

# Terms and Conditions for the use of Hangar 646's infrastructure



**1** – These Terms and Conditions constitute a supplement to the General Terms and Conditions of Hangar 646, the rules from each of the Terms and Conditions are applicable to each user.

**2** – The beginning of using the trampolines is tantamount to reading and accepting these regulations.

**3** – Before using the trampolines, located in Hangar 646, each user is obliged to watch an instructional video.

**4** – Before using the trampolines, it is advised to perform warm-up and stretching exercises.

**5** – All persons using trampolines in Hangar 646 are obliged to read these Terms and Conditions. Entering the trampoline zone is tantamount to reading and accepting these Terms and Conditions.

**6** – Each person using the trampolines in Hangar 646 is obliged to be attired in special socks with a silicone non-slip surface, which can be purchased at Hangar 646 or sports ballet shoes designed for this purpose.

**7** – When using trampolines on Hangar 646, users are obliged to follow the instructions of the personnel.

**8** – When using the trampolines, persons should follow following rules:

- a** – a person using a trampoline should always start and end the jump in the middle of the area on both feet;
- b** – when jumping on a trampoline, the user should take up a stance and their legs should be bent;
- c** – in the event of an uncontrolled fall, the safest fall position should be the full body curl up position;
- d** – only elements intended for this purpose are to be used for jumping,

excluding structural elements;

**e** – it is forbidden to run between the trampolines;

**f** – it is forbidden to jump on trampolines already occupied by another user;

**g** – it is forbidden to hang on the net;

**h** – users of sports infrastructure should pay attention to other users, in particular avoid physical contact with other users.

**9** – One should not bring dangerous items to the Hangar 646's sports infrastructure, which may cause damage or injury, in particular:

**a** – watches, chains, rings, earrings and all jewelry;

**b** – all items in pockets, i.e. keys, telephones, wallets;

**c** – clothes containing metal elements that may constitute a potential hazard;

**d** – any sharp objects.

**10** – In the event of receiving a signal from the personnel of Hangar 646, each user is obliged to discontinue performing given activity.

**11** – It is not recommended to perform somersaults, flips and other stunts as they may increase the risk of injury.

**12** – Before starting an activity, read the regulations of the individual zones, which are located in the hall.