



# NINJA COURSE EQUIPMENT

by **FUN SPOT®**

## NINJA COURSE MANUAL

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## SUMMARY

A ninja course demands an incredibly high degree of upper body strength as well as balance and coordination. For that reason, it is important to follow these specific Fun Spot recommended operational procedures, rules, and responsibilities. Remember this is NOT a full comprehensive list of operations for every course since every course is different and the activity is so new.

## OPERATIONS

A ninja course may be comprised of lanes, sections, or be separated by kids and adults. In any case it is important to have an appropriate amount of court monitors to ensure safe operation. The number of court monitors may vary, but our recommendation is one court monitor for every 1,000 square feet of ninja course. For instance, if the ninja course is 2,000 square feet, then two court monitors are suggested. If the course is 1,500 square feet it still maybe a good idea to have an additional court monitor, but is at the owner's discretion.

There are a couple of ways to operate the ninja course. At periods throughout the session you could offer a free for all. This style of play allows participants to start on the course from any obstacle so that they can attempt to hone in on their skills. The challenge for the court monitors with this style of play is ensuring that queue lines do not start to develop at specific obstacles, and that participants are not getting too close together.

The other style of play is of course the traditional ninja course challenge, where participants compete in timed events, and try to go from the start of the course, and compete for the lowest time.

## OPERATIONS

The placement of these court monitors should be at the start of the ninja course, and at any high risk obstacles like the warped wall.

The court monitor at the start of the ninja course has some key important responsibilities that are listed below.

1. Instruct all participants on the rules to follow while on the ninja course.
2. Identify participants who may not have the skill level to complete any or all the obstacles within the ninja course and engage them to make sure they have an understanding of the risks associated with attempting the obstacles within the ninja course.
3. Observe participants while they travel through the ninja course to ensure they are not attempting obstacles outside their skill level.
4. Ensuring that participants are following all the rules set forth by the court monitor prior to starting the ninja course.
5. Keeping the next participant from starting the course until the previous participant is through no less than two obstacles in front of them.

The court monitor who is located at the high risk areas should follow these key important responsibilities below.

1. Identify participants who may not have the skill level to complete any or all the obstacles within the ninja course and engage them to make sure they have an understanding of the risks associated with attempting the obstacles within the ninja course.
2. Observe participants while they travel through the ninja course to ensure they are not attempting obstacles outside their skill level.
3. Ensuring that participants are following all the rules set forth by the court monitor prior to starting the ninja course.

## OPERATIONS

4. Making sure there is a two obstacle gap between each participant.
5. Keeping a close eye on the participants who are attempting the high risk obstacles.
6. If a participant fails an obstacle once, they should be given the opportunity to try one more time. If they fail a second time the court monitor must ensure they move on to the next obstacle.

## SAFETY RULES FOR NINJA COURSE

1. Must be 50" tall to attempt the Extreme Course and 40" to attempt the Kids Course. Maximum weight limit is 250lbs.
2. Both sneakers and grip socks are acceptable.
3. You have two attempts to complete an obstacle before you must move on to the next obstacle on the course.
4. No pushing.
5. No knives, keys or other sharp objects in pockets.
6. No candy or gum.
7. No spitting.
8. No phones or cameras allowed.
9. One at a time.

## SAFETY RULES FOR NINJA COURSE

11. Long hair must be pulled back.
12. Do not attempt any obstacle that is outside of your known ability.
13. Do not attempt either course if you are pregnant, have a heart condition, back condition, or are wearing a cast on any party of your body.
14. Be courteous to people in front or behind you.
15. You are attempting these obstacles at your own risk.

## PREVENTATIVE MAINTENANCE AND CLEANING

The routine daily cleaning that is necessary is to simply wipe down the padding and obstacles if necessary to get rid of any unwanted dirt, scuffs, or germs. This will help to keep the padding and obstacles looking newer as the ninja course gets older, and used more often.

A deep clean of the ninja course should be scheduled weekly where you might use a steam mop to clean the pads more thoroughly, and in the instance your course has foam cubes, you will also want to remove them from the pits, and spray those down with an antibacterial spray.

During this weekly cleaning you will also want to wipe down any and all necessary obstacles, as well as check their connections to the feature pipes above. Most obstacles are connected with feature pipes and clamps, and you can easily check the tightness of the bolts on the clamps by trying to tighten them with your hands. If any are deemed to be loose you will want to tighten with an appropriate tool to ensure they are tight.

There is not any specific monthly maintenance as long as you are following the weekly inspections.

## HIGH RISK AREAS

The warped wall is a high risk area due to its physical demand to run up an inverted wall. Court monitors should make sure that everyone is within their skill level before they attempt the warped wall. If a participant attempts the warped wall once, and it is clear they will not be able to complete it, the court monitor should step in to stop them from attempting it again.

Often times a fireman's pole or air bag are the two options to exit the warped wall. When a fireman's pole is in use, the court monitor will need to carefully instruct any participant on how to slide down. Many injuries happening by now securing hands and feet before dismounting the warped wall.

When an air bag is used for dismount, the only acceptable way of falling is to trust fall backwards into the bag, and land on the participants back. If they jump off forward facing and lean back, they could hit their head. Also no flips, stunts, or other dangerous dismounts should be allowed.