



BUNGY TRAMPOLINE SYSTEM 1 BAY

REVISION DATE 6/30/04

**Maintenance and operation manual
For
Bungy trampoline system Operations
With the
"1 BAY - MOBILE BUNGY TRAMPOLINE SYSTEM-TRAMPOLINE"
System and Accessories**

In North America

Welcome

It is with great pleasure that we congratulate you on your combo purchase and welcome you to Vertical Reality, Inc. We are excited about our products and feel confident that through proper planning, placement and hard work, the 1 BAY Mobile trampoline system will be a rewarding and profitable purchase. Our philosophy is centered on a commitment to excellence in meeting the needs of our customers, providing a quality product that is safe, exciting and profitable. We encourage you to likewise develop a standard of quality and service that makes you the leader in supplying 1 BAY mobile trampoline systems for the amusement, entertainment and special attractions market.

Our goal is to establish a relationship with your company. One that will promote Vertical Reality and your company, as successful partners, providing entertainment for those whom are looking for a amusement attraction.

Our part in making our team successful is:

- Commitment to proper, effective, Safe and profitable design
- Seven days per week customer service support
- Manufacturing to "ASTM F-1159-97a" & ASTM F24 safety standards for the amusement industry
- Cycle time that generates high profits

Your part in building a successful business using Vertical Reality products is:

- Commitment to safe operation
- Consistent inspection for proper maintenance
- Effective marketing and promotion
- Active promotion of the activity

We are looking forward to a long and prosperous relationship. Should you have any comments or questions, please do not hesitate in calling.

Sincerely,

Anthony D Kay
CEO

Confidentiality Agreement

This manual and the content within this manual are for the exclusive use and operation of the 1 BAY mobile trampoline system by the owner of the 1 BAY mobile trampoline system and its authorized personnel and for Vertical Reality, Inc. This manual is designed to provide accurate and authoritative information in regard to the subject matter covered. This manual may not be reproduced in whole or part in any form or by any means, without the prior written consent of **Vertical Reality, Inc.**

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This manual contains proprietary information belonging to Vertical Reality, Inc. It is to be viewed only by persons employed by Vertical Reality, Inc. and/or the 1 BAY mobile trampoline system owner and authorized personnel.

Distribution

This manual is not to be distributed to any other persons other than those actively engaged in the operating and/or marketing of the 1 BAY mobile trampoline system product to customers serviced by the owner of the 1 BAY mobile trampoline system.

Disposition

This manual is the property of the 1 BAY mobile trampoline system owner and Vertical Reality, Inc. and must be returned to Vertical Reality, Inc. upon receipt of an updated manual or discarded.

Revision

Vertical Reality, Inc. may make periodic additions, deletions and modifications to this manual. These updates will, in the judgment of Vertical Reality, Inc., add to the quality of services offered. This manual must be kept up to date, and should reflect all updates currently in use.

Notice Of Changes

In the event that revisions are made to this manual, Vertical Reality, Inc. will send the appropriate pages reflecting such changes as are deemed necessary or replacement document, to the individual for replacement. Any pages that are then outdated must be destroyed and discarded.

In the event of replacement pages are sent, Vertical Reality, Inc. will provide a cover letter outlining the revision and the effective date of any procedural changes.

Receipt and Acknowledgment

This Training/Operations Manual is an important document intended to help you become acquainted with the Mobile 1 BAY mobile trampoline system, Vertical Reality, Inc. and guidelines as to safe and recommended operation.

Please read the following statement and sign below to indicate your receipt and acknowledgment of the Mobile 1 BAY mobile trampoline system/Vertical Reality, Inc's Training Manual.

I have received and read my copy of the Mobile 1 BAY mobile trampoline system/Vertical Reality, Inc's. Training Manual. I understand that the information outlined in this manual are subject to change at the sole discretion of Vertical Reality at any time. It is further understood that the owner of the 1 BAY mobile trampoline system has the responsibility to ensure the correct and latest version of the manual is being used.

As an owner of the 1 BAY mobile trampoline system or authorized representative, it is my responsibility to

Keep this manual up-to-date with any changes that are made by Vertical Reality, Inc.

I understand that my signature below indicates that I have received the Mobile 1 BAY mobile trampoline system/ Vertical Reality, Inc. Training Manual and that I have read it.

Authorized Representative

Date

The signed original copy of this agreement will be held in the Corporate Office in Miami, FL

**Receipt and Acknowledgment and Warrantee registration
PLEASE FILL IN AND MAIL TO VERTICAL REALITY
8552 sw 129 terrace, Miami, FL 33156**

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I understand that my signature below indicates that I have received the 1 BAY mobile trampoline system/ Vertical Reality, Inc's Training Manual and that I have read it.

Authorized Representative

Date

serial NO

DATE PURCHASED

The signed original copy of this agreement will be held in the **Corporate Office in Miami, FL**

1 BAY BUNGY TRAMPOLINE SYSTEM-TRAMPOLINE Operation Manual

Training Overview

This training course is an introduction to the 1 BAY mobile trampoline system and its operation. The purpose of this manual is to provide a compilation of information that will assist you in proper and safe operation.

This manual is designed to aid in training you and your associates. The sections within this manual are prerequisite to each other. In other words, the information in section one pertains to the information in section two.

The philosophy of **Vertical Reality** is centered on a commitment to excellence in meeting the needs of its customers and associates by providing them with the enclosed information.

The manual is designed to provide the wall owner with the information, tips, and techniques that will help the employees and owner operate the 1 BAY mobile trampoline system as effectively and safely as possible. It is no way a total representation of all facts. Safe operation of this unit is the sole responsibility of the owner/operator. Good and reasonable judgment must be used when traveling, promoting and/or operating the wall.

Training Objectives

Upon reviewing this training, you will be able to complete the following:

- Explain specific information regarding the background and history of Vertical Reality, Inc.
- Understand the process for proper set-up of the 1 BAY mobile trampoline systems
- Identify and understand the inspection points for day-to-day maintenance.
- Define and understand the safe operation of the 1 BAY Mobile trampoline systems
- Identify and explain the rules for safe usage of the 1 BAY Mobile trampoline systems

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Company Overview

Vertical Reality, Inc., located in Miami, FL is a manufacturer/ distributor of commercial interactive sports and fitness-fun equipment used in the amusement and recreational fitness markets. Designed for fun, VR is a premier provider of commercial action based products to be used in the amusement, fitness and recreation industry. Safely engineered VR products provide maximum revenue while providing thousands of hours of safe and exciting entertainment for your customers.

Mission Statement

To be the premier provider of revenue-generating *interactive sports* products used in the amusement, fitness, promotional markets.

Corporate Values

Our philosophy is centered on a commitment to excellence in meeting the needs of our customers, providing a quality product that is safe, exciting and profitable.

1 BAY *mobile trampoline system*

Product Overview

Welcome to the 1 BAY mobile trampoline system, Vertical Reality's latest in revenue generating interactive sports products designed for the amusement, entertainment, and fitness industries. The 1 BAY mobile trampoline system maximizes profit and safety. The 1 BAY mobile trampoline system is designed to meet ASTM F-1159-97a & ASTM F 24 standards for the Amusement Industry. This means that the 1 BAY mobile trampoline is designed, manufactured, tested, and supported by comprehensive quality assurance and quality control measures to ensure product reliability and safety. The enclosed information is an outline as to the procedures for safe operation and set-up of the product.

Warranty (from date of invoice)

Bungy products have a limited one-year warranty on the system framework. Warranty does not include consumables (harnesses, pulleys, etc). We have a 90-day warranty on electronics, 30-days on labor, 90-day on parts. This warranty does not apply towards normal wear and tear on products nor does it apply towards misuse on products. The system is warranted for the original purchaser(s) for one year.

This product is considered dangerous without the proper training and safety practices. The purchasers and users of our products are completely liable for and accept full responsibility for any and all damages or injury, which may result from the use and/or misuse of any products.

I. Equipment

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A. Introduction to the "1 BAY"

The "1 BAY" is a new system based on the common bungee-trampoline, invented and made popular by Frank Bare (World record holder in acrobatics, 3-time Olympic gold medal coach). The "1 BAY" has revolutionized this design for a multiple and modern use. If used properly, the "1 BAY" allows for extraordinarily high jumps with stability and safety. This spectacular fun-sport can be enjoyed by all ages, allowing all skill levels to partake in acrobatic and coordinative motions that build confidence and exercise the body. Due to the special harness and elastic system, neck and shoulder landings have been eliminated, giving the "1 BAY" a unique freedom of movement and unlimited fun.

B. Equipment List

- 1 left 6 x 2 steel tube
- 1 right 6 x 2 steel tube
- 1 center 6 x 2 steel tube
- 2 Aluminum Poles 21 ft long
- 2 2 X 2 X 10 ft steel tubing
- 2 2 X 2 X 11 ft Steel tubing
- Trampoline bed with 10 or 12 ft diameter X 29 inch High or Inflatable trampoline
- Winch
- Jump rope 41 ft
- 3 pulley swivel combinations
- 2 swivels
- 1 winch rope
- 10 thick and 4 thin loops or (10 thick and 4 thin powercords)
- 3 steel carabineers
- 4 wide mouth aluminum carabineers
- 1 adjustable Harness
- 8 ½ X 4 grade 8 bolts
- 2 5/8 X 5.5 pins and clips
- 8 ½ X 1 ½ grade 8 bolts

Tools required 2 ¾ inch wrenches.

ASSEMBLY

- **Join base frame together and bolt with ¾ X 1.5 bolts supplied. The frame can only be assembled one way**



- **Pin the dolphin aluminum end into the bracket on the corner on the bottom frame.**



- Bolt the 11 ft sq tube to the aluminum pole that is at an angle.
- Bolt the 10 ft sq tube to the bracket on the aluminum pole that is in line with the dolphin aluminum end.
- Then attach a jump rope set end to the eye nut on the end of the pole. (this will be one of the combination swivels that have a pulley attached)



- Lift up one pole and have someone bolt the leg in place then bolt the angle support, repeat for the other side.



- Final set up picture



Operational & Safety Guidelines Must Be Carefully Read and Followed Before

Using the "1 BAY".

C. The Winch

The winch, which runs on 220 Volts (or 110v optional), is the mechanism that allows for the raising and lowering of the jumper. It is very important that the winch is not placed in or around standing water. Do not use the winch if it is raining. Should the winch get wet, be sure that it is completely dry before operating it again. When the winch is in use, double check the winch rope for signs of wear if frayed or worn replace; this should constantly be monitored. It is very important to make sure the stop-mechanism is working; if it is not, do not operate the "1 BAY". Never winch when the nod on the rope is closer than 2 inches to the pulley on the top tube. Stop the lowering motion of the winch before the winch rope is loose. The instructor should use the winch to help the jumper achieve the highest possible jump. This is done by pulling up the

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winch while the jumper in the upward motion. Do this with extreme care and caution. Ideally, the jumper should never go deeper into the trampoline than 4 to 6 inches. Do not allow any non-staff person to operate the winch controls or be near the winches at any time.

Always monitor the cable of the winch for tautness and that it is entering the winch from the correct angle.

D. The Elastics

Since May 2001 two different kinds of elastics are available.

LOOPS and POWERCORDS

LOOPS

The elastics are the fundamental element of the "1 BAY", which uses a combination of thin and thick elastic LOOPS. The elastics, in conjunction with the harness, connect the jumper to the frame of the "1 BAY" and it is the elastics system that allows the jumper to reach such incredible heights while simultaneously providing the stability for acrobatic movement.

The 1 BAY is equipped with thin and thick VERTICAL REALITY-LOOPS.

This dual system allows for the various weight ranges of the jumpers, which must be between 20 and 220 pounds.

POWERCORDS

They last longer than the loops and have a outer mantle for additional protection

The elastics should be monitored constantly for signs of wear and tear. Should an elastic break or look worn, replace immediately.

The elastics should be replaced regularly for optimal use and safety. Only replace elastics with Vertical Reality elastics; do not use any other elastic system in the "1 BAY". Failure to do so will result in the negation of your warranty and create an unsafe situation. Be sure to store the elastics in a dry place. Should the elastics get wet, dry them completely before using them again. If you have any questions or concerns about the installation of the elastics, contact Vertical Reality. for service.

Make sure that all carabineers (snap-links) are in locked position and tightly secured before each use.

Should any change of Elastics be necessary at any trampoline station, this is to be noted in the elastic log, found in the attachment.

Never use less than 2 LOOPS per side of the harness. Do not allow the elastics become entangled.

1 Connection from jumper harness to elastics and static rope

- One aluminum carabineer is connected to each side of the harness
- Into the aluminum carabineer you connect the elastics according to the weight scale
- connect the elastics on the upper side to one aluminum carabineer.

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- This aluminum carabineer you attach the Swivel
- The other end of the Swivel attaches to the rope end.

2. Connection from aluminum construction to jumper cord.

- One steel carabineer attaches to the ring screw
- Into the steel carabineer you attach the combination pulley/swivel
- Into the second steel carabineer you hook in the red pulley.

3. How to lift up the jumper

- Into the end of the winch rope you connect a steel carabineer.
- Into the carabineer you connect the 3rd pulley/swivel combination.

Now you can pull up the jumper with the winch

E. The Weight Range Table

- The minimum weight of a person using the "1 BAY" should be no less than 20 pounds.
- The maximum weight per rider of the 1 BAY VERTICAL REALITY-TRAMPOLINE is 220 Pounds..
- There is no minimum height restriction.
- The harness should fit correctly

The following table shows how many elastics should be utilized per side of the harness with these various weights.

The weight scale is not a critical moment in the operation. It is only a guideline for the operators,

Weight Range for POWERCORDS (Bungee)

Body Weight of Jumper in Pounds

Number of Elastic to be Attached to Each Side of the Harness

Pound	Elastics
20 to 60	2 black
60 to 80,	1 yellow + 1 black
80 to 110,	2 yellow
110 to 125,	2 yellow +1 black
125 to 140	3 yellow
140 to 160,	3 yellow + 1 black
160 to 180,	4 yellow
180 to 200,	4 yellow + 1 black
200 to 220 pound	5 yellow

Weight Range for LOOPS (Latex tubing)

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Body Weight of Jumper in Pounds

Number of Elastic to be Attached to Each Side of the Harness

Pound	Elastics
20 to 60	2 amber
60 to 80,	1 blue + 1 amber
80 to 110,	2 blue
110 to 125,	2 blue +1 amber
125 to 140	3 blue
140 to 160,	3 blue + 1 amber
160 to 180,	4 blue
180 to 200,	4 blue + 1 amber
200 to 220 pound	5 blue

A copy of this chart should always be posted at each trampoline for quick reference. This chart is meant to be a rough orientation. The number of elastics needed vary greatly with the individual abilities of the jumper. This effect becomes more pronounced at the upper end of the weight scale as it goes almost unnoticed at the lower weight classes.

- Use the higher number of elastics if jumper is on upper end of weight range and/or if jumper is very dynamic and athletic.
- Never use any elastic that show signs of wear and tear.
- Always replace elastics with Vertical Reality Inc elastics; failure to do so will nullify your warranty..
- A jumper who is unable to refrain from swinging back and forth during the jump is attached to the incorrect number of elastics.
- Refer to the Safety Aspects and Troubleshooting Section in the Training Manual.

F. The Harnesses

The harness is the actual link between the jumper and the "1 BAY", as it straps the jumper to the elastics system. To safely utilize the "1 BAY", both the jumper and the instructor need to fully understand proper harness fitting, adjusting, and positioning techniques. The new One size fits all harness is supplied, eliminating the use of many different sizes.

Adjust the harness so the pads are on the sides of the waist
 The jumper should be fitted in a tight-fitting harness;

Getting a proper size is very important for both safety and comfort.

SHOULD THE CIRCUMFERENCE OF THE JUMPER'S HIPS BE TOO SMALL TO ALLOW THE COMPLETE TIGHTENING OF THE HARNESS WAIST-STRAP IN A SECURE MANNER, DO NOT USE THE "1 BAY". FAILURE TO MAINTAIN A SECURE WAIST WITHIN THE HARNESS WILL RESULT IN AN UNSAFE SITUATION.

The following is proper harness fitting procedure:

- The jumper is to stand in front of the harness.

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- Place the top strap above the hips of the jumper. This strap is to sit low on the waist of the jumper as possible.
- Close the buckle by putting one end into the other end of the buckle (like in a car seat), make sure the mechanism "locked".
- Tighten the strap around the hip, don't tighten to much, check the jumper feels comfortable.
- The carabineers (safe snap links) should be on the outside and above the hips of the jumper.
- Put the leg straps around the legs. A rough general adjustment of these straps should occur before feeding the strap in-between the legs of the jumper.
- Close the buckle and make sure it's locked.
- Tighten the strap around the leg and check the jumpers' comfort.

If the jumper does not fit in any of the harnesses, do not use "1 BAY"!!

The harness should fit the jumper tightly, but not so tightly that it is uncomfortable. The harness straps should rest comfortably at the top of the thighs and around the buttocks. Make sure that the clothing of the jumper is not bunched or gathered beneath the straps.

The instructor should ask the jumper how the harness feels and make sure that the jumper is comfortable and confident in the harness.

The jumper should be told to voice any concerns with the harness and or his/her comfort at ANY time during their time on the "1 BAY". Should the harness become uncomfortable for the jumper during their time, instruct the jumper to stop their movement and lower the winch down so the instructor can fix the harness.

During any time working on the harness, the instructor is to be aware of keeping his or her hands clear of the jumper's genital area.

Before the start of the season a piece of heat shrink tubing holding a washer over the opening button should be tightly placed over each buckle of each harness. This will prevent the participants from releasing themselves from the harness without the aid of the instructor's key.

G. The Frame

The aluminum frame and revolutionary design is what makes the "1 BAY" unique. Make sure that the frame is clean and dry while operating the "1 BAY". Be sure to secure all bolts properly, see the construction manual for instructions.

All binding units and connection points should be completely closed and secure and should be monitored throughout usage.

All ropes connected to the frame should be straight and able to move freely through the pulleys. **Stop the operation immediately if any of the mentioned criteria's is in malfunction!**

H. The Suspensions

The suspensions are the elements of the "1 BAY" that allow the jumper to rebound and gain momentum by providing a bouncy cushion.

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Once the jumper is standing safe on the trampoline, attach the harness immediately like described above and then pull the winch up slightly at first to ensure the jumper does not fall off of the trampoline. Make sure that the jumper is always connected to tightened elastics while on the trampoline.

The instructor should not allow any horse-play on the trampolines.

Always make sure that the springs of the steel frame trampolines are covered with the soft protector to prevent any injuries.

The suspension system is half of the fun in using the "1 BAY" but the jumper needs to be very careful on it as well. This means that the instructor needs to always be aware of the jumper and his/her placement on the trampoline. The jumper should try to stay in the center of the trampoline for maximum stability and height.

The instructor should not allow anyone else besides the jumper on the trampoline while the "1 BAY" is in use.

Wind

If the unit is equipped with banners

The banners do not resist to big thunderstorms. In case of heavy weather conditions they can be destroyed by the wind. The construction itself is proofed for 85mph, the banners up to 45mph. The unit has to be anchored to the ground (two bolts per bottom plate) if the 1 BAY VERTICAL REALITY-TRAMPOLINE is equipped with banners.

I. Construction Safety, Park Equipment, and Accessories

The following needs to be done before starting the season:

- Scales are to be consistently used to weigh the guests and assure their compliance with the weight requirements and the different weight stations.
- Big Safety Signs are to be visibly located at the entrance to the site.
- A weight scale sign with the according elastic adjustment is to be attached to each trampoline.
- All documentation is to be kept available for random audits on site always.
- The site needs to be divided into clearly delineated zones:
 - Also it is necessary for a designated observation area for all spectators and parents of jumpers. This area needs to be located well clear of the trampolines and the operational area. The area inside the "1 BAY Bungee Trampolines" is off limits for all non-personal.

II. Safety

III.

A. Safe Usage & Warnings

It is very important that before using the "1 BAY" that the system has been properly installed according to the construction manual. If you have any questions concerning the "1 BAY" constructions, suspension system, elastics system, or frame, contact Vertical Reality-U.S.A.. Be sure that the proper amount of space is given for the construction of the "1 BAY" -- 18 feet X 15 feet X 22 feet (height). It is best to allow an additional 6 feet of height for extra safety coverage. **In addition, be sure to erect the "1 BAY" on a relatively flat ground.**

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Flat, grassy fields or asphalt are ideal for the "1 BAY". Do not erect the "1 BAY" on a hill or a bumpy ground surface that cannot resist weight or pressure.

It is very important that during the operation of the "1 BAY", the instructor and on-site manager are continuously monitoring the rope assembly to ensure it is running smoothly and freely through the pulleys. Should the ropes become entangled or are not moving freely, DISCONTINUE THE USE OF THE "1 BAY".

Take corrective action before allowing anyone else to use the "1 BAY".

It is very important to check the elastics, cables, ropes, harnesses, connection points, and technical parts daily. The elastics need to be replaced approximately every 3500 jumpers (based on a 5-minute duration) or about 300 hours of use. The ropes need to be replaced once a year regardless of condition. **Replace elastics and/or ropes at the first sign of wear and tear.** Only replace old Vertical Reality parts with new Vertical Reality parts. Do not use any other elastic, cable, or harness system on the

"1 BAY". The use of unsafe materials will negate your warranty and result in an unsafe situation.

Never allow horse-play around the "1 BAY". Although this is a fun activity that everyone can enjoy, it must be managed and participated in safely. Do not allow any non-staff person to be near the winches or cables. Spectators are to stay in a clearly marked delineation area well clear of the jumping- and operation areas. The on-site manager must maintain a safe environment not only for the jumpers but also for the instructors. Keep lines around the "1 BAY" orderly to prevent confusion. No smoking, food, or beverages should be allowed in the "1 BAY" area.

The instructor must always monitor the height of the jumper's bounce, making sure there is always enough clearance. Also, be sure to monitor the jumper's position on the trampoline and their approximation to the beams of the "1 BAY". Do not let the jumper bounce too far away from the center. Always maintain a minimum of 3 feet of clearance for the jumper. Use the winch to maintain this position.

WARNING SIGN

**Before riding please read and follow these rules!
BUNGY-TRAMPOLINE is a physically demanding
high active sport activity.**

Attention all guests: Read Important Safety Information and follow the instructions of the Attendants at all times.

- You must weigh between 20 and 220 pounds to jump.
- Jumpers must be in excellent physical condition to jump.
- All jumpers must be able to properly utilize all safety restraint devices.
- Due to the restraining device on this attraction, certain bodily proportions may prohibit participation.
- Do NOT do any Flips!
- Please remove all jewelry before jumping.
- As soon as swinging movements occur, stop jumping immediately.
- Only vertical movements are allowed.
- Do NOT land with head or shoulders on the trampoline.
- No hard soled shoes or heels allowed.
- Operators are not responsible for lost or damaged items left or brought into the area.
- No Smoking, Drinking or Eating inside the "EUROBUNGY-TRAMPOLINE" area.
- Parents are responsible for their children.
- Jump at your own risk!

The following persons should not jump on the BUNGY-TRAMPOLINE

Persons who

- are under the influence of drugs or alcohol

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- have pre-injured tendons
- have had fractures, in particular to the shoulder or arm area
- are pregnant
- have any form of physical or medical problems or who are generally unsure about their state of health
- have a significant physical ailment or condition
- have had a back, neck or any other type of skeletal or muscular problem or preinjury
- have high blood pressure, heart trouble, motion sickness, or nervous disorders
- are over average weightlifters

B. Daily Check List

The following activities should be performed before the "1 BAY" is used:

- Check all carabineers (snap-links) for unusual wear. Be sure they open and close properly.
- Check the winch for proper movement and that all ropes move freely.
- Check to see that the ropes are moving freely through the pulleys.
- Check all elastics for wear and tear--replace if necessary.
- Check all connection points of the frame.
- Check to see that all bolts and pins are in place and secure.
- Check to see that all parts are dry and clean.
- Check all connection points of the harnesses.
- Check air trampolines for proper inflation.
- Check steel frame trampolines for security and be sure springs are covered by soft protectors.
- Check that all signs and warnings are properly posted.
- Treat the LOOPS daily with Talcum Powder at the end of operation.

The daily safety check sheets are to be filled out and signed by the on-site manager. Refer to the documentation part further below.

C. Documentation

Mechanical Inspection:

The safety check needs to be performed and the corresponding daily safety check sheet filled out as mentioned above before every day of operation. These sheets then need to be kept on file on site for random audits by either park officials or Vertical Reality representatives at all times.

Employee Documentation.

Documentation of employee training and status as well as a list of each employee have address and phone number. A training manual is to be on site at all times; each employee must also own a copy of this training manual.

Copies of this documentation are also to be handed out to Park's Games Department Management, to the Site Manager, and to a Vertical Reality Representative.

III. The Staff

The training manual describes the training and knowledge necessary to become an operation staff member. This training must then be documented as mentioned above.

A. The Interaction between the Instructor & Jumper

The instructor plays an integral role in the success of the jumper while on the "1 BAY". He/She has a tremendous responsibility to maintain the jumper's safety at all times, while giving support and advice to aide in the jumper's movements.

This involves listening and communicating with the jumper at all times and being aware of their situation. The instructor must constantly monitor the winch for optimal jumps while keeping the jumper from landing on the trampoline in an incorrect fashion. The instructor needs to relate helpful hints and always encourage the jumper's success.

B. The Professional Instructor

The skills of a professional instructor include more than the ability to properly connect the jumper to the "1 BAY". The "1 BAY" has the potential for 4 instructors that must not be aware of their own station, but they must also work as a team for the safety of everyone involved. The professional instructor needs to be completely aware of the jumper's situation, maintaining the highest level of safety possible. In addition, the instructor needs to fully understand the construction design, the elastic, and harness systems.

For safety purposes a instructor is not allowed to work more then two trampolines at a time. This means that a minimum of one attendant per two trampolines is necessary for operation. The attendant is fully responsible for the safety of the jumpers on his/her assigned trampolines.

The instructor should experience the "1 BAY" for themselves and should understand how to facilitate bodily movements.

The instructor must be a good motivator and must always listen to the jumper's concerns and impulses. The instructor must be a good communicator with a positive attitude and helpful words.

IV. The Jumper

A. Helpful Hints

Practically anyone can participate in the "1 BAY" and enjoy spectacular movement and exhilarating fun. The jumper must be no younger than 24 month of age and no more than 99 years of age (if in good health) and must weigh between 20 and 200 pounds. Although the jumper need not be athletically inclined, it is important that the jumper be in good health. It is also very important that the jumper obeys all posted rules and warnings and listen to the instructions given. The jumper also needs to communicate with his/her instructor concerning their comfort and movements. **Most importantly, the jumper needs to be honest with his/her weight for proper harness fitting.**

Here are some hints to ensure success:

- The jumper should hold onto the elastics at all times, using them for support and stability.
- While holding onto the elastics, the jumper should pull on the elastics, using their muscles to increase their height and momentum.

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- The jumpers need to feel and go with the bouncing motion, using the trampoline to boost themselves higher.
- The jumper should use the upward motion and momentum to accomplish summersaults/flips. These can be best accomplished if attempted at the maximum height of the bounce with the jumper's legs tucked into the body and head tilted in the direction of the desired summersault.

B. Precaution

As stated earlier, the "1 BAY" is a high action sport. Jumpers should be in good health. Someone should not participate if they have neck, back, or shoulder problems, broken bones, pregnancy, heart or lung conditions, or any other medical condition that could cause further injury. Jumpers should not be intoxicated while using the "1 BAY" and should respect the equipment and the staff at all times. Failure to comply with these rules will result in the forfeiture of the jumper's participation. Vertical Reality-U.S.A. cannot be held responsible for lost or damaged items while on the "1 BAY";

JUMPERS PARTICIPATE AT THEIR OWN RISK.