

# Trampoline Safety Rules

To maintain safety within the trampolining environment the following rules must be observed

- ❖ **Always inform your coach before the lesson of any injuries or medical conditions which could affect your participation**
- ❖ **Always wear suitable sports clothing with non slip socks or trampoline shoes, keep long hair tied back and finger nails short**
- ❖ **Remove all jewellery, watches and objects from your pockets before getting on the trampoline**
- ❖ **Use the trampoline only in the presence of a trained coach/teacher and when given permission**
- ❖ **Never use the equipment unless adequate spotters are available**
- ❖ **Always Pay attention when spotting**
- ❖ **NO DOUBLE BOUNCING - Double bouncing increases the risk of injury considerably**
- ❖ **Do not step on to the trampoline whilst someone else is bouncing it is dangerous**
- ❖ **Do not go underneath the trampoline whilst someone is bouncing**
- ❖ **Do not attempt new skills without proper supervision and tuition**
- ❖ **Be sensible & safe**

Produced by Trampoline Central in the interest of promoting trampoline safety. Please display this poster prominently within the trampolining area. Copies of this poster are available to download from [www.trampolinecentral.co.uk](http://www.trampolinecentral.co.uk)



Trampoline Courses, Equipment & Resources