Rules of Conduct at JUMP DOME

1. Use Only Under Supervision

- Children under the age of 10 may only use the facilities when accompanied by an authorized supervising adult.
- Jumpers under the age of 16 require a liability waiver signed by a parent or legal guardian.
- Jumpers aged 16 and over must sign their own liability waiver.
- Parents, legal guardians, or supervising persons are responsible for their children.

2. Use at Your Own Risk

- Every jumper has different physical abilities. Only jump according to your personal skill level.
- Please note: You jump at your own risk! Know your limits and do not exceed them.

3. Safety Has Top Priority!

- Only one person is allowed per trampoline at any time.
- Never allow multiple people on the same trampoline section simultaneously.
- Perform only controlled jumps and try to land safely on both feet in the center of the trampoline.
- Avoid running across multiple trampoline sections and never “double bounce” or catapult others. This is strictly prohibited.
- Flips are only permitted if you can perform them safely or have learned them professionally.
- Tricks beyond your abilities can lead to serious injuries (including paralysis or death).
- Never land on your head or neck. Keep sufficient distance between your head and knees, especially during flips or rotations.
- Avoid landing on the safety pads, as injuries may still occur despite the padding.
- Do not jump into the side nets or intentionally land or sit on the frame pads.
- Do not exit trampolines by jumping onto frames or walkways.
- Never climb up the angled trampoline walls or hang onto them.

- Do not climb the nets.
- In case of a fall, keep arms and legs close to your body and tuck your chin to your chest.
- Do not brace yourself with your arms when falling and always keep your tongue inside your mouth.
- Jumping is physically demanding. Take breaks as soon as your concentration or body tension decreases.
- Use the rest areas outside the trampoline zones and take drinking breaks if needed.
- Keep your mouth empty while jumping: no food, chewing gum, or similar items.
- Sitting or staying on the trampoline surfaces is prohibited.
- Entering the area underneath the trampolines is forbidden.
- Jumping under the influence of alcohol or drugs is prohibited.
- No food, drinks, or chewing gum are allowed on the trampoline areas or access zones.
- Drinking breaks may only take place outside the jumping areas.
- The activity area may only be used while wearing official JUMP DOME socks.
- Maximum permitted body weight: 130 kg.
- Immediately inform staff if you notice an accident or any damage.
- Follow all staff instructions immediately and without exception.

4. Airbag / Foam Pit

- Head-first landings into the airbag or foam pit must be strictly avoided.
- Always land flat on your back or bottom.
- Never dive in head-first or feet-first.

5. Respect & Consideration

- Be considerate of other jumpers.
- Running, pushing, or playing tag on the trampoline areas is prohibited.
- Disturbing other jumpers (e.g. bumping into them or pushing) is extremely dangerous and forbidden.

6. Clothing, Long Hair, Headwear, Jewelry & Glasses

- Long hair must be tied back.
- Clothing must not contain hard or sharp elements (e.g. zippers, studs, or belts).
- We recommend that people wearing glasses remove them. Glasses and hearing/visual aids may only be worn if securely fitted and absolutely necessary.
- Headwear is only permitted in the jumping area if expressly approved.
- Empty your pockets completely (no keys, phones, etc.).
- All jewelry (necklaces, rings, piercings, watches, or similar accessories) must be removed or securely covered before using the facilities.

7. Health Restrictions

- If you suffer from back, heart, asthma, or diabetes conditions, or if you are pregnant, consult a doctor before jumping.
- Persons with serious medical conditions (heart, back, etc.) are advised not to jump.
- Only use the activity area if you have the necessary physical and mental abilities to safely and responsibly perform the activities and jumps.

8. Questions & Uncertainties

- If anything regarding these RULES OF CONDUCT is unclear, please contact a member of staff immediately.