

## **DISCLAIMER and RECOMMENDATIONS for CANSA REBOUNDSA Bounce-a-Thon**

### **PLEASE NOTE:**

- Unless otherwise stated - all classes are for adults and teens (12+).
- Any participants under 18 must be accompanied by a parent.
- Bring a clean towel and water.
- Do not eat a full meal for at least 1.5 hours before the class (you can snack, but no big meal).
- Wear appropriate clothing for exercise: can be shorts, leggings etc – but no long loose skirts or trousers that can get caught on the rebounder, or tight/restricting collars or belts.
- Rubber soled trainers/takkies.
- Ladies should wear a good fitting bra or sports bra if needed
- Unless otherwise stated, the manufacturer recommended maximum weight limit on rebounders for these classes are 120 kg.
- Please arrive at least 20 minutes before each class to register
- The class facilitator has the right to refuse entry to anyone arriving late or wearing inappropriate clothing, and to ask a participant/s to leave the class if any undue or unnecessary/disruptive or dangerous behaviour is caused.

### **Recommendations:**

Rebounding is a fun and enjoyable activity – but please bear in mind that even though the effects of increased and decreased levels of gravity created by bouncing have been found to have a positive effect on the body - if you have never bounced or done regular exercise before, this effect can tire you out quite quickly. Therefore, please bounce at YOUR OWN pace! The Instructors are aware of the different levels of fitness in classes – and will never pressure anyone to do more that they comfortably can. If you feel any discomfort, just stand still on the mat, or sit down and your instructor should advise on what to do next.

### **Common side effects:**

1. Calf muscle ache. This shouldn't last too long and most people actually love it as it shows that these muscles (which are sometimes difficult to isolate), are WORKING! Yesss.
2. The need to urinate. This is common and easily fixed by visiting the loo before the class (and during if you feel the need).

### **Rare side effects:**

1. Dizziness. This is relatively rare and can happen for different reasons, which include:
  - a) You have led a very sedentary lifestyle and your body is not used to the increased oxygen or the effect of intermittent changes in gravity (this increase and decrease is relatively mild and similar to bouncing on a bed).
  - b) Rebounding activates your lymphatic system which is instrumental in flushing out excess fluid and waste. This sometimes occurs when you have been sedentary or on certain medication.
  - c) You may be predisposed to dizziness

## **CONTRAINDICATIONS**

There are situations where you should avoid any form of exercise, including rebounding. If you are taking any medication (OTC or prescribed) that can or may alter your balance, focus, or ability to be physically and mentally active, or if you have ANY injury or health condition, suspected, diagnosed, past, present or suspected – ALWAYS seek the advice and approval a registered medical professional – BEFORE you do any form of exercise including rebound.

**PLEASE NOTE:** All participants must take full responsibility for the health and safety of themselves and any minors under their care.

ReboundSA, The Cancer Association of SA (CANSAs), and any and all staff, facilitators or representatives cannot and will not be held responsible for any loss, damage or injury (mild, serious or fatal) whatsoever.

If for any reason you are not sure about anything whatsoever relating to your rebounding class, the venue, security, social distancing, instructor, choreography, equipment, etc, it is up to each participant and anyone in their care to not commence with or leave the class.

Please always inform your instructor of any concerns you may have.

Should you have any further queries about safety, class content or rebounding, which you feel could affect your ability to rebound safely - please don't hesitate to email [justine@reboundsa.co.za](mailto:justine@reboundsa.co.za) and she will either offer advice, or if required, recommend that you seek the approval to rebound from your medical professional.