

TIPS ON SAFE TRAMPOLINE USE

IMPORTANT SAFETY INSTRUCTIONS

⚠ WARNING

FAILURE TO FOLLOW INSTRUCTIONS AND WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.

All jumpers need to be supervised, regardless of skill level or age.

Jumper's role in accident prevention

The key here is to stay in control of your jumps. DO NOT move onto more complicated, more difficult maneuvers until you have mastered the basic, fundamental bounce. Read, understand, and practice all safety precautions and warnings prior to using the trampoline. A controlled jump is when you land and take off from the same location. For additional safety tips and instructions, contact a certified trampoline instructor.

Supervisor's or owner's role in accident prevention

Supervisors need to understand and enforce all safety rules and guidelines. It is the responsibility of the supervisor to provide knowledgeable advice and guidance to all jumpers of the trampoline. If supervision is unavailable or inadequate, the trampoline should be stored in a secure place, disassembled to prevent unauthorized use or covered with a heavy tarp that can be locked or secured with lock or chains. The supervisor is also responsible to ensure that the safety placard is placed on the trampoline and that jumpers are informed of these warnings and instructions.

LESSON PLAN

The following lessons are suggested for you to learn basic steps and bounces. Before using the trampoline, you should read and understand all safety instructions. A complete discussion and demonstration of body mechanics and trampoline guidelines should occur between the supervisor and student as well.

Lesson 1

- A. Mounting and Dismounting-Demonstration of proper techniques
- B. The Basic Bounce-Demonstration and practice
- C. Braking (Check the Bounce-Demonstration) and practice. Learn to brake on command
- D. Hands and knees-Demonstration and practice. Stress should be on four-point landing and alignment

Lesson 2

- A. Review and practice of techniques learned in Lesson 1
- B. Knees Bounce-Demonstration and practice. Learn the basic down to knee and back up before trying half twist to left and right
- C. Seat Bounce-Demonstration and practice. Learn basic seat bounce then add a knee bounce, hands and knees repeat

Lesson 3

- A. Review and practice skills and techniques learned in previous lessons
- B. Front Drop-To avoid mat burns and teach the front bounce position, all students should be requested to assume the prone position (face down on the ground) while the instructor checks for faulty positions that could cause injury
- C. Start with a hands and knees bounce and then extend body into prone position and on the mat and return to feet
- D. Practice Routine-Hands and knees Bounce, Front Bounce, back to feet, seat bounce, back to feet, seat bounce, back to feet

Lesson 4

- A. Review and practice skills and techniques learned in previous lessons
- B. Half-Turn
 - i. Start from front drop position and as you make contact with mat, push off with arms in either the right or left direction and turn head and shoulders in same direction
 - ii. During turn, be sure to keep back parallel to mat and head up
 - iii. After completing turn, land in front drop position

After completing this lesson, the student now has a basic foundation of trampoline bounces. Jumpers should be encouraged to try and develop their own routines with the emphasis on control and form.