



## Disclaimer Form

**All members of Sparta Trampoline Club SCIO must read and sign this form.**

1. The trampolinist should always inform the coach of any medical condition or medication that might affect their performance.
2. The trampolinist should always inform the coach of any accident in the last **six** months which resulted in unconsciousness from a blow to the head. Or any injury which has occurred at any time that may affect their trampolining.
3. Do not attempt to unfold/fold any trampoline without a coach's consent.
4. Never go underneath a trampoline or end deck, or swing on the sides of a trampoline or end decks, including mats between the trampolines.
5. All trampolinists should wear suitable non-slip foot covering; i.e. socks or trampoline shoes.
6. Participants may only use the trampoline if a coach is present and has given permission for specific skills. Trampolinists must always follow the instructions of any Sparta Trampoline Club coach for their own safety.
7. No person should attempt difficult skills without progressive training and the specific permission of the coach.
8. Trampolining is an individual sport; never get involved in 'Tests of Daring' with others who may be more capable.
9. When spotting, attention must be always paid to the person on the trampoline.
10. Do not step onto the bed when someone else is bouncing.

**All members attending must agree to the above conditions.**