

FLIPOUT UK SITE RULES

YOU ARE ABOUT TO PARTICIPATE IN AN ACTIVITY WHICH CARRIES A RISK OF INJURY OR DEATH. YOU MUST READ THESE SITE RULES IN ORDER TO MINIMISE YOUR RISK OF SERIOUS INJURY OR DEATH.

Taking part in an activity:

1. All participants must not participate in any Activities (as defined in point 1.1 of Flip Out UK's terms and conditions) or use any equipment provided by Flip Out UK unless they have undertaken Flip Out UK's safety and induction procedures and processes in relation to the relevant Activities and/or equipment.
2. All participants must comply with the height, weight and age restrictions specified by Flip Out UK. Please see points 2.4 and 2.5 of the Flip Out UK terms and conditions for further details of this.
3. All participants must not participate in any Activities if they are pregnant, have a heart condition or wear a plaster cast.
4. Participants will at all times wear any required protective equipment, such as Flip Out jumping socks, whilst participating in any Activities.
5. Participants will remove all jewellery, as well as any sharp or valuable objects (e.g. keys, mobile phones etc.) from their pockets, before participating in any Activities.
6. Participants will not eat or drink whilst participating in any Activities.
7. Participants will at all times only carry out Activities that are within their skill level and of which they are able to retain control at all times.
8. Participants will not at any time attempt to wrestle, play rough or double bounce on any trampoline (jump on the same trampoline as another user so as to bounce them higher).
9. Participants will not attempt to climb, sit on or dismantle any safety apparatuses, including without limitation, any walls, netting and padding.
10. If trampolining, participants will only seek to bounce and land on either their current or immediately adjacent trampoline.
11. Participants will only rest in the designated seating and rest areas.

Supervision

If you are 18 years old or older [and do not lack capacity] you will be personally responsible for:

- (a) your own safety and following these Site Rules and any advice or direction given by any Flip Out UK personnel; and
- (b) the safety of any participants whom you have named in the Flip Out Waiver and ensuring that they have read, understood and will adhere to the Site Rules and any advice or directions given by any Flip Out UK personnel.