

Trampoline Safety Rules

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. Training:** All participants must complete our basic trampoline training orientation prior to the use of the trampoline equipment. Participants agree to abide by the Mammoth Trampoline Club facility rules which they learned during their bouncer orientation. If participants forget these rules or need clarification they must ask a trampoline coach for assistance at any time.
- 2. Safety:** Inversions and other advanced or higher-risk maneuvers will be allowed only with trained supervision, instruction, safety precautions (spotting, harness, etc) and a coach's clearance. Coaches have maximum authority in order to keep participants safe and ensure all participants, guests, and staff have a positive experience. Coach's authority may include, but is not limited to, permitting/revoking a participant's clearance to do inversions or any other tricks or skills, using mild forms of discipline such as time outs, fitness activities, or expulsion from the trampoline facility should participants act in inappropriate or unsafe manners.
- 3. Staff Supervision:** No one is permitted in any room containing trampoline equipment, or on any trampoline equipment without the presence of a trained Snowcreek Athletic Club/Mammoth Trampoline Club staff or a trained instructor or coach approved by the Club. Any trampoline use as part of a class or group activity (visiting sports teams, birthday parties, summer camps, or similar activities) must be supervised by trained Snowcreek Athletic Club staff or a trained instructor or coach approved by the Mammoth Trampoline Club.
- 4. Children:** Children under 7 years old are only permitted on trampolines and in the trampoline facilities during Bitty Bouncer class times and for approved events (ie birthday parties, private lessons, etc.)
- 5. 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.
- 6. Parent/Guardian Supervision:** Parent/guardian agrees to remain on-site at Snowcreek Athletic Club while participants under the age of 18 use the facility. Parents understand that coaches are not responsible for participants should they leave the Mammoth Trampoline Club facility.
- 7. No Food, Beverages or Objects:** No food or drinks or any hard objects that may constitute a safety hazard (glassware, dishes, exercise equipment, etc) are permitted in the rooms containing trampoline equipment. All personal accessories (i.e. watches, bracelets, necklaces, keys in pockets, headphones, etc) must be removed before using the trampoline equipment.
- 8. Zero Tolerance:** Smoking and use of drugs or alcohol, vandalism, intentional abuse of facility equipment, or any illegal activity is strictly prohibited. Failure to comply with the zero tolerance policy is grounds to terminate the participant's use of the trampoline equipment and for immediate removal from the Club facilities with no refund of any fees paid.
- 9. 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. Participant's must always follow a coach's instruction. Failure to do so will be grounds for disciplinary action, or in extreme cases grounds to terminate the participant's 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:** _____
Printed name signature

Date: _____ **Parent/Guardian:** _____
Printed name signature