

Rules and recommendations common to all sports

- Always warm up before starting any sport activity (at least 5 minutes of aerobic activity)
- During the sport activity always fully concentrate on what you are doing and make sure that you know how to execute the movement which you've chosen to do
- If you trying any new trick or movement always kindly ask for anyone with a visible indication as Freestyle Kolbenka (CREW / COACH) or someone that is around
- Always be sure about what and how you want to do, if you're not confident in some movement, please find anyone with a visible indication as Freestyle Kolbenka (CREW / COACH)
- Please enter the sport area only in clothing designed for sports that has no metal elements (zippers, buckles etc.)
- It is strictly forbidden to bring any glass containers or sharp objects to the sport area
- Before entering the sport area please take off all jewelry, especially earrings or piercings
- It is forbidden to enter any of the sport areas with a chewing gum
- It is strictly forbidden to enter the sport area under an influence of alcohol or drugs

Rules and recommendations – TRAMPOLINE PARK

- Entering the trampoline area and jumping itself is possible only in socks or special gymnastics shoes. Entrance without socks or in shoes is forbidden due to hygienic norms
- Always bring clean pair of socks with you
- The trampolines must be always entered and left only through the turnstiles
- The trampolines can be entered only trough defined area
- Respect the eventual closure of some trampolines as well as the guidelines given by employees clearly marked as Freestyle Kolbenka (CREW / COACH)
- Only one person at a time is allowed to jump on a single trampoline, except somersault tracks
- If you are willing to try any kind of vertical rotation for the first time (front / back flip) always ask someone for assistance and use mattresses for safer landing
- Always try land on your legs, back or buttocks, minimize the possibility of landing on your head, abdomen, hands or knees
- When you feel tired or running out of breath, always take a break, because you are no longer able to fully concentrate on your movements and the risk of an injury rises
- Don't rest any object incl. clothing on trampolines
- So called double-bouncing is forbidden (any kind of helping another person to jump higher)
- Any kind of wrestling or roughness is forbidden
- It is forbidden to sit or lay on the trampolines, including mattresses between them
- You are not allowed to jump with any kind of camera or mobile device, video footage can be only taken by a person standing on mattresses or outside of the area
- It is forbidden to bringing beverages and food to the trampoline area

- Please be careful when jumping with glasses, a fall on your face could result in severe injury. If the situation allows we recommend to jump without glasses
- When jumping into the foam pit (pit full of foam cubes) always try to minimize a risk of landing head first
- Only one person at a time can jump into the foam pit
- It is forbidden to throw out or take out any foam cubes from the foam pit
- It is forbidden to bury yourself or another person in the foam pit
- Once you land in to the foam pit always leave it as quickly as possible
- Before you jump into the foam pit always make sure that there is no one inside, either wait for permission from anyone with a visible indication as Freestyle Kolbenka (CREW / COACH), or ask another person to stand next to the foam pit and give you a signal that it is empty
- The operator is not responsible for any lost things within the foam pit, please contact our customer service in case you lose something

Rules & Recommendations - Fun & challenge zone

- All rules & recommendations from the trampoline park apply also in this zone.
- It is forbidden to jump from the trampolines to the air bag situated under battle beam.
- Only 2 persons at a time can use the battle beam (BB) attraction
- Enter the BB from the nearest end.
- You can only enter the BB attraction when inflatable airbag is fully inflated, if you have any doubts, contact anyone with the visible mark Freestyle Cobble (CREW / COACH).
- Any hits above the shoulder height are forbidden.
- In case of a queue, you can always have only single round. Falling down means you are going to the end of the queue.
- Jumping to the airbag from sides is forbidden to jump from the sides of the attacking area.

Detailed rules for the Ninja course

- The Ninja course works only one way. The left side (back facing chillout zone) runs away from chillout zone and the right side towards it.
- Enter the course only when airbag is fully inflated, if you have any doubts, contact anyone with the visible mark Freestyle Cobble (CREW / COACH).
- Only two people can be on the course at a time. One in each direction.
- Entering the course is allowed only from appropriately marked places.
- After falling into the airbag, immediately leave it. It is forbidden to climb back on the obstacles.
- It is strictly forbidden to climb or jump on the structure of the Ninja course.
- Any pushing, kicking, or other interaction with climbers is prohibited.
- Please be careful not to leave any sharp objects in your pockets.

Rules & Recommendations – Freestyle park

- All rules & recommendations from the trampoline park apply also in this zone.

- Freestyle zone is designed mainly for advanced riders with appropriate experience. If you are new to this, first contact anyone with a visible indication as Freestyle Kolbenka (CREW / COACH)
- The freestyle area can be entered only through the turnstiles
- Ride or jump always within your capabilities, you are in the right place for safe progress, but take it easy and step by step. Before trying any new trick, you have to be sure how to do it. If you need assistance register in one of our camp or classes
- Entrance to the jumps is possible only with bmx, mtb, skate, in-line skates, scooter, freestyle skis or snowboard. If you would like to jump with anything else, please contact us.
- Entrance is allowed only with clean riding gear, you can get expelled from the zone if not so.
- In case of bmx or mtb bikes pay extra attention to their cleanliness, do not use any chain or fork lubricants.
- Jumping with ski poles is forbidden.
- Helmet is obligatory within the whole freestyle zone (jumps, snowpark), back protector is recommended
- We recommended a gradual progress, try the smaller jump first and then move on to the larger one.
- On both jumps always aim to land in the middle the foam pit.
- Before trying any rotations, try first few straight jumps.
- Zipper merge rule is applied, which means that riders on the small and big jump alternate
- If you are about to ride the in-run of the bigger jump, you are obliged to check if there is no one about to ride the smaller one
- It is forbidden to run on the stairs.
- It is forbidden to enter any place outside the clearly marked out area (galleries, crane, etc.)
- Before jumping into the foam pit you have to be 100% sure that there is no one inside it, or wait for instruction from anyone with a visible indication as Freestyle Kolbenka (CREW / COACH)
- Always call your ride, let others know that you are going
- There can be always only one person at a time in the foam pit
- Once you land in to the foam pit always leave it as quickly as possible, if you are having trouble getting out of the foam pit call immediately help
- It is forbidden to throw out or take out any foam cubes from the foam pit
- It is forbidden to bury yourself or another person in the foam pit
- There can always be only one rider at a time jumping. It is forbidden to ride behind or next to each other, which also applies when using small and big jump at the same time
- If the jump is closed by a barricade tape, it is strictly forbidden to ride it. The tape can be removed only by a person with a visible indication Freestyle Kolbenka (COACH / CREW)
- In case of any accident immediately contact anyone with visible indication Freestyle Kolbenka (CREW / COACH) and immediately close the jump

- Its forbidden to leave bikes or any other gear in narrow corridors.
- Respect other riders and their level of riding (NO HATE 😊)

Detailed rules for freestyle trampoline

- It is forbidden to jump on the trampoline with your own skis or a snb, if you want, we will lend you a special one
- All the rules from the trampoline zone apply also to the freestyle trampoline
- Its forbidden to help others climb up the platform surrounding freestyle trampoline.
- Its forbidden to climb back on the trampoline from the foam pit, please exit on the side.
- Before jumping from the highest platform jump from siting down.

Rules and recommendations Maxxtracks simulators

- When using Maxxtracks simulator an employee with visible indication Freestyle Kolbenka (CREW / COACH) has to be always present.
- Using the simulator is possible only with skis or snb provided by FREESTYLE KOLBENKA.
- While riding on the simulator we recommend a helmet, for persons under 18 years of age it is an obligation.
- The ideal clothing for the activity is any sports clothing with long sleeves and trousers, gloves may be a good idea.
- Each visitor is obliged to obey instructions given by a person with visible indication Freestyle Kolbenka (CREW / COACH).
- It is forbidden to deliberately manipulate with the simulator.