



# TRAMPOLINE DEVICE RULES

*for drop-in, field trips & birthday parties*

- 1 | AGES 6+ ONLY
- 2 | DIRECT COACH SUPERVISION REQUIRED
- 3 | ONE PERSON AT A TIME (INCLUDES PARENTS & CAREGIVERS)
- 4 | ONE PIECE OF EQUIPMENT AT A TIME
- 5 | BOUNCE IN THE MIDDLE, BOUNCE IN CONTROL
- 6 | NO INVERSIONS OR FLIPPING
- 7 | STOP BOUNCE, GET OFF SAFELY
- 8 | LANDING IN A FOAM PIT:
  - ENSURE CLEAR PATH
  - NO INVERSIONS
  - FEET FIRST

