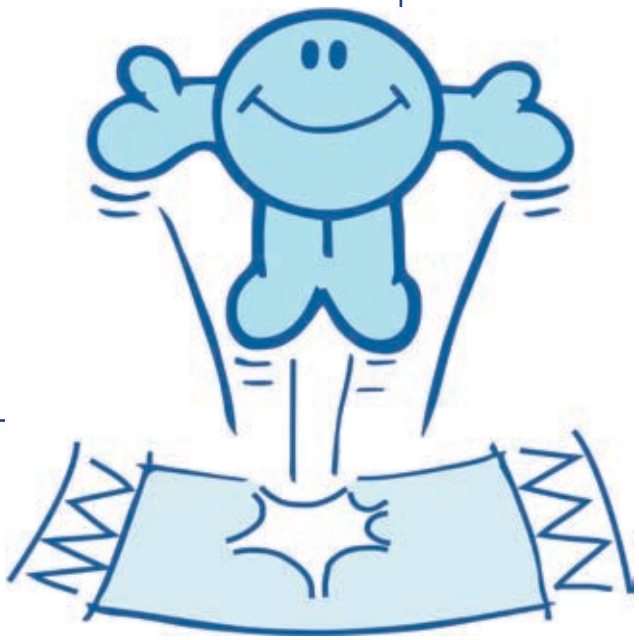
AUSTRALASIAN Gymnastics & Dance ACADEMY

RULES OF THE TRAMPOLINES

1. A coach must be present for the responsible use of all trampolines.
2. Crawl onto and exit backwards off the trampolines.
3. Bounce only on the cross marked in the middle of the trampoline.
4. Do not attempt any new moves, somersaulting, kipping or double bouncing without specific permission.
5. No jumping from trampoline to trampoline or onto the floor or mats.
6. No jewellery, street clothes or slippery shoes or socks to be worn.
7. Hair must be neat, tidy and tied back at all times.
8. No swinging underneath the trampoline or getting on when it is already in use.