

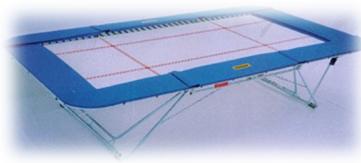


Trampoline Safety

SUMMARY



NORMAL SCHOOL PRACTICES PLUS.....

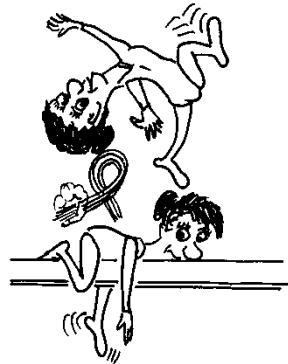


- ❖ Use of appropriate skill progressions
- ❖ Not exceeding coaches level of competence/qualification
- ❖ Reporting accidents/injuries/incidents
- ❖ Encouraging behaviour to support safe and effective development of participants

CODE OF PRACTICE



Performers Responsibilities



- ❖ No jewellery – watches, necklaces, body piercings.
- ❖ Sports clothing – no loose tassles / buttons etc
- ❖ Pay attention when spotting
- ❖ Get on after the previous student has got off
- ❖ Avoid tests of daring!
- ❖ Inform coach of any medical conditions
- ❖ Work as directed by the coach in charge



Height of Hall

- ❖ 5m recreational / 8m competition



Position of equipment

- ❖ Away from fire exits
- ❖ 3m away from walls and other obstructions (this may not always be possible)
- ❖ Out of direct sunlight – dazzle
- ❖ Away from noisy / projectile activities (Balls etc)
- ❖ Space under trampolines should be clear
- ❖ Noise levels
- ❖ Floor mats around trampolines





- Safety mats at the ends of the trampoline supported by end decks (essential for rotational skills)
- if somersaulting, safety mats should be placed on the floor beyond the end decks



Safety checks on equipment

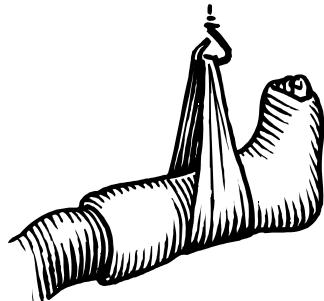
- Frame pads secure and undamaged
- Bed stitching intact
- Red lines straight (uneven tension)
- Push in mats and landing mats not damaged
- Chains are tight, even and secure
- Roller stands can roll freely
- Check correct assembly-alignment etc. Frame level? Check leg braces (4) /allen screws/Hinge pins
- end decks are secure and fastened correctly,
- Check springs are not worn and are the correct way round (pointing downwards)
- Check for other damage/cracks/loose fittings
- Joints for wear and tear
- Anchor points for springs
- Roller stands- free running, swivelling castors, wheels, hooks etc

Equipment Arrangements



What are the key issues?

- Safety at all times
- Equipment not being used is put away
- Adequate matting/spotting equipment
- Sufficient space and height
- Appropriate to the activity
- What else is going on in the gym around you?



How often?

- Every session: continual inspection and risk assessment-encourage the students to take responsibility for checking as well (note, not instead!)
- Annually: inspection by manufacturer four qualified service engineer
- Remember to report defects to whoever deals with equipment maintenance in your school/club/facility



Assembling and Dismantling Equipment

- ❖ Wear shoes!! – Every time!!
- ❖ Supervised by the teacher/coach-**students can only assist** the teacher or coach
- ❖ One person in charge (TEACHER!) to give instructions
- ❖ Do not allow sections to gain speed!
- ❖ Communication!!
- ❖ Remove obstructions in the area
- ❖ Use safe handling techniques
- ❖ Store securely away from moisture and heat in a locked cupboard
- ❖ At least 2 suitably trained and suitably sized people
- ❖ Check leg braces are secure before pulling on them - don't allow the students to swing on them back to their feet

THE OVERHEAD RIG

- ❖ check correct position of the trampoline under the centre of the rig
- ❖ security of the ropes and attachments & the condition of elastics & attachments on a bungee rig
- ❖ the unhindered operation of the swivels & pulleys
- ❖ the security of the belt
- ❖ the ability of the supporter to hold the weight & control the descent of the student
- ❖ that the coach, student & person controlling the push on mat understand their roles & are ready
- ❖ conduct an annual inspection of the rig

TEACHERS DUTIES.

- ❖ warn of potential dangers & give guidelines for safe practice
- ❖ check that students are fit to participate especially after illness or injury
- ❖ teach students how to spot
- ❖ teach students how to get on and off the trampoline safely
- ❖ check that students wear suitable sports clothing
- ❖ check for jewellery, watches etc.
- ❖ check hair is tied back & nails are trimmed.
- ❖ check spotters on all sides. note: spotters should be trained, attentive & of suitable height and weight
- ❖ only coaches can stand/ sit on frame or end decks
- ❖ limit time/ number of bounces of each student on trampoline-use of a timer is strongly suggested
- ❖ roller stands - freely running, swivelling castors, wheels & hooks
- ❖ keep drinks & food well away from trampoline area
- ❖ ensure no one goes underneath the trampoline
- ❖ only teach new skills after assessing the readiness of the student by observing ability, confidence & background experience



- ☛ use recommended progressive practices, including manual or rig support & push in mats where appropriate
- ☛ don't allow games or double bouncing on the trampoline
- ☛ warn students of extra rebound when changing to a more powerful bed
- ☛ be aware that after jumping on and that, if a mat is then thrown in the take-off dynamic will change significantly and the student will have a great deal more power (and probably rotation)
- ☛ check the unhindered operation of the swivels & pulleys

THE TRAMPOLINIST / STUDENT

- ☛ should always inform the coach of any medical condition or medication which could affect performance
- ☛ should always inform the coach of any accident in the last 6 months which resulted in unconsciousness from a blow to the head
- ☛ should only use the trampoline when a coach is present
- ☛ should wear sports clothing & non slip footwear, tie hair back and keep nails short
- ☛ should pay attention when spotting
- ☛ should be attentive to the coach and only attempt new skills after progressive training & permission
- ☛ should avoid going under or swinging under the trampoline or end decks
- ☛ should avoid getting involved in "test of daring"
- ☛ should avoid stepping on the bed when someone else is bouncing

STUDENTS OF SUITABLE HEIGHT & WEIGHT MAY BE TRAINED TO ASSIST THE COACH IN PUTTING THE TRAMPOLINE OUT & AWAY. THEY MUST WEAR SHOES / TRAINERS