

TRAMPOLINE PARK / MULTI-ZONE ACTIVITY AREA / ACTIVE MULTI-ZONE ACTIVITY AREA

Date:

Session Time:

Waiver:

There are inherent risks and dangers associated with participation in all sporting activities, including Trampoline Parks/Multi-Zone Activity Area/Active Multi-Zone Activity Area. Examples of such risks include (but are not limited to) bodily injury such as bruises, bumps, partial and/or total disability, or paralysis.

By proceeding with my booking I confirm the following:

- I acknowledge and accept these risks, as well as take full responsibility for communicating these risks to all persons participating within my booking.
- I understand that use of the Trampoline Parks/Multi-Zone Activity Area/Active Multi-Zone Activity Area is not recommended for persons who have heart, back or neck conditions, or people who are pregnant. Any participant suffering from any health problems, illness, or who believes they may be pregnant should not participate in the activity, without consulting with their doctor for medical advice. I acknowledge that GLL/Better are unable to offer specific guidance regarding individual participation.
- I confirm that I have communicated these health warnings to all persons within my booking and confirm that all participants declare themselves fit to participate.
- I confirm that neither I, nor others participating within my booking, will hold the management, directors, staff or volunteers of GLL/ Better responsible for any accidents, injury, loss, or damage whilst participating in the activity.
- I confirm that in cases where I am not the parent or guardian of a junior (under 18 years old), I have obtained the consent of the parent/guardian to agree and accept full responsibility for any junior participating as part of my booking. Where necessary I will ensure that appropriate adult supervision is provided in line with GLL's terms and conditions.
- I give my permission for medical assistance to be administered in the case of an accident or emergency to myself or any person present within my booking.
- I agree to adhere to the rules and regulations on display and to these terms and conditions, and acknowledge that failure to do so may result in exclusion. The refusal of entry and / or exclusion is in any case entirely at the discretion of GLL/Better.

Terms and Conditions, and Rules of Use

By proceeding with my booking, I confirm that both I and all participants present within my booking will at all times agree to and comply with GLL's terms and conditions of use, including the following rules:

- Participants are only permitted to participate during their designated session.
- All participants, and those with responsibilities for supervising juniors, are required to have viewed the pre-activity briefing video and familiarised themselves with the relevant activity safety information prior to participating in the activity.
- The pre-activity briefing video is available to watch while booking online, via the app or on the website. You will also receive a link to the video on your confirmation email. The briefing will also be available in centre.
- Additional and/or specific activity safety information can be found at each activity.

- Participants are advised to wear appropriate sports clothing whilst within the activity. No clothing with buckles or studs is permitted to be worn within the activity area.
- No jewellery such as watches, necklaces, or dangly earrings, is permitted.
- Long hair must be tied back.
- No eating in the activity area. Drinking water is permitted.
- Please do not engage in boisterous behavior in the activity, such as play fighting.
- Please be considerate of other participants, especially younger children.
- Participants must wear 3/4 grip socks with sufficient grip. If your grip socks are missing grip, you will be asked to purchase a new pair.
- Please note that music and / or disco lighting may be utilised throughout your session.
- Please note that during certain sessions specific features may be operated on rotation. These may not be available for the full duration of the session.
- Certain areas of the activity area may have specific age and / or height restrictions. Please adhere to these.
- All personal belongings and loose items must be stored within the lockers provided. GLL take no responsibility for lost or damaged personal belongings.
- Activities may vary at each location. Please check the centres webpage to see if it is available at your centre.

Ratios

- Children aged 18 months up to 5 years must be accompanied by at least one participating adult per two children.
- Children aged 5 years up to 8 years must be accompanied by at least one participating adult per ten children.

Trampoline Zones

- The maximum weight permitted for Trampoline Zone participants is 18.9 stone / 120kg.
- Please refrain from lying down or sitting on trampolines. Please use the rest areas located in and around the Trampoline Park.
- Please do not pull, grab, or hold any safety pads or safety netting.
- Aim to land in the centre of trampoline beds (the sweet spot). Do not jump, land or walk on the coloured padding surrounding the trampoline beds.
- Participants should concentrate on their technique, rather than speed whilst using the Trampoline Zone. There are no racing or speed features located within the Trampoline Zone.
- Only single flips are permitted. Flips across pads, or bed to bed are not permitted.
- Only one jumper is permitted on each trampoline at a time (no double bouncing).
- Always land on two feet or your seat.

Foam Pits and Activity Features

- Please only enter foam pits using appropriate entry techniques, as shown in the pre-activity briefing video. No headfirst entries or flips permitted.
- Foam pits are linked to specific features, and should not be used for general play.
- Please exit the foam pits promptly, following directional instructions where applicable.

- Do not enter a foam pit until the previous participant has vacated the pit.
- Specific features may have additional rules and instructions. Please familiarise yourself with these prior to using the equipment.
- Each specific feature has a maximum user capacity. Please adhere to this capacity at all times.

Airbags

- Please only use the airbag using appropriate entry techniques, as shown in the pre-activity briefing video. No headfirst entries or flips permitted.
- Airbags are linked to specific features, and should not be used for general play.
- Please exit the airbag promptly, following directional signage where applicable.
- Do not use the airbag until the previous participant has vacated.
- Specific features may have additional rules and instructions. Please familiarise yourself with these prior to using the equipment.
- Each specific feature has a maximum user capacity. Please adhere to this capacity at all times.
- All participants must be at least 1.25 metres tall to use the airbag, and features associated with airbags.
- All participants must weigh under 18.9 stone / 120kg.

Inflatable Zone

- Please remain a safe distance away from the entrance and exit areas highlighted in black and yellow.
- Somersaults are not permitted.
- Participants must not climb on the inflatable walls.

Zip Zone*

The zip zone feature operates at height, and once you've paid for access, no refunds will be given if you choose not to participate.

- Please only use the Zip Zone using appropriate techniques. Techniques and rules can be found in and around the Zip Zone area.
- Participants must be at least 8 years old to use the Zip Zone.
- Participants must be at least 94cm / 3ft 1in tall
- Participants must be under 187cm / 6ft 2in tall
- Maximum weight for Zip Zone participants is 17.4 stone / 110kg.
- Please do not try and go through the safety gate until you are clipped on by an operator.

*The Zip Zone activity is only available at Sobell Leisure Centre

PLEASE FILL OUT DETAILS IN FULL ON BACK OF THIS SHEET

