

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