



General Rules:

- No outside food or beverages are permitted in the building.
- The Adult/Guardian paying must sign the sign-in log, acknowledging that they have received the EnergyPlex rules.
- No children under the age of 12 are to be left unattended on the premises.
- We are a shoe-free facility; all shoes must be taken off upon entry and left in the designated shoe racks or lockers. Please do not leave them in walk ways.
- Socks are required at all times. If you do not have socks they can be purchased at the reception.
- Management is not responsible for lost or stolen objects. Lockers are available.
- Re-entry is not permitted.
- Food and beverages are not allowed in the Rock, Gym, Cube and other activity areas.
- No wrestling, rough play, throwing of objects or abusing the equipment is allowed.

Rock Climbing Area Rules:

- Please line up and wait for assistance.
- The maximum weight limit on the Rock is 240lbs.
- Harnesses and climbing shoes need to be put on outside the gated area with the assistance of our staff.
- Other restrictions might apply based on the judgement of our staff.
- Rock Climbing adults need to sign a waiver and obtain a wrist band at the reception.
- Food and Beverages are not allowed inside the Rock Climbing area.

Non compliance to the rules leads to a verbal warning and/or dismissal from our premises.



Gym Area Rules:

- Parents are not allowed to use any of the equipment.
- Parents of pre-schoolers must attend to their children to avoid collisions/injuries. Babies are not allowed in the gym.
- **NO FLIPS** are allowed on or from the trampolines. Flips are only allowed from the tumble track or from the vault block into the foam pit.
- Do not jump from one trampoline to another.
- You must walk on and off the trampolines – do not bounce off the trampolines or bounce into the foam pit.
- The weight limit on the trampolines is 200lbs or 90kilos.
- Equipment or toys are not permitted on the trampolines.
- Ensure no loose items are on your person.
- Do not jump into the foam pit until the person ahead of you is on the mat. Exit the foam pit using the mat only.
- The height requirement for the Obstacle Challenge is 36”.
- If you have any questions, direct them to the gym monitor.
- When you hear a whistle, stop playing and listen to instructions.
- Temporary entrance restrictions might apply for safety reasons. If applicable, please line up at the designated area.
- Food and Beverages are not allowed inside the Gym area.

Cube Area Rules:

- Children in diapers must be accompanied by an adult at all times.
- Adults are not allowed in the Bouncy House.
- No climbing on the outside of the netting or up the slides.
- Food and Beverages are not allowed inside the Cube area.