



**JUMP
AREA**

RULES OF CONDUCT IN THE JUMP AREA

Warm-up



Before jumping - activate your body and joints to avoid injuries

From light to heavy



Start simple and increase slowly - according to your ability

Take a break



As soon as concentration or body tension decreases - take a short break

Keep your mouth empty



No food, chewing gum or similar items while jumping

Jump healthy and fit



Only use when rested and in a physically healthy condition.
Prohibited for pregnant women!

Do not sit or linger



Leave the jumping and landing area immediately - no staying allowed

On the trampoline without shoes



Only jump in the socks provided - no street shoes allowed

Empty your trouser pockets



Before jumping - Everything out of the bags

Follow instructions



Staff must be followed at all times
- Observe the signs at the individual stations

Children only with supervision



Under 8s are only permitted to enter the area with an accompanying adult

Landing Bagjump



Only land on your buttocks or back - Head landings should be avoided!

Landing Trampoline



Always land as centrally as possible and with both legs - avoid head landings!