



FREEDOG

The use of Freedog's Trampoline Park:

1. Participant will abide by all policies and procedures regarding all trampoline park activities; participant will watch the safety video before using the facilities at Freedog and satisfy themselves that they have fully understood all instruction.
2. Risks and dangers exist during trampoline park activities. These risks include physical injuries, psychological injuries and even the possibility of loss of life;
3. Each person is responsible for his/her actions and those of his/her children on and around the trampoline park and agrees to abide by all posted rules, policies and procedures in order to maintain the utmost level of safety;
4. I hereby assume all of the risks of the participating in the trampoline park activities and will hold the owner/operator and its employees, agents, officers, trustees and affiliates harmless from any and all liability, actions, demands, damages, expenses, costs, claims and causes of action of any possible nature in respect of injury, death loss or damage to myself, child or property however caused as a result of or in any way relating to my activities on and around the trampoline;
5. I further agree to indemnify and hold harmless the owner/operator, its employees, agents, officers, trustees, and affiliates from and against any and all liability incurred as a result of or in any manner related to my participation in trampoline activities;
6. If, despite the signing of this waiver, a lawsuit is brought against the owner/operator, its employees, agents, officers, trustees or affiliates in relation to participation in the trampoline activities, I agree to pay for any and all court costs and solicitors fees incurred as a result of such litigation;
7. I also declare that neither I nor my children, if applicable, are under the influence of any chemical substance including alcohol at the time of the signing of this release or at the time of participation in trampoline activities;
8. I agree that if any provision of this release is found to be unenforceable or invalid in any way, the remaining provisions will remain in force and effect;
9. I fully understand that trampoline activities involve a certain level of risk of injury. My participation in these activities and my signing of this waiver are completely voluntary.

The use of Freedog's Skills Area:

1. Each and every participant must complete the instructor lead warm-up at the start of the session in order to progress with the rest of the session.
2. The instructor will ensure you are comfortable with the basic skill elements prior to moving onto other elements of the skills area.
3. Instructors are there to guide you, at no point in time will they force you to try something that you are not comfortable doing.
4. You agree that you know your limits, do not try anything you feel unsafe or dangerous.
5. Instructors/staff are on hand to attend to any First Aid requirements. If you have a minor injury, it is your responsibility to inform the instructor/staff member.
6. Appropriate footwear must be worn on specific equipment. (Shoes on wooden blocks, socks on trampolines).
7. In order to use the Calisthenic bars, you must be supervised by one of our instructors or staff members. If there is no staff member present, please do not use the equipment, simply request an instructor/staff member to supervise you.
8. For the safety of yourself and others, if an instructor does not think you are capable of completing a move safely, they will communicate this to you.
9. Equipment can only be moved once cleared with a member of staff.



The participation in Toddler Bounce:

1. Our toddler sessions are to provide fun and enjoyment for little ones.
2. Adults must keep their bouncing to a minimum and refrain from any flips, tricks or summersaults anywhere during these sessions, this includes bouncing off the side walls and extreme bouncing into the foam pit.
3. Freedog socks must be worn at all times.
4. Direct supervision at all times
5. Always make sure your bouncing is on your own trampoline, be aware of other toddlers and adults around you as you may collide.
6. I will conduct myself in a reasonable and safe manner.
7. I/my child will respect the company toys that they provide.
8. You agree that your child/Toddler is fully able to participate in the session and has no injuries/illness or medical conditions.

The participation in SEN/Rebound Therapy Sessions:

A medical questionnaire is to be completed before your first session and we have the right to request a doctor's note.

I will listen to the instructor and abide by the rules set out.

I will not run across the trampoline.

You/ or the responsible adult will tell us immediately of any new medical conditions or any new triggers.

You must have a completed starter pack prior to your session.

Medical questionnaire is to be completed before your first session and we have the right to request a doctor's note.

I understand that in taking part in a send session I do have the capacity to make decisions for myself, if I do not my carer will take full responsibility for my actions whilst taking part in the session.

It is the carer's responsibility to watch the safety video and interpret the safety to the SEN individual and must be completed before any activity begins.

The use of Freedog's Climbing/Bouldering equipment:

Bumps, bruising and scrapes can occur.

Instructors may be required to use physical contact to check harnesses and/or other equipment is fitted correctly.

As with any physical activity, there are built-in risks. These risks include physical injuries, psychological injuries and even the possibility of loss of life.

Only approved persons will run climbing sessions, the instructors will be equipped with harness and sling during all climbing sessions.

The approved person will check every harness, helmet and twist lock Karabiner before every climb.

Customer must ensure that they are free from entrapment hazards by wearing the appropriate attire. Customers must not wear any of the following; jewellery, watches, loose fitting clothes, hoodies. Hair must be tied back and shoe laces must be tucked in. The supervisor will ensure that customers are following these rules- if a person is wearing any inappropriate clothing they will be told to remove it, if unable to remove they will be told not to participate.

Appropriate footwear consists of shoes with a fully closed toe, secured with laces or Velcro. Laces must be tucked in and shoes must be the correct size for the persons' feet.

All climbers will be required to do a 'practice jump off' from the wall at a 2m height at the beginning of each session.

Weight limit for this activity is 22 stone.

The approved person will regularly repeat the following safety points;

- Do not adjust your own harness
- Do not adjust the Karabiners
- Do not pull down on the Blue strap (Belay wire)