

# Trampoline safety

## Did you know?

During world war 11, trampolines were used to train pilots and navigators in fitness and orientation. After the war, astronauts trained on trampolines to develop body positioning for space flight missions.



## Trampolining is fun and good exercise

Play often leads to being hurt—it is part of growing up to have bumps and bruises, however, more severe injuries are usually avoidable if simple risk management steps are taken.

## Safety issues

- Approximately 75% of injuries occur when more than one person is on the trampoline. The person weighing less is five times more likely to be injured by being bounced off the trampoline.
- Children under six are particularly vulnerable to injury
- Injuries can occur to all parts of the body, including the neck, arms, legs, face and head. Head and neck injuries are the most serious injuries associated with trampolines
- Adult supervision is no guarantee of safety. More than half of all trampoline accidents occur when under supervision. However, a trained spotter can greatly reduce this risk.



A trampoline injury

Carry on reading for more tips

# Some advice for trampoline users

- **My turn!** One person at a time otherwise the smallest person could be bounced off and injured.
- **No somersaults!** Don't try risky stunts like somersaults or back flips as you might land on your head and damage your neck.
- Always **bounce** in the **middle** of the trampoline.
- **Never jump off!** You could injure yourself by landing awkwardly.
- **Stand back!** Keep away from the trampoline when someone 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.



One bouncer and a safety net.

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If you really love trampolining and want to learn more, why not contact your local trampoline club.?

To find one near you click [here](#) or go to <https://www.british-gymnastics.org/discover/trampoline>

# Some advice for parents and carers or whoever is buying the trampoline

Always follow the manufacturers instructions carefully when setting up and placing your trampoline.

## Purchase

- Make sure you have safety pads that completely cover the springs, hooks and frame. The pad should be a contrasting colour to the mat
- Buy a trampoline that has safety netting or a safety cage. This will reduce the chance of your child falling off the trampoline and striking the ground

## Positioning

- Proper placement is crucial, it needs to be away from hazards such as trees, fences, washing lines, poles or other equipment. There should be a safe fall zone completely around the trampoline of at least 2.5 metres.
- Place the trampoline on soft energy absorbing ground (i.e. soft and springy lawn or bark wood chip, sand or cushioning materials)
- Never place the trampoline on a hard surface (i.e. concrete, hard packed mud) without some form of crash matting or safety netting

## Storage

- It is important that a trampoline is stored safely when not in use, particularly during winter months when the wind can force a trampoline to become airborne
- Tie down large trampolines—there are tether kits available that can be used for this purpose
- Flip smaller rectangular trampolines upside down
- Remove safety netting from enclosure/cage frames to reduce the sail-like qualities of the cages during windy weather

More detailed information can be found [here](#) on the RoSPA website.