

WARNING

NO FLIPS!



ONE AT A TIME



1. **DO NOT** attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.
2. **DO NOT** allow more than one person on the trampoline/inside the enclosure. Use by more than one person at the same time can result in serious injuries.
3. Use trampoline/enclosure only with mature, knowledgeable supervision.
4. Trampolines over 20 in. (51 cm) tall/enclosures are not recommended for use by children under 6 years of age.
5. Inspect the trampoline/enclosure before each use. Make sure the barrier and the enclosure support system (rods) are correctly and securely positioned. Replace any worn, defective, or missing parts.
6. Climb on and off the trampoline at the enclosure door. It is a dangerous practice to jump from the trampoline to the floor or ground when dismounting, or to jump onto the trampoline when mounting. Do not use the trampoline as a springboard to other objects.
7. Bounce in the center of the mat.
8. Stop bounce by flexing knees as feet come in contact with the trampoline bed. Learn this skill before attempting others.
9. Learn fundamental bounces and body positions thoroughly before trying more advanced skills. A variety of trampoline activities can be carried out by performing the basic fundamentals in various series and combinations, performing one fundamental after another, with or without feet bounces in between them.
10. Avoid bouncing too high or for too long. Stay low until bounce control and repeated landing in the center of the trampoline can be accomplished. Always control your bounce.
11. While keeping the head erect, focus eyes on the trampoline toward the perimeter. This will help control bounce.
12. Avoid bouncing when tired. Keep turns short.
13. Bounce only when the surface of the bed is clean and dry. Wind or air movement should be calm to gentle. The trampoline must not be used in gusty or severe winds.
14. Do not allow children under the trampoline.
15. Keep small children away from the trampoline while others are bouncing on it because the edge can move in and out vigorously, and there is the potential for a rod to pop out if the bouncer lands heavily near the edge.
16. Do not use the trampoline/enclosure while under the influence of alcohol or drugs.
17. Keep objects that could interfere with the performer out of the way. Maintain a clear area around the trampoline.
18. Properly secure the trampoline/enclosure when not in use. Protect it against unauthorized use. If a trampoline ladder is used, the supervisor should remove it from the trampoline when leaving the area to prevent unsupervised access by children under 6 years of age.
19. For additional information concerning the trampoline equipment, contact the manufacturer.
20. For information concerning skill training, contact a certified trampoline instructor.
21. Read all instructions before using the trampoline/enclosure. Warnings and instructions for the care, maintenance, and use of this trampoline are included to promote safe, enjoyable use of this equipment.
22. Use only when the enclosure barrier has no holes, rods are secure in the sockets, the sockets are tightly secured to the trampoline frame, and the barrier is properly suspended.
23. Do not try to jump over the barrier.
24. Do not intentionally rebound off the barrier. Do not hang, kick, cut or climb on the barrier. Do not attempt to jump over or climb under the enclosure barrier.
25. Wear clothing free of drawstrings, hooks, loops, or anything that could get caught in the barrier.
26. Do not attach anything to the barrier that is not a manufacturer-approved accessory or part of the enclosure system.