



Safety Rules

Trampoline (Fast Track) Rules

- 1) Stop and Step off the trampoline, do not jump off at the mats around the walls.
- 2) Only forward jumps and forward somersaults are allowed from the trampoline into the foam pit – no backwards!
- 3) Look before jumping into the pit, ensure the area is clear.
- 4) Be careful if the trampoline is busy.

Rope Swing Rules

- 1) Check that no one is swinging on the rope before crossing the mats.
- 2) The rope should only be used to swing forwards and backwards (Above the mats).
- 3) Be careful of the knot, it is very hard.
- 4) When dismounting participants should land on their feet.

Parallel Bar Rules

- 1) Do not drop off onto your head.
- 2) Be careful of the uprights and handles.
- 3) Do not stand on the bars.

Foam Pit Rules

- 1) Look before you jump, ensure the area is clear.
- 2) Do not dive in head first (it's not a swimming pool).
- 3) Forward jumps and forward somersaults only – no backwards!
- 4) Foam fights are allowed but in a safe area where participants will not get landed on – participants should avoid foam contacting their eyes.
- 5) Keep the foam in the pits.
- 6) Do not dig holes or cover yourself with foam.

Balance Beam Rules

- 1) No socks should be worn
- 2) Do not run along the beam
- 3) The beam is a narrow item of equipment and participants must concentrate when using it
- 4) Do not go underneath the beam

Rings Rules

- 1) Do not drop into the foam pit head first
- 2) Swing only forwards and backwards, not side to side

General Rules

- 1) Please walk around the gym. Do not chase others around the equipment.
- 2) No pushing, throwing, pulling, play or real fighting.