

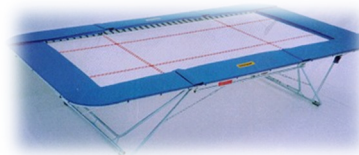
## Trampoline Safety

### 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

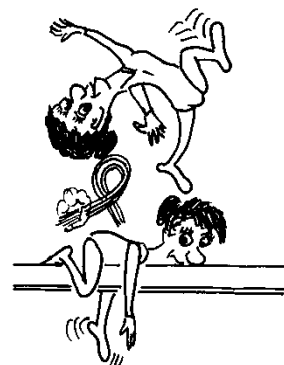


### CODE OF PRACTICE



#### 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

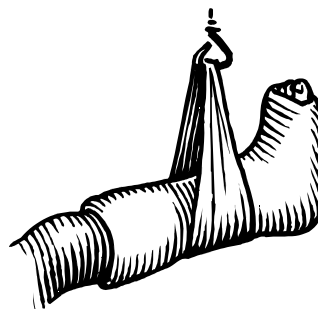
- ✦ Frame pads secure and undamaged
- ✦ Bed stitching intact
- ✦ Red lines straight (uneven tension)
- ✦ Push in mats and landing mats not damaged
- ✦ Chains are tight, even and secure
- ✦ Roller stands can roll freely
- ✦ Check correct assembly-alignment etc. Frame level? Check leg braces (4) /allen 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



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Education  
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- ✿ 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