



XTREME

AIR

INDOOR TRAMP PARK

TRAMP PARK RULES

- Please read and follow instructions on Xtreme Air Tramp Park signage around the park which cover rules specific to those areas
- Follow all instructions from Xtreme Air Tramp Park staff
- All customers must be wearing Motion Entertainment grip socks
- All customers must be wearing a valid wrist band
- Children 13 years and under must be supervised by an adult (18 yrs +) who must also explain the park rules to them
- Mini Jumpers (0-4 years) must be accompanied and directly supervised by an adult wearing Motion Entertainment grip socks
- Only one person per trampoline at a time – take turns
- No sitting, lying, or resting on the trampolines
- Only customers 5 years and older in the main trampoline areas
- Only customers 4 years and under in the 'Mini Jumpers' area (excluding mini jumpers supervising adult)
- Maximum customer weight limit: 110kg (242 lb)
- No Food (including chewing gum or lollies) or drink in the Trampoline Court areas
- Be mindful of those around you. No pushing, double bouncing, or rough play. Avoid collisions
- No climbing, leaning against, or bouncing off mesh walls
- Customers must use equipment safely and for its intended purpose. Play within your personal limitations and ability
- Before play, remove loose jewellery and ensure your pockets are empty (wallets, phone, keys etc)
- Physical capabilities and exertion will be required which demand limb use and body control. Only play on the Xtreme Air Tramp Park if you deem yourself physically able and competent.
- Do not participate in any Xtreme Air Tramp Park activities if you are pregnant, have medical conditions or injuries, or are currently taking medication.
- You must not be under the influence of drugs or alcohol
- Lighting, flashing lights, music, noise could cause seizures
- Participation could result in serious injury or death
- Non-compliance to rules or staff instructions may result in a non-refundable removal from Xtreme Air Tramp Park

AIR BAG RULES

- Obey at all times the Xtreme Air Tramp Park rules
- Only ONE jumper at a time from each platform
- Do not jump until the air bag is clear below
- Promptly exit the air bag after landing
- No sitting, lying, or resting on the air bag
- Only jump from the level you are competent with
- Absolutely no flips or diving. Jump to land on your bottom or back
- No jumping from closed platforms
- Do not jump if the air bag is deflated

JOUSTING BEAM & SLACK LINE RULES

- Obey at all times the Xtreme Air Tramp Park rules
- Only two customers at a time on Jousting Beam
- Take turns
- No hits above the shoulders
- Do not commence play until the air bag is clear
- Promptly exit the air bag after landing
- No sitting, lying, or resting on the air bag
- Absolutely no flips or diving
- Only one customer at a time on the Slack Line
- Always start the Slack Line from the platform
- Always balance on the Slack Line using your feet
- Always exit the Slack Line to the side
- Do not commence the Slack Line until the previous player has exited the line and air bag
- Do not jump if the air bag is deflated

MINI JUMPERS COURT RULES

- Obey at all times the Xtreme Air Tramp Park rules
- Only customers 4 years and under
- Children must be directly supervised by an adult (18+) at all times
- Strictly no jumpers 5 years or older

HIGH PERFORMANCE COURT RULES

- Obey at all times the Xtreme Air Tramp Park rules
- STRICTLY ONE PERSON PER TRAMP - NO EXCEPTIONS
- Jump and land on middle of the tramp
- Only jump off the high bench from the designated 'Jump Zones' areas
- Jump onto the closest trampoline
- Only land on feet, bum or back
- Customers must use equipment safely and for its intended purpose – See “High Performance Area Information” signage for further details
- High Performance Court only to be used by experienced jumpers with good body control and must jump within their capabilities

HIGH PERFORMANCE COURT INFORMATION

- Performance trampolines are different to the other trampolines in Xtreme Air Tramp Park, and different to trampolines at home.
- They are more powerful and produce more bounce
- These are positioned next to the wall to create the opportunity to “walk the wall”
- Performance trampolines are for customers who have mastered the fundamental trampoline skills and are capable of advanced skills while maintaining good body control
- Performance trampolines are not designed for first time jumpers
- To “Walk to Wall” you must be able to confidently perform a back drop
- If jumpers are new to “Walk the Wall” they must always start with the lower wall before progressing to the higher wall

BASKETBALL COURT RULES

- Obey at all times the Xtreme Air Tramp Park rules
- No swinging or hanging off the hoops
- Do not kick the basket balls
- Do not remove basket balls from the Basketball Court
- Take turns
- Maximum of 6 jumpers at a time