



# TRAMPOLINE SAFETY INSTRUCTIONS

**Minimum age 6 to use trampolines.**

**WARNING: USING TRAMPOLINES EXPOSES YOU TO THE RISK OF SERIOUS INJURY, INCLUDING PERMANENT PARALYSIS FROM LANDING ON BACK, NECK OR HEAD. THIS RISK EXISTS EVEN IF YOU LAND ON THE TRAMPOLINE MAT.**

**Read and understand these Safety Instructions and ensure everyone using the trampolines is familiar with them before using the trampolines.**

- Use the trampolines only with mature, knowledgeable supervision.
- Permit only one performer at a time on the rectangular trampoline and no more than two (2) on the round trampoline. More performers create additional risks of injury due to collisions, being bounced off the trampoline and unexpected responses to the trampoline mat.
- Only use when the trampoline mat is clean and dry. A wet mat is extremely slick and prevents a controlled bounce as well as a stable landing
- Shoes, jewellery or clothing with hard or sharp points must not be worn whilst on the trampolines; socks should be non slip
- Climb on and off the trampoline. **DO NOT JUMP ON OR OFF**
- Avoid bouncing too high or too long. Always control your bounce
- Focus your eyes on the trampoline. Failure to do so may result in lack of balance and control
- Stop your bounce by flexing your knees as your feet come into contact with the trampoline mat
- Learn fundamental bounces and body positions thoroughly before trying more advanced skills
- **DO NOT** attempt somersaults. Somersaults are advanced skills that should be attempted on by experienced and competitive trampolinists and then only with strict supervision, professional instruction and additional safety equipment. Most crippling injuries that occur during trampolining involve somersaults.
- **DO NOT** use the trampoline as a springboard to or from other objects.

**Only those using the trampolines and instructors or supervisors allowed in the trampoline area. Those waiting to use the trampolines and spectators please make use of the area provided.**