

Artsports Safety Rules

1. Only one person on a trampoline at a time.
2. Walk don't run, no tag or chasing others in gym.
3. When you are done jumping on the tramp, walk off – NEVER jump off.
4. Never bounce tramp to tramp, or run across trampolines.
5. If you are jumping into the pit, please look before you leap, do not follow others into the pit.
6. Get out of the pit quickly. Do not give anyone the chance to jump on you.
7. There are three parts of your body that you CAN land on in the pit – your feet, your bottom, and your back.
8. Two parts of your body that you NEVER land on going into the pit are your head or your stomach.
9. Please keep the foam in the pit, and NEVER pick at the foam.
10. Things get lost in the pit – please make sure that you take everything out of your pockets so that you don't lose anything. Artsports is not responsible for any lost items.
11. If you are going to be doing flips of any kind – this includes even a front roll – you must remember 2 things: one) always keep your head tucked, which means you are staring at your belly button the entire time, and two) always keep your knees apart so that if you land hard, your knees do not come up to hit you in the face because that hurts.
12. No unassisted flipping onto trampolines under level 5 or a coach's approval. You may flip into pit or up onto a large mat.
13. Do not climb over the wall or sit on the wall – always go around.
14. There is no gum, food or drink out in the gym, or set on the wall. Please keep food and drinks in cubby holes.
15. Never throw or push anyone into the pit.
16. 5 year olds and under must be accompanied by an adult in the lower gym.
17. No one is allowed in any gym area without the supervision of an instructor.

Pop Quiz:

1. How many on a trampoline at a time?
2. How do you get off a trampoline?
3. How do you NOT get off a trampoline?
4. Name two things we do not do tramp-to-tramp.
5. What do you do before you jump into the pit?
6. What do you NOT do if you are already in the pit?
7. How soon do you get out of the pit?
8. Name three parts of your body that you CAN jump on into the pit.
9. Name two parts of your body that you NEVER jump on into the pit.
10. Name two things that you need to remember to do while doing a front flip.
11. Do you walk or run in the gym?

Moms and Dads – please come out on the floor – take pictures, encourage and cheer for the kids – just don't get on the trampolines. Our insurance restricts anyone over the age of 21 years from going on the equipment.