**RULES FOR VISITING THE SPORTS AND ENTERTAINMENT CENTER "SKYPARK"**

**GENERAL PROVISIONS**

These Rules are binding on all visitors to the trampoline center.

Children under 16 years old visit the trampoline center only in the presence of legal representatives or other adult accompanying persons. When visiting, you must have the original or a copy of the identity document of the visitor and his legal representative.

By purchasing a ticket to visit the trampoline center, visitors accept and agree with the general rules of the internal rules of the trampoline center. For non-observance of these rules, the administration of the trampoline center has the right to prohibit the visitor from visiting the trampoline center.

If the parents left the children unattended and left the park, the administration is not responsible for the children.

The instructor is always right.

After the first 15 minutes of the paid time, money is non-refundable.

In case of losing the key to a personal locker (cell), there is a fine of **15** AZN

The instructor or administrator has the right to stop visiting the trampoline center without a refund if the visitor:

• has grossly violated the rules more than three times;

• does not respond to instructions from the instructor regarding the rules of conduct and safety measures;

• creates dangerous situations for other visitors;

• behaves in an ugly and uncivilized manner towards other visitors or staff. A visitor to the trampoline center should be aware that the trampoline center is an object of increased injury risk, and the visitor carries out any action in the trampoline center under his own responsibility. **The trampoline center is not responsible for injuries sustained by visitors during their stay in the trampoline center.**

Visitors are required to maintain public order and generally accepted norms of behavior, behave respectfully towards other visitors to the trampoline center, and avoid actions that endanger others. Visitors take responsibility for observing safety measures and the requirements of the center staff when they are on the territory of the trampoline center.

Jumping on a trampoline in any area may be limited by the instructor in case of group / individual training, holidays, or corporate events.

Responsibility for the life and health of minors who are on the territory of the trampoline center is borne by their legal representatives or other adult accompanying persons. These persons are obliged to control the behavior, the order of stay of minors in the trampoline center. The administration of the trampoline center is not responsible for minors who are on the territory of the trampoline center without the supervision of legal representatives or other adult accompanying persons. The trampoline center staff does not provide childcare services.

Before the start of classes, all visitors are required to pay for a visit to the trampoline center, other necessary services, or present a subscription for the right to visit the center at the administrator's desk. Visitors to the trampoline center when visiting give their consent to video filming themselves and the minor using video cameras of the trampoline center and to open access to the specified video filming in Internet resources. It is allowed to take pictures in the trampoline center. Visitors, legal representatives, or other accompanying minor, entering the trampoline center, give their consent to photographs themselves and the minor by other visitors of the center and to access the photos on the trampoline center website.

Trampoline center visitors are required to carefully monitor their personal belongings (bag, mobile phone, keys, etc.). The administration of the trampoline center is not responsible for the visitor's personal belongings, loss, theft or damage, and for things left in the storage locker. All items found on the territory of the trampoline center must be handed over to the administrator's desk of the trampoline center, where they will be stored for a month.

To ensure fire safety in the sports arena of the trampoline center, no more than 150 people can be at the same time. On the territory of the cafe (balcony) no more than 100 people, in accordance with the number of seats. In the event of smoke or fire, visitors must immediately inform the trampoline center personnel and, under the guidance of the personnel, leave the trampoline center premises.

Upon discovering orphan things, documents and other items, visitors are obliged to inform the service personnel of the center.

The administration of the trampoline center, as well as the instructor on duty, have the right to refuse to visit the trampoline center or remove from the premises of the center any person in relation to whom there are any grounds to believe that the said person is in a state of alcoholic, drug, or other intoxication.

Body weight restrictions - 120 kg.

**VISITORS ARE PROHIBITED:**

Visit the trampoline center in a state of alcoholic, drug, or toxic state, bring and drink alcoholic beverages, including beer and low-alcohol drinks, smoke on the territory of the center.

Attend classes with chronic diseases, diseases of the musculoskeletal system, diseases of the visual system, the vestibular apparatus, as well as in cases of poor health (headache, colds, ARVI, acute respiratory infections, etc.).

Damage the inventory and equipment of the center (in case of damage to the inventory, the visitor will be charged a fine).

Be in the trampoline arena if there is no instructor there. If you are late or arrive earlier for class, you can enter the trampoline arena only with the permission of the instructor or administrator.

Provide instructions and recommendations about activities to other visitors of the trampoline center.

Take food and drinks in areas not designated for eating, litter and leave personal belongings unattended.

Exercise on trampolines right after a meal.

Jump off the trampoline onto the hard floor. Jump on a trampoline if there are foreign objects on it.

Bring inventory, furniture, toys, other items, food, and drinks into the trampoline area.

Do exercises on the edge of a trampoline without the coach's permission.

Jump towards each other.

Stay in a foam pit for a long time.

Jump into the foam pit if there is another person there.

Jump on trampolines with your phone.

Exercise on trampolines in your underwear.

Exercise bare-chested on trampolines.

Going out barefoot. **Access to the playground only in special socks (cost 5 AZN)**

**SAFETY RULES**

Persons in sportswear, without traumatic parts of clothing, including zippers, buttons, fasteners, and other rigid and interfering elements are allowed to classes; on the feet should be special gymnastic silicon socks. Before starting the lesson, foreign objects should be removed from the pockets of clothing. It is prohibited to practice wearing jewelry (earrings, chains, bracelets, rings) and other accessories (watches, glasses, etc.) on trampolines. It is forbidden to enter the trampoline with chewing gum, foreign objects, or food in your mouth.

The visitor should behave in the park so as not to threaten safety and not harm other people in the center.

Before performing the exercises, visitors are required to carry out a general physical warm-up. After class, it is recommended to cool down - exercises to relax and stretch the muscles.

Only one person can be on the trampoline at a time. The visitor should stop if another visitor has jumped on the trampoline. Jumping from one trampoline to another is prohibited!

Beginners are required to perform low, controlled jumps. Only after mastering basic jumps and the approval of the instructor is it allowed to move on to more difficult ones.

Do not exercise on the edge of the trampoline. Any jumps should be started while standing in the central part of the trampoline.

It is forbidden to jump, run on the covering mats at the edges of the trampoline. It is forbidden to sit, lie, stand on the springs holding the trampoline net. It is forbidden to perform acrobatic, complex, uncontrolled elements on a trampoline and in a foam pool without prior sports training.

Jumping on trampolines is recommended to be performed for several minutes with rest breaks.

Visitors are advised not to put their hands down when falling on their stomachs. When falling on your back, it is recommended not to put your hands back.

Wall jumps are only allowed for visitors with good acrobatic training. Before jumping from the wall, the visitor should make sure that there are no other people on the trampoline under him.

It is forbidden to hang on the wall or climb the wall in any way other than from a jump.

It is forbidden to jump into the foam pit upside down. Landing on the back is allowed. After landing, the visitor should check if other visitors are jumping after him, and in this case, leave the pit as soon as possible.

It is not allowed to bury your head in a foam hole, because this eliminates the visitor's visibility to other people and creates the risk of some visitors landing on top of others.

When jumping into the foam pit, the visitor should make sure that there are no obstacles in front of him.

During the jumps, the visitor must keep an eye on the safety mats. If the mats are displaced, you need to correct them yourself or seek help from an instructor. If a visitor takes mats for safety, they must be returned to their place after training.

It is necessary to stop by gradually decreasing the height of the jumps (you can stop faster by bending your legs if you have already mastered this technique). No harsh

stops and dismounts from the trampoline are not allowed.

Visitors are not allowed on the climbing wall without the instructor's permission.

If you feel pain or feel unwell during the session, stop the session, and inform the instructor.

3.19. Visitors who have violated the rules for visiting the trampoline center or safety regulations, the administration of the trampoline center has the right to refuse to provide the services of the center, to suspend them from classes without refunding the cost of the entrance ticket.