

# JUMPING RULES

**ALL PARTICIPANTS MUST HAVE A VALID WAIVER ON FILE BEFORE PARTICIPATING.**  
**CHILDREN UNDER 18 MUST HAVE A PARENT OR GUARDIAN COMPLETE A WAIVER.**  
**ALL JUMPERS JUMP AT THEIR OWN RISK.**

Always land on **BOTH FEET** together in the center of the trampoline.  
**NEVER** land on one foot.



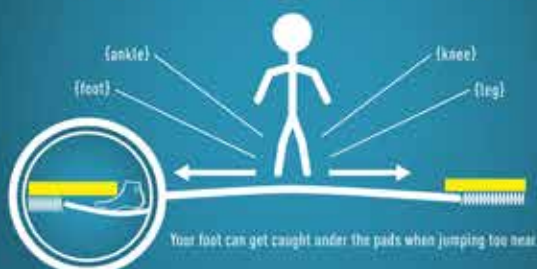
If you are a larger person, **DO NOT** jump or land near a smaller person.



**NEVER** effect another persons bounce. Two people landing on the same trampoline can cause double bouncing.



**NEVER** climb or jump on pads. Jumping too close to pads can cause injuries.



- NO RUNNING OR HORSEPLAY ALLOWED
- DO NOT SIT OR LIE ON THE TRAMPOLINES OR PADS
- SINGLE FLIPS ONLY & ONLY TWO FLIPS IN A ROW
- WHEN BOUNCING OFF OF A WALL YOU MUST RETURN TO THE TRAMPOLINE YOU JUMPED FROM
- POCKETS & MOUTHS MUST BE EMPTY
- NO SHOES, BARE FEET, LOOSE CLOTHING, OR JEWELRY
- STAY IN CONTROL & KNOW YOUR LIMITS
- DO NOT GRAB THE TOP PADS OR NETTING

**HAVE FUN,  
STAY SAFE!**

  
**AIRHEADS**  
ADVENTURE ARENA



# COURSE RULES

**ALL PARTICIPANTS MUST HAVE A VALID WAIVER ON FILE BEFORE PARTICIPATING.  
CHILDREN UNDER 18 MUST HAVE A PARENT OR GUARDIAN COMPLETE A WAIVER.  
ALL JUMPERS JUMP AT THEIR OWN RISK.**



- JUMP RULES ALSO APPLY
- MUST BE AT LEAST 48" TALL TO PARTICIPATE
- LONG HAIR MUST BE PULLED BACK AND SECURED
- ONE PARTICIPANT PER LANE
- MUST WAIT FOR ATTENDANT "GO" TO START; PREVIOUS PARTICIPANT MUST EXIT LANE BEFORE YOUR START
- NEVER PASS OVER SOMEONE BELOW YOU
- DO NOT CLIMB SUPPORT COLUMNS
- IF YOU FALL PLEASE EXIT FOAM IMMEDIATELY & LAND FEET FIRST; DO NOT PLAY IN THE FOAM
- NO FLIPPING, DIVING, SITTING OR LAYING IN THE PIT

**HAVE FUN,  
STAY SAFE!**

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