



## *Your safety – our concern*

Dear trampoline user,

Trampolining is a fascinating experience for children, teenagers and adults. Hardly any other piece of sports equipment holds such magical fascination for people of all ages.

If correctly carried out, trampolining enhances the musculature, the circulation, the entire musculoskeletal system as well as the coordination capabilities of the jumper in diverse ways. For this reason, the various types of trampoline are used not only as competitive and sports equipment, but also very often as a piece of fun equipment both in the commercial leisure sector as well as the private sector.

The range of users therefore extends from professionally trained top sportsmen and women to school sports through to therapy, general sportsmen and women to unpractised novices. This means that user guidelines and safety regulations for trampolines should and must cover the entire range of possible uses as well as the specific characteristics of the individual device types. Therefore you are sure to find points in the subsequent detailed description which do not apply or which are hardly applicable for a particular user or device type.

As with most sporting activities, handling and using trampolines does involve possible risks. It is our objective to give preventive clarification of possible risks to the operators and users of trampolines, and to provide them in advance with instructions on sensible handling of this sporting equipment. Such risk prevention measures help to minimise risks for users and operators and play a major role in safety when using the trampoline.

Therefore, please regard these instructions as supporting documentation. As with all clarifications, the success of such preventive rules depends on the readiness of the user to comply with them. It has become clear to us that the most detailed book of rules and regulations cannot replace the personal responsibility of each individual.

Weilheim-Teck

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# Safety rules for the use of trampolines

This document is for all those who coach/teach and participate in trampolining.

Trampolining is potentially dangerous. The purpose of this document is to help both participants and coaches operate safely. It is recommended that all equipment is inspected annually.

## General

1. Trampolining should always be supervised by a qualified coach/teacher.
2. The coach or organiser is responsible for assessing the suitability of the environment.
3. Coaches/Teachers should be aware of the emergency procedures for trampolining at the facility.
4. When using more than one trampoline, coaches should carefully assess the following:
  - a) The age, experience, varying abilities, number and discipline of the participants
  - b) Their own qualifications and experience
  - c) Their ability to observe, advise, support and respond to the difficulties of anyone in the trampolining area.
5. It is the responsibility of the coach to ensure that the person sliding in the push in mat, both in training and competition, if not a qualified coach, is trained, experienced, familiar with the performer and of sufficient maturity.

## The Coach/ Teacher duties

1. Warn participants of the potential danger and give guidelines for safe practice.
2. Check evidence that pupils are fit to participate particularly after illness or injury.
3. Check that pupils wear suitable sports clothing; suitable non-slip footwear (trampoline shoes or non-slip socks) if possibility of toes going through the webbing.
4. Check that jewellery (including that associated with body piercings), watches etc have been removed.
5. Check that hair is tied back and nails are trimmed.
6. Ensure that drinks and food are kept well away from the trampoline area.
7. Ensure no one goes underneath the trampoline, especially small children.
8. Only teach new skills after assessing the readiness of the pupil by observing ability, confidence, and background experience.

9. Warn pupils of the extra rebound when changing to a more powerful bed and allow a period of acclimatisation.
10. Only experienced, trained pupils of similar size should be allowed to double bounce.
11. Prevent fooling around and jumping from the trampoline to the floor. Discourage jumping other than in the centre of the bed.
12. Pupils should be instructed to climb on and off the trampoline with the stomach facing the trampoline. Very small children can be assisted by a suitable padded, stable platform at the side of the trampoline.

## The Trampolinist/Pupil

1. Always inform the coach/teacher of any medical condition or medication, which could affect performance.
2. Always inform the coach/teacher of any accident in the last 6 months which resulted in unconsciousness from a blow to the head.
3. Use the trampoline only when a coach/teacher is present and has given permission.
4. Wear sports clothing and non-slip footwear, tie hair back and keep nails short.
5. Pay attention when spotting.
6. Be attentive to the coach/teacher and attempt new skills only after progressive training and permission.
7. Avoid going under or swinging under the trampoline or end-decks.
8. Avoid getting involved in „tests of daring“.
9. Avoid stepping on the bed when someone else is bouncing.

