



# Waiver Form

In order to participate in indoor trampoline and adventure park activities including, but not limited to trampolining, trampoline and adventure park access, inflatable park access, trampoline dodge ball, trampoline basketball, aerial training, fitness classes, trampoline courts, foam pit activities, stunt box zone areas, inflatables, jump towers, wall running, performance trampolines, battle beam, trapeze swing, slack line, ninja obstacle course, bouldering wall, wipeout, laser maze, slides (all varieties), soft play equipment, virtual reality equipment, café access, bar access, terrace access and any other amusement and/or entertainment activities, (collectively herein called “Activities”) organized by FLIP OUT UK, its franchisees, agents, owners, officers, directors, principals, volunteers, participants, clients, customers, invitees, employees, independent contractors, insurers, facility operators, land and/or premises owners and any and all other persons and entities acting in any capacity on its behalf (collectively “FLIP OUT UK” also known as “the Company”), I agree as follows:

I am aged 18 years old or older.

I agree that I will undertake the Activities in accordance with the safety rules made available to me prior to participation and the advice given in the pre-participation safety briefing to be undertaken prior to participation, together with any oral instructions or advice given to me prior to or during the session.

I agree to wear any safety equipment and/or clothing required by FLIP OUT UK in accordance with their safety instructions and that I will follow the directives of FLIP OUT UK, its management and staff at all times.

I acknowledge that I am responsible for my own safety (and the safety of my possessions) while undertaking the Activities.

I certify that to the best of my knowledge that I am in good physical condition and I do not have any medical condition which might have the effect of making it more likely that I will be involved in an incident which could result in injury to myself or others.

I certify that I have no pre-existing medical conditions which, could through participation in the Activities, result in injury to myself or damage to my health.

I acknowledge the following contra-indications to safe jumping on medical grounds and certify that I have no pre-existing medical conditions which, could through participation in the Activities, result in injury to myself or damage to my health:

Forces and actions that could aggravate physical conditions:

Excessive participant weight > 125kg/19 stone  
(which could increase forces on the participant’s body, would/could lead to an increased risk of bone and joint damage and would be an indicator of general lack of fitness and appropriateness of the Activity for the participant)

Circulatory conditions

Heart or lung conditions

Recent surgery

Back or neck conditions (including Rodded back and Brittle bones)

High blood pressure

Spine, musculoskeletal or head injury

Down's syndrome

Neck instability

Achondroplasia (disproportionate Dwarfism)

Pregnancy

If in any doubt as to your ability to participate safely in the Activities, please seek advice from your GP.

Customers with Down's Syndrome prior to taking part in such activities, will be asked to obtain evidence that a GP or Paediatrician has screened them using the screening test developed by the British Gymnastics Association for Atlanto-Axial Instability. Approval for participation that is signed by the GP or Paediatrician must be provided before taking part in any trampolining activities.

Customers with Achondroplasia (disproportionate Dwarfism) should not participate in trampolining. They should also not perform gymnastics skills which involve repeated jumping or rebounding.

Customers with Epilepsy –

Flashing lights might be used in some jumping sessions that might affect some people with epilepsy. Customers with uncontrolled epilepsy will be asked to obtain their GP's approval for trampolining and other forms of sports participation taking into account the following:

The type and severity and frequency of seizures

The presence or absence of warning signs

Known trigger factors (e.g. cold parks, stress, excitement, noise or dazzling lights)

Trampolining should only take place when:

Accompanied by a person aged 18 years or over, who must have knowledge of the condition and be able to recognize an attack.

Trampolining should NOT take place if:

A person with uncontrolled epilepsy feels unwell

During peak conditions

**ON BEHALF OF THOSE UNDER 18 YEARS OLD**

I am the parent/guardian of the child/ren listed who is/are under 18 years of age.

If I am not the participant's parent/legal guardian, I can confirm that I am aged 18 years or above and declare that I have the authority from their parent/legal guardian to sign this participant agreement/acknowledgement of risk and injury waiver form.

I acknowledge the risk on their behalf.

In order to participate in indoor trampoline and adventure park activities including, but not limited to trampolining, trampoline and adventure park access, inflatable park access, trampoline dodge ball, trampoline basketball, aerial training, fitness classes, trampoline courts, foam pit activities, stunt box zone areas, inflatables, jump towers, wall running, performance trampolines, battle beam, trapeze swing, slack line, ninja obstacle course, bouldering wall, wipeout, laser maze, slides (all varieties), soft play equipment, virtual reality equipment, café access, bar access, terrace access and any other amusement and/or entertainment activities, (collectively herein called "Activities") organized by FLIP OUT UK, its franchisees, agents, owners, officers, directors, principals, volunteers, participants, clients, customers, invitees, employees, independent contractors, insurers, facility operators, land and/or premises owners and any and all other persons and entities acting in any capacity on its behalf (collectively "FLIP OUT UK" also known as "the Company"), I agree as follow

I confirm that I am responsible for the child/ren in my care and undertake to ensure that he/she/they undertake the Activities in accordance with the safety rules made available prior to participation and the advice that I and he/she/they will be given in the pre-participation safety briefing to be undertaken prior to participation, together with any oral instructions or advice given to me and he/she/them prior to or during the session.

I agree to ensure that the child/ren in my care will wear any safety equipment and/or clothing required by FLIP OUT UK in accordance with their safety instructions and that I will follow the directives of FLIP OUT UK, its management and staff at all times.

I acknowledge that I am responsible for the safety & supervision of the child/ren listed (and the safety of our possessions) and that FLIP OUT UK do not provide supervision of children whilst using the premises or children attending unaccompanied or if left unaccompanied on the premises.

I certify that to the best of my knowledge the child/ren is/are in good physical condition and do not have any medical condition which might have the effect of making it more likely that he/she/they be involved in an incident which could result in injury to him/her/themselves or others (if in any doubt, please check with the child/ren's parent or guardian).

I certify that the child/ren have no pre-existing medical conditions which, could through participation in the Activities, result in injury to them or damage to their health.

I acknowledge the following contra-indications to safe jumping on medical grounds and certify

that I have no pre-existing medical conditions which, could through participation in the Activities, result in injury to myself or damage to my health:

Forces and actions that could aggravate physical conditions;

Excessive participant weight > 125kg/19 stone  
(which could increase forces on the participant's body, would/could lead to an increased risk of bone and joint damage and would be an indicator of general lack of fitness and appropriateness of the Activity for the participant)

Circulatory conditions

Heart or lung conditions

Recent surgery

Back or neck conditions (including Rodded back and Brittle bones)

High blood pressure

Spine, musculoskeletal or head injury

Down's syndrome

Neck Instability

Dwarfism

Pregnancy

If in any doubt as to your ability to participate safely in the Activities, please seek advice from your GP.

Customers with Down's Syndrome prior to taking part in such activities, will be asked to obtain evidence that a GP or Pediatrician has screened them using the screening test developed by the British Gymnastics Association for Atlanto-Axial Instability. Approval for participation that is signed by the GP or Pediatrician must be provided before taking part in any trampolining activities.

Customers with Dwarfism should not participate in trampolining. They should also not perform gymnastics skills which involve repeated jumping or rebounding.

Customers with Epilepsy –

Flashing lights might be used in some jumping sessions that might affect some people with epilepsy. Customers with uncontrolled epilepsy will be asked to obtain their GP's approval for trampolining and other forms of sports participation taking into account the following:

The type and severity and frequency of seizures

The presence or absence of warning signs

Known trigger factors (e.g. cold parks, stress, excitement, noise or dazzling lights)

Trampolining should only take place when:

Accompanied by a person aged 18 years or over, who must have knowledge of the condition and be able to recognize an attack.

Trampolining should NOT take place if:

A person with uncontrolled epilepsy feels unwell

During peak conditions

I understand that the Activities provided are not segregated for use solely by children. I understand that the Activities are used by multiple age groups including adults at the same time as children and are not restricted to any one age group.

I acknowledge that it is my responsibility to assess the suitability of the Activities & the multiple age group use for children in my care. I am aware that some activities are age, height and or ability restricted and I will ensure that the child/ren in my care is/are advised accordingly.

I agree that I will not attempt to use any of the activity equipment or participate in the Activities whilst accompanying the child/ren unless:

I am a registered participant;

I have signed a risk acknowledgement & waiver form as a participant in the Activities;

I am aware of and have agreed to undertake the Activities in accordance with the safety rules made available to me prior to participation and the advice given in the pre-participation safety briefing to be undertaken prior to participation, together with any oral instructions or advice given to me prior to or during the session.

### **YOUR ACKNOWLEDGMENT**

I understand that FLIP OUT UK do not assess the abilities of individual participants or the suitability of the Activities for use by individual participants. I further understand that all participants, parents and guardians must make their own assessment of whether the Activities are suitable for use by individual participants and individual participants ability to participate in the Activities prior to use.

I understand that trampoline parks are interconnected trampolines that are not enclosed and are without segregation or barriers to allow for the free movement around the court between trampolines.

I understand that the Activities are used by multiple age groups at the same time and are not restricted to any one age group.

I understand that the Activities are physically demanding and involve jumping and other strenuous actions sometimes involving height, speed, and unpredictable surfaces.

I understand that the Activities are a high-impact, full body activity which requires intense focus, awareness of my body's strengths and limitations, awareness of the environment around

me, and extreme caution at all times.

I understand that the Activities are dangerous and there is a risk of personal injury when undertaking such Activities and participation can result in serious injury or death.

I/he/she/they use the Activities entirely at my/their own risk.

I understand that participation in the Activities can result in personal injury including, but not limited to, friction burns, cuts, abrasions, bruising, muscle strains, twists, sprains, dislocation, broken bones and paralysis and accept that these injuries can occur through general use of the equipment and not always or necessarily as a result of defective equipment or negligence of the Company.

I understand and accept that the Activities require a moderate level of fitness and can be physically demanding and require physical effort and I/he/she/ they should not undertake the Activities unless I/he/she/they am(is/are) physically able to.

I understand that I/he/she/they is/are responsible for my/his/her/their own actions and or involvement in using the Activities.

I understand that I/he/she/they is/are not permitted to hold/cradle babies and/or small children whilst using any of the Activities, as this may result in severe injury to both parties.

I understand that FLIP OUT UK do not provide direct supervision of participants when using the Activities.

I understand that FLIP OUT UK do not provide training or tuition to participants in the use of the Activities.

I understand that FLIP OUT UK do not assess any participant's skill levels, abilities, competency or the suitability of the Activities for use by them.

I understand that use of the Activities requires at minimum, a basic athletic and jumping ability.

I/he/she/they will not attempt flips or other extreme moves unless I/he/she/they know I am/he/she/they are competent, capable and have previous experience and the appropriate training.

I/he/she/they will not attempt any manoeuvre beyond my/his/her/their own skill level.

In the unlikely event of an accident, or loss or damage to any personal effects, I acknowledge that the Company will not be liable for any direct or indirect loss, damage or injury arising from or in connection with the Activities (except for death or personal injury caused by the Company's negligence), or with my/our failure to comply with the safety instructions and/or directions of FLIP OUT UK and I waive all and any claims against the Company in this respect.

By entering FLIP OUT UK and participating in the Activities, I hereby consent to FLIP OUT UK taking photographs and/or recording me in connection with FLIP OUT UK and using the photograph and/or recording for all purposes, including advertising and promotional purposes. I waive my right to inspect or approve the use of the photograph and/or recording and acknowledge and agree that the rights granted to this release are without compensation of any kind. I understand that I may withdraw this consent at any time by advising FLIP OUT UK,

contact details for whom can be found in the Privacy Policy referred to below.

I acknowledge that I have read and fully understand the above prior to my signing below and I confirm acceptance of FLIP OUT UK Rules, terms and conditions and Privacy Policy as outlined on [www.flipout.co.uk](http://www.flipout.co.uk).

You are personally responsible for your own well-being.

I confirm that I am not under the influence of drugs or alcohol and accept that I must not participate in any Activities if I have consumed any alcohol or drugs prior to attending.

I acknowledge that FLIP OUT UK did not give me medical advice relating to my (or the child/ren within my care) condition and ability to use the facilities.

I acknowledge and accept that CCTV images of all park entrants will be monitored and recorded throughout the premises for the purposes of public safety and crime prevention.

I acknowledge that I (and the child/ren in my care if applicable) have been provided with safety rules and advice of the Company in relation to the Activities and that I have read and fully understand the above and accept the terms of participation freely and voluntarily without any inducement prior to signing/submitting this form.

## **ACTIVITY RULES**

I agree/the under 18 participant named above agrees that I/they shall not participate in any activities or use any equipment provided by FLIP OUT UK unless I/they have undertaken FLIP OUT UK's safety induction procedures and processes in relation to the activities and confirm that I/they will comply with the following rules at all times whilst on the premises:

Participants will comply with the height, weight, age restrictions and contra indications to safe jumping policy (described above) specified by FLIP OUT UK.

Participants confirm to their knowledge they are not pregnant. Pregnant women should not participate in the trampoline arena Activities.

Participants will at all times wear any prescribed and/or required protective equipment/clothing, such as, but not limited to FLIP OUT UK jumping socks, harnesses etc., whilst participating in the Activities.

Participants will remove all jewellery, as well as any sharp or valuable objects (including, but not limited to, keys, mobile phones, money, etc.) from their pockets, before participating in the Activities.

Participants will not eat or drink whilst participating in the Activities.

Participants will at all times only carry out the Activities that are within their skill level and of which they are able to retain control at all times.

Participants will not attempt to wrestle, play rough or double bounce (jump on the same trampoline as another user so as to bounce them higher)

Participants will not attempt to climb, sit on or dismantle the safety apparatuses, including but

not limited to walls, netting and padding, throughout the trampoline and other Activities areas.

Participants will always seek to bounce and land on either their current or immediately adjacent trampoline.

Participants will only rest in the designated seating and/or rest areas of the trampoline/activity area.

Participants may not hold babies/small children in their arms or in carry cots while using any of the Activities except for the café, seated areas, ablution facilities, reception and walkway areas.

## **PANDEMIC PREVENTION RULES – COVID-19**

Participants must not enter the premises if they are displaying any of the COVID-19 symptoms, or if they have tested positive for Covid-19 in the past 7 days, or if any member of their household has tested positive for COVID-19 in the past 14 days, as noted on the UK Government website [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus) (COVID-19)

Participants may be requested to have their temperatures taken before entering the premises.

Participants may be requested to wear face coverings upon entry into the premises.

Participants and spectators must at all times, abide by the safe distancing rules as displayed inside and outside the premises.

Participants and spectators must ensure that they regularly wash their hands with soap and water for at least 20 seconds or apply hand sanitiser to their hands regularly during their visit.

Participants must wear a new pair of Flip Out UK prescribed socks before participating in any of the activities.

Participants who have finished using any equipment must wash their hands with soap and water for at least 20 seconds or they must apply hand sanitiser to their hands before using another item of equipment.

Participants and spectators must adhere to all COVID-19 related signage on display.

Before signing a waiver, you + all attendees in your group MUST watch the safety video below:

Please go to the Flip Out Portsmouth website to watch the safety video.

☒ Myself & ALL attendees have watched and fully understand the Safety Video

Myself & ALL attendees understand this disclaimer applies to all attractions within the arena:

☒ Confirm

Covid-19 Acknowledgement:

☒ I confirm Myself & ALL attendees are NOT displaying any symptoms of Covid-19 and have NOT tested positive within the last 14 days

**Nigel Vosper**

nigelvosper@sky.com



07979736459  
DOB: 29/07/1976

N Vosper

**Nigel Vosper**

Signed: 19/02/2023

Expires: 19/02/2024

 **ROLLER**