

# BEFORE YOU JUMP

## PLEASE BE FAMILIAR WITH THIS INFORMATION BEFORE VISITING EXTREME AIR PARK INDOOR TRAMPOLINE PARK

In order for you to maximize your fun at Extreme Air Park, here are a few things you need to know.

### **WAIVER:**

Before jumping at Extreme Air Park Indoor Trampoline Park there is a bit of paperwork that is required. **Everyone who is going to jump MUST have a signed liability waiver.** If a jumper is under the age of 19, the liability waiver MUST be signed by the minor's parent/guardian. A waiver must be completed for each and every visit.

We recommend you print off a waiver, fill it out and have it signed prior to coming in.

### **TRAMPOLINE SAFETY:**

Trampoline activities are an extremely safe form of exercise and fun.

However, many people have apprehensions regarding trampoline activity. Although the concerns are legitimate, these concerns stem from use and reputation of backyard, non-industrial manufactured type trampolines. The negative stigma is due to improper use or set up of these "personal" trampolines. Most major injuries arise from improperly covered springs, and especially jumping on a trampoline without an enclosure or net, to prevent falling off.

**WE ARE DIFFERENT!** Our trampolines are constructed in North America, engineered in North America, and are made with high strength industrial padded frames, rather than standard tube frames most trampolines are framed with. All our springs are covered with 2in foam pads, which are connected and locked to the mat and frame system. All our mats are enclosed with 7ft - 45-degree trampoline walls. As a result, no jumper can ever fall off or jump out of the courts, land on a hard metal tubing, or get caught in springs. Our trampoline system is CSA (Canadian Sports Association) approved, and is 100% safe!

The main exposure to risk at our facility will be from not following the Jump Rules, not our trampolines. With that said, provided you follow EAP's Rules you should have no risk of injury.

### **INJURIES:**

Our injury rate is 0.2%. This means 2 out of every 1,000 trampoline jumpers will get some type of injury. We count all injuries, even if we just hand out an ice pack. The vast majority of these injuries are minor. Very few are serious. In order to understand the level of our injury rate, there must be a comparison to other physical activities that kids do on a regular basis. Below is a chart comparing our facility to other sports.

<b>Sport</b>	<b>Injury Rate %</b>	<b>Injuries / 1,000</b>
Baseball	1.7 %	17
Softball	1.0 %	10
Soccer	2.1 %	21
Football	1.5 %	15
<b>Extreme Air Park</b>	<b>0.2 %</b>	<b>2</b>

\*Reference: American Academy of Pediatrics Journal  
"Survey of the injury Rate for Children in Community Sports"  
Marirose A. Radelet, Scott M Lephart PhD, Elaine Runbinstein PhD,  
and Joseph B. Myers PhD  
Pediatrics 202; 110; e28 // DOI: 10.1542/ped.110.3.e28

### **AGES:**

Extreme Air Park offers FUN for almost any age and physical ability. A paid adult jumper must accompany jumpers under the age of 7. Everyone on the park floor is a paid participant, no exceptions.

### **COURT TIMES:**

Open Jump times in our Park start when you are ready to jump. Your time will not count down until you are briefed on safety and rules. Please note that 3-D Dodgeball or specific court availability cannot be guaranteed with admission.

### **AIR SOX POLICY:**

Extreme Air Park Jumpers can only jump in approved Extreme Air Park rubber soled sox. Extreme Air Sox are mandatory with each jump time purchase. They provide traction and keep our trampolines sanitary. Sox are new and made of 100% environmentally friendly cotton and are hypoallergenic.

### **COURT SEPERATION:**

Because Extreme Air Park attracts all ages and sizes, our Team reserve the right to move jumpers to different courts for safety precautions.

### **RESERVATION INFORMATION:**

DROP INS ARE ALWAYS WELCOME. If you require a specific time frame, or if you are booking a package then a reservation is required. We require a minimum of 8 participants to make a reservation. ALL RESERVATIONS BY PASS ANY LINE UP. A reservation does not give you a private court. All our sessions are open to the public. For groups of 8 or less no reservation is required. Groups of 8 or more are welcome to make a reservation to ensure a jump time when you arrive. Reservations can be made by clicking the blue Book Airtime Now icon on the right of each page. We do not accept reservation by telephone.

#### **RESERVATION POLICY:**

- All reservations require a \$100 non-refundable payment at the time of booking or when we contact you to confirm the booking.
- The space you buy cannot decrease once this \$100 payment is made, but can increase (depending upon space availability).
- Arriving late for your reservation will result in that equal amount of time being deducted from you court time. **All reservations are required to arrive 30 minutes prior to the reservation (court) time.**

### **PLAY AT OWN RISK:**

Although Extreme Air Park endeavors to ensure safety by continued surveillance by monitoring/recording, waiver requirements, availability of jump safety equipment, court monitors (our Team), verbal explanation of rules and posted rules and signs, to name a few – jumpers should acknowledge that this facility is a PLAY AT OWN RISK FACILITY. We highly recommend jumpers to follow the Court Rules to ensure a safe and fun experience.

### **REFUNDS:**

Extreme Air Park will not provide refunds or partial refunds for any reason what so ever.  
\*All prices are subject to change and subject to tax

**FITNESS HAPPENS AT EXTREME AIR PARK!**