

S N O W C R E E K
A T H L E T I C C L U B
51 Club Drive / PO Box 3397
Mammoth Lakes, CA 93546
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Trampoline Safety Rules

Snowcreek Athletic Club, located at 51 Club Drive, Mammoth Lakes, CA 93546 (the Club), offers and allows the use of trampoline equipment and related facilities, programs, classes and services (collectively, the trampoline equipment) to those who understand and expressly agree to adhere to and abide by the following Trampoline Safety Rules. Anyone who fails or refuses to comply with these Safety Rules is expressly prohibited from use of said trampoline equipment and will not be authorized to use said trampoline equipment. Violation of these Safety Rules, or failure to comply with directions of the Club staff or a trained instructor or coach approved by the Club concerning such matters will be grounds to terminate the use of the trampoline equipment and for immediate removal from the Club facilities with a forfeiture of any fees paid.

Facilities and Services Available: The Club provides athletic, recreational and other services to its members, including the right to use various athletic and exercise equipment, facilities, lockers and showers (the "Standard Services"). These Standard Services are available only to members and day pass users of the Club. In addition, special services are available at additional cost, including access to personal trainers, exercise and fitness programs and classes, *etc.* (the "Special Services"). The use of trampoline equipment is not included in the standard membership fees, and is considered a special service for which additional fees will apply. Payment of such applicable fees is a prerequisite to use of the trampoline equipment. Payment of trampoline fees does not include or allow access to other Club facilities or Standard Services.

Rules and Policies of the Club Applicable to Trampoline Equipment: By accepting access to and use of the trampoline equipment, all persons (participants) agree to abide by all rules, policies and schedules of the Club, which may be announced, published or posted at the Club, and which may be amended from time to time at the discretion of the management of the Club, including but not limited to the following:

- 1. Dangers and Risks:** The Club wants all participants using the trampoline equipment to have fun; to enjoy the experience; and to reach their fitness and training goals. Above all, however, the Club wants all participants using the trampoline equipment to do so safely and to avoid any injury or harm to themselves and others. The use of trampoline equipment involves a variety of inherent risks and dangers, which are exacerbated by improper and unsafe use. The most common injuries are sprains, bruises, lacerations and fractures. While severe injuries are not common, they do occur and can result in paralysis or even death. There is a greater risk of injury when trampoline activities are unsupervised. Many injuries involve two or more persons using the trampoline at the same time. Injuries also occur to and may be caused by spectators who are not attentive to the participants or who fail to abide by proper safety standards. Awareness and appreciation of these risks and dangers helps to prevent accidents and injuries.

- 2. Fitness to Use the Trampoline Equipment:** Participants must be in good health and be knowledgeable and able to safely participate in any use of the trampoline equipment in which they may engage. Participants may not use the trampoline equipment if they are not physically capable and prepared to engage in or use it safely. Anyone with an injury, sprain, broken bone, or in a cast shall not use the trampoline equipment. Based on the trampoline manufacturer's safety standards, the weight limit for an individual jumper in our facility is 300 pounds. Our policy is to recommend that anyone with individual weight-related concerns should consult a physician and receive medical clearance before engaging in trampoline jumping.

3. **Training:** All participants must complete our basic trampoline training orientation prior to the use of the trampoline equipment.
4. **Knowledge of Proper and Safe Use:** Participants must seek assistance from trained Coaches or Club personnel on the safe and proper usage of the trampoline equipment for any questions they may have about the use of the trampoline equipment. Participants shall not attempt any somersaults or other advanced or higher-risk maneuvers without prior training, proper supervision, and use of appropriate safety equipment.
5. **Supervision:** No one is permitted in any room containing trampoline equipment without the presence of a trained Snowcreek Athletic Club staff or a trained instructor or coach approved by the Club. No use of any trampoline equipment is permitted without proper supervision present during such use. Recreational trampoline activity will be allowed only when a trained Snowcreek Athletic Club Staff is present to supervise such use. Any trampoline use as part of a class or group activity, including skiing or snowboarding training; competitive gymnastics; diving training; or other similar activities must be supervised by trained Snowcreek Athletic Club staff or a trained instructor or coach approved by the Club.
6. **Children:** Children under 6 years of age are prohibited from use of the trampoline equipment.
7. **Spectators:** All persons present in rooms containing trampoline equipment must be and remain alert and attentive to their own safety and that of all participants. Anyone who is fatigued or otherwise unable to fulfill that responsibility is required to immediately leave the trampoline room. No spectator or other person who is not actively using a trampoline shall sit, stand or lean on the trampoline, or the sides or ends of the trampoline when someone else is using that trampoline.
8. **Safety Equipment:** Protective gear and equipment must be used whenever appropriate to maintain safety. Somersaults and other advanced or higher-risk maneuvers will be allowed only with trained supervision and instruction; and with proper use of protective equipment, such as a harness and/or a helmet, as may be deemed necessary or appropriate by Snowcreek Athletic Club staff or a trained instructor or coach.
9. **No Food, Beverages or Objects:** No food or drinks or any hard objects that may constitute a safety hazard (glassware, dishes, exercise equipment) are permitted in the rooms containing trampoline equipment. All personal accessories (i.e. watches, bracelets, necklaces, keys in pockets, etc.) must be removed before using the trampoline equipment.
10. **Rotating Turns; One at a time and bounce in the middle:** All participants shall rotate use and take turns using the trampolines as directed by Snowcreek Athletic Club staff or a trained instructor or coach approved by the Club. Only one participant is permitted to use a trampoline at a time. Participants must try to bounce in the middle of the trampoline and stay away from the edges.
11. **Zero Tolerance:** Smoking of cigarettes and use of drugs or alcohol is strictly prohibited. Anyone under the influence of drugs or alcohol is prohibited from use of the trampoline equipment.
12. **Respect and Courtesy:** All participants are required to act respectfully and courteously toward each other and towards all other members of the Club, the staff and Club facilities. Failure to do so will be grounds to terminate the use of the trampoline equipment and for immediate removal from the Club facilities with no refund of any fees paid.

I have read and understand and hereby agree to abide by and comply with the foregoing safety rules.

Date: _____ **Participant:** _____
Signature

Printed Name