SUMO WRESTLING SET UP AND INSTRUCTIONS

Equipment Requirements: 12'x12' ring (2 mats), 2 Sumo Wig Helmets, 2 Neck Braces , 2 Foam fill Sumo Suits

1. Unroll the two mats and align in proper order to form circular wrestling ring.

2. Ensure there is plenty of clear space around the outside of the mat. Minimum space

requirements approximately 20'x20' area. Keep furniture and other item out of the way.

OPERATING INSTRUCTIONS

1. Lay suit belly down on mat.

2. Participant must remove shoes and wiggle head first into the unit. Helper can hold suit open and assist participant.

3. helper(s) to help and place helmet and neck brace on participant.

The Game

The aim of the sumo is to wrestle your opponent either to the floor or out of the ring. This can be

achieved by pushing tripping or lifting by the belt.

Important Saftey Rules

1. Helmets must be worn by all contestants

2. neck braces must be worn at all times

3. No grabbing or pulling of latex sumo skin

4. Minimum of 2 spotters at all times behind contestants

5. No Shoes on mat

Warning

Persons with back, neck, knee or joint injuries, respiratory problems, or who may be pregnant,

should not participate in this event

THERE WILL BE A £40 CLEANING FEE FOR ALL EQUIPMENT RETURNED UNCLEANED

ACTIVE HIRE (LEEDS) LTD

Unit 1 Coney Park Est. Yeadon, Leeds LS19 7XS

0845 230 4473

REGISTERED IN ENGLAND 5152738 - VAT reg no: 870 9953 76

WWW.ACTIVEHIRE.CO.UK SUMO / KANGAROO WWW.ACTIVEHIRE.CO.UK

CONDITIONS OF HIRE / INVOICE

This unit should be operated to the standards set out by the Health and Safety Executive (Guidance on Safety and Practice in Fairgrounds and Amusement Parks – ETIS7) and the Local Authority.

At all times you must act responsibly to operate the unit SAFELY and so avoid injury to any person using the unit and to avoid damage to the unit.

Operating Instructions:

1. All games must be sited on level area and at least 1.5 metres away from other obstacles.

2. Ensure that all cables, ropes and spare equipment are not creating an obstacle for any person at any time.

3. Your Sumo will be supplied with all necessary equipment. Under no circumstances must this equipment be modified, repaired or tampered with in any way. No additional equipment must be added to the Sumo without the written permission of the owners

4. We strongly recommend that the area for the Sumo be cordoned off for safety and ease of operation. Fencing, ropes or even chairs will suffice.

5. The unit must be supervised by a responsible adult at all times and never left unattended.

6. Adults and children must not use the unit at the same time.

7. Do not allow participants with medical conditions (e.g. brittle bones, neck or back injuries, heart condition or temporary injuries), which may put them at risk of injury to use the unit.

8. All games are designed for specific age ranges. No person under 8 years should be allowed to participate.

9. All shoes, jewellery, glasses and sharp objects must be removed before using the unit.

10. Do not allow toys, food or drink to be taken onto the unit.

11. Do not allow Party Poppers, Silly String, Streamers to be thrown, taken or sprayed onto the unit. These materials can permanently stain the fabric and Hirer's will be liable for compensation to Active Hire.

12. Before participants commence their bout, ensure that the safety helmet is fastened correctly. Should helmets become loose or dislodged during the joust STOP participants immediately.

13. Ensure that spectators do not encroach on the Sumo mat.

14. Lay out the suits onto the mat and get contestants to put on.

15. Do not allow participants to punch or kick.

16. Do not allow participants to deliver blows to the head.

17. Ensure that contestants stay on the mat. The round is won when your opponent is placed outside the marked ring, or is made to fall on his/her front or back. We suggest the best of three rounds.

18. On conclusion of the bout remove head gear and suit.

19. Before commencing next bout check that the mats are in the correct position.

20. In the event of rain do not allow the unit to be used.

21. Hirers are responsible for arranging adequate First Aid cover for the event.

22. In the unlikely event of an accident, an accident report form must be completed and a copy returned to the owners.

We will not be held responsible or liable for any injuries caused whilst using this equipment.