

Trampoline Safety

The Golden Rules

- **My turn! One person at a time, at all times.**
- **No somersaults! Don't try risky stunts like somersaults and flips**
- **Always bounce in the middle of the trampoline**
- **Never jump off! You could hurt yourself by jumping off the trampoline onto the ground. To get off, stop bouncing and then climb down.**
- **Stand back! Keep away from the trampoline when someone else is jumping**
- **Watch out underneath! Never go under the trampoline when someone else is jumping.**
- **Out of bounds! Don't use the trampoline if you see a rip or split in the mat, or if the padding has come away from the metal springs. Tell an adult.**

Remember – Accidents need not happen. You can protect yourself and your family by following the safety advice.



Trampoline Safety What You need to Know



Bounce Safe!

Safety advice produced by



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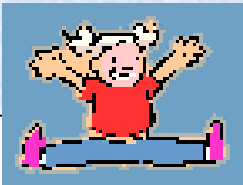
Choosing a Trampoline

- Choose a trampoline which comes with safety pads. These should completely cover the springs, hooks and the frame. Pads should be a contrasting colour to the mat.
- Try to choose a trampoline that has safety netting/an enclosure as part of the design, or purchase a safety cage when you buy the trampoline. This will reduce the chance of falls off the trampoline.



Finding the Right Place For Your Trampoline

- Choose an area clear from dangers such as trees, fences, washing lines, poles or other equipment. Keep an area of at least 2.5m around the trampoline a CLEAR zone. This includes being clear of bikes, skateboards and other toys that could be a hazard.
- Place the trampoline on soft energy absorbing ground (e.g soft and springy lawn or bark wood chip, sand or cushioning materials).
- Never place the trampoline on a hard surface (e.g concrete, tarmac etc) without some form of crash matting or safety netting.
- Never use a ladder with the trampoline as it provides unsupervised access by small children.
- Make sure the Trampoline is secure. Use a suitably fitted Trampoline "Tie Down/Anchor Kit".



Before Using the Trampoline

- Set rules for using the trampoline and discuss them with your children.
- Tell your children about the risks of not using the trampoline properly.
- Have your children remove jewellery, necklaces and clothing that may catch.
- Inspect the trampoline before each use to make sure there are no holes or the frame has not become damaged. Also check the padding is correctly and securely positioned and that the leg braces are



When Using the Trampoline

- Never allow more than one person on the trampoline at the same time. 75% of injuries happen when more than one person is on the trampoline.
- Children under 6 must only use trampolines designed for their age range and size. Trampolines are not suitable for very young children and toddlers.
- Always supervise children.
- No somersaults - go to a properly organised club if you want to try more complicated moves.
- Never allow the use of bouncing to exit the trampoline.

