



# **THE NINJA WARRIOR COURSE**

**Participants who would like to experience The Ninja Warrior Course must be able to understand and demonstrate knowledge of all safety rules.**

Ninja Warrior Course requires physical exertion by the participant. Participants must climb, bend, stoop, and walk up and down stairs, etc. You must be healthy and in good physical condition. Those who are not able to easily perform these activities should not attempt the Ninja Course.

This activity is not recommended for anyone with heart problems, back or joint injuries, those who have had recent surgery or women who are pregnant. Those with joint or back injuries may re-injure themselves or worsen a pre-existing injury.

- You must at least 48” tall to participate.
- Participant maximum weight is 250 lbs.
- No flip-flops or open shoes.
- No loose objects that could fall such as cell phones and cameras.
- No food, drink, candy, or gum while on the course.
- Limit one participant on any one element at a time.
- No falling on purpose or horseplay is permitted.
- You must notify course manager of any injuries before leaving the area.

**Anyone displaying these behaviors will be asked to leave the course for the safety of others.**