



HIGH PERFORMANCE COURT

NOTE: THIS IS AN AREA WITH HIGHER REBOUND TRAMPOLINES AND GREATER MOTORIC SKILLS AND EXPERTISE REQUIRED

- NO INDIVIDUAL USE UNDER THE AGE OF 15
- MINIMUM HEIGHT LIMIT OF USER: 125 CM
- USE OF THE FIELD IN ONLY AT YOUR OWN RISK!
- DO WARM-UP EXERCISES AND STRETCHES BEFORE USE!
- ONLY 1 PERSON PER TRAMPOLINE ALLOWED!
- DO NOT ATTEMPT ANY MOVE BEYOND YOUR OWN SKILL LEVEL!
- DISTRACTING OTHERS WHILE ON FIELD IS STRICTLY FORBIDDEN
- DO NOT JUMP ONTO THE WALL RIDER COURT WHILE OTHERS ARE THERE!
- ALWAYS LAND TO THE MIDDLE OF THE TRAMPOLINE ON BOTH LEGS, NO ONE FOOT LANDING AS IT LEADS TO SERIOUS INJURY!
- NO LANDING HEAD FIRST! ONLY LAND ON YOUR BACK OR BUTT TO PREVENT SERIOUS INJURIES!
- NEVER LEAN ON, JUMP ON, SIT ON, CLIMB, GRAB, OR LIFT ANY WALLS, SAFETY PADS OR SAFETY NETS