

## Safety Regulations for using the Trampoline

Before using the trampoline, make sure that the trampoline has no technical faults. There should be nothing and nobody under the trampoline.

Do not use the trampoline whilst under the influence of alcohol, medications or drugs, or if you are over-tired.

Do not perform for too long on the trampoline. Stop immediately if you feel dizzy or short of breath. People with health problems (e.g. damaged spine) and pregnant women must not use the trampoline.

Under no circumstances you should hold property whilst trampolining. Remove all items of jewellery and suchlike before trampolining.

It is forbidden to chew gum or eat sweets whilst trampolining, due to the risk of suffocation.

The trampolining area should only be occupied and used by one person at a time. Several people bouncing at the same time is very dangerous and should therefore not be attempted.

Small children and younger teenagers should only use the trampoline under suitable supervision.

In the performing area or in the danger area around the trampoline, there should be no property or people who or which could hinder or interfere with the trampolinist.

Only bounce on the trampoline in the manner for which it is intended. Do not abuse the trampoline to bounce onto other equipment, property or people. Should there be several performing areas, do not bounce on to a neighbouring performing area.

Sufficiently familiarise yourself with the trampolines' throw characteristics. You should first learn to stop your bounce by bending your knees and to perform basic jumps before attempting more difficult skills.

Avoid bouncing too high. Initially practice low bounces until you always land in the centre of the bed. At the same time, keep the corners of the trampoline in sight, in order to control your bouncing.

Somersaults, twists and front drops are dangerous. Avoid performing such jumps until you have expert instruction and assistance.

Under no circumstances you should bounce on the trampoline whilst wearing shoes.

## Enjoy your trampolining!