause serious injury. Landing with your legs or feet underneath your body can cause serious injuries. Landing on your head or neck can cause serious injuries

Use of this activity is entirely at your own risk

We do not provide direct supervision or assess individual's skill levels, abilities, competency or suitability to use this activity

YOU MUST BE 5 YEARS AND OVER TO USE THIS ACTIVITY

You must have basic jumping & athletic ability to use this activity

Know your limits – Only jump within your own ability

Do not attempt any move beyond your own skill level

Assess your own skill level & only attempt flips or advanced manoeuvres if you are competent & capable

Always remain in control

Plan your landings in advance



SAFE LANDING

ONLY Land on your back or bottom with your legs stretched out in front of you

- ✓ Only jump when inflated
- ✓ Only 1 jumper at a time per lane
- ✓ Only jump when the airbag landing area is clear
- ✓ Jump & land away from the airbag edges
- ✓ Exit the airbag from the side as quickly as possible
- ✗ Do not cross lanes when exiting
- ✗ Do not jump into the airbag from the surrounding walkways
- ✗ Do not push others into the airbag



DODGEBALL SAFETY

Warning: This activity involves the use of a ball in this area

TRAMPOLINE SAFETY RULES APPLY

- ✓ No kicking the balls
- ✓ Do not stand or jump onto the balls
- ✓ No headshots
- ✓ Keep it friendly and polite
- ✓ Do not remove or throw the balls out of the dodgeball court
- ✓ Notify a monitor if a ball goes out of the dodgeball court



TRAMPOLINE SAFETY

WARNING: Trampolines are designed for controlled landings. If you do not follow the rules you could injure yourself. Uncontrolled landings can cause injury.

Use of this activity is entirely at your own risk

We do not provide direct supervision or assess individual's skill levels, abilities, competency or suitability to use this activity

You must be under **17 STONE** to use these trampolines

You must have basic jumping & athletic ability to use the trampolines

High Altitude Anti-slip grip socks must be worn at all times
Do not attempt any manoeuvre beyond your own skill level

Assess your own skill level

Do not attempt flips or other advanced manoeuvres unless you know you are competent, capable and have the appropriate training & skills

Always remain in control

Plan your landings in advance

Be aware of how to bend your knees to control or stop your bounce

Always jump & land in the centre of the trampolines

Never jump on or near the coloured pads

Do not exit the trampolines by bouncing off onto the surrounding walkways

Make sure you have control before leaving the trampolines

Always jump so you land on both feet at the same time

Never land with just one foot

Strictly only one person per trampoline at any one time – No Double bouncing

Do not jump or step onto a trampoline unless it is clear

Look out for other participants & give way to smaller ones

No climbing the trampolines or padding

Only jump onto the sidewall using your back