

House rules

Behavior

1. The instructions of the personnel must be followed.
2. Jump accordingly to your skills. Flips and other tricks are dangerous and are only permitted to those, who are capable to perform them safely.
3. Only one person is allowed per trampoline.
4. Land on both feet in the middle of the trampoline. Landings on the orange paddings can lead to serious injuries.
5. Leave the trampoline calmly and safely.
6. Be considerate of other jumping. Running, playing catch and frolicing around is prohibited.
7. Climbing the angular trampolines and sticking to the orange paddings is prohibited.
8. Jumping is exhausting! Take a break when your concentration fades.
9. Breaks are permitted in the designated areas. Sitting on the trampolines is prohibited.
10. If you fall keep your arms and legs close to your body and your chin close to your breast. Do not try to brace.
11. Smoking is prohibited.
12. It is prohibited to enter the area below the trampolines.

Personal aptitude

1. Children under 9 years must be accompanied by an adult. Once the occupancy rate of our park reaches 30% and more children under 6 years are no longer allowed to enter due to safety reasons.
2. We do not recommend jumping for pregnant women as well as people with back- or heart complaints. Please consult your doctor prior to visiting Sprungwerk.
3. Intoxicated people are prohibited from jumping.
4. Jumping is allowed up to a weight of 130 kg / 280 lbs.

Clothing

1. Jumping is only allowed with our Sprungwerk socks.
2. Loose items in pants pockets are not allowed. It is allowed to bring a mobile phone for purposes of filming and taking photos when carried in the hand.
3. Suitable clothing is free from zippers, loops, studs, belt buckles and other loose items. Glasses must be suitable for sportive activities or replaced by contact lenses. Hearing aids must sit firmly.
4. Jewellery, hair clips and needles as well as piercings have to be removed prior to jumping. Piercings that cannot be removed have to be covered. Long hair is to be worn as a ponytail.
5. Headgear is basically prohibited. Only exception is religious headwear that is suitable for sportive activities. That means that it sits firmly on the head without being supported by needles.

Food and drinks

1. Food and drinks are prohibited in the activity area.
2. Due to safety and food hygiene concerns it is prohibited to bring external victuals.

Attraktionen

1. Blows against the head and waist are prohibited on our battle beam.
2. Plunges/headers into our foam pit are dangerous. Always land feet first.
3. The white highjump trampolines may only be used after clearance by our personell.
4. Dodgeballs are thrown, not kicked. Intentional throws against the head are prohibited.

If you have any questions about these rules, feel free to ask our staff.