## ATTENTION

## PATRON RESPONSIBILITY CODE

Master the **FUNDAMENTALS** of single trampoline jumping before moving on to more **ADVANCED** maneuvers such as trampoline-to-trampoline jumping, wall trampoline jumping, **AND AERIAL TYPE SKILLS, WHICH INCREASE THE RISK OF INJURY.** 

## **FUNDAMENTALS**

- Jump in control
- Bend your knees to stop your bounce
- Bounce in the center of the trampoline



www.SkyHighSports.com

- Jump and land on two feet.
- Be aware of those jumping around you. It is YOUR RESPONSIBILITY to avoid others.
- F00TWEAR: Sky High Sports Grip Socks (available for purchase).

Noncompliance may result in loss of jumping privileges.