

Trampoline Courses – General Information for hosts

Non- negotiables: all courses.

- **Please confirm that the equipment has been serviced within the past 12 months. Please have service records available if requested.**
- **The course is 6 hours per day. This does NOT include lunch break.**
- **Numbers are dependent on the number of trampolines available (ratios are 1:5 with a maximum of 16 on 4 trampolines-I know the numbers don't add up, but this is BG rules).**
- **Car parking space please, given the amount of equipment and resources I bring with me.**

Other:

- We can start at whatever time you find convenient. I usually start at 9.00 am (finishing 3-30 pm) or 9.30 am (finishing 4.00 pm)
- It is useful if you can provide a projector with HDMI input or similar, but if you can't I'll bring my own.
- **It can be very helpful if we can "borrow" some students for the part 2 course and for the refresher for manual supporting practices (not essential).**

Trampoline equipment:

- Trampolines!!
- Safety (Crash) mats suitable for the ends of trampolines
- End Decks or other suitable supports for mats at the end of the trampoline
- Smaller 'push on' or 'Throw in' mats
- Please confirm if an overhead rig is available or otherwise (Part 2 only)
- Table (for computer and projector) and chair for tutor use

Please contact me if any of the above is not available.

Refreshers:

*The refresher course can only refresh British gymnastics or older British Trampoline Federation courses. There have been a number of courses run across the country over the last 18 months whereby the delegates on the course were not actually British gymnastics qualified. A number of other courses have existed in the past such as the old Southern counties PE Association, some local authority courses, and some courses which were run at a number of universities by Tony Scott who was **not** a British gymnastics tutor and therefore did not deliver British gymnastics courses.*

In the event of any queries or issues with the above, feel free to phone me on 07950 267655 to chat.

John Wotherspoon

British Gymnastics Tutor and Assessor