

For: Heads of all Establishments/Settings
OCC Managers
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TRAMPOLINING

Background

Trampolining offers an exciting experience. However, great care must be taken to ensure the safety and well being of all participants during the whole activity including the setting up and putting away of the trampoline.



In recent months there have been a number of serious incidents involving pupils and staff, in particular during the setting up and putting away of the trampoline. Incidents have resulted in serious injuries including one arm double fracture and one wrist double fracture.

Risk Assessment

It is essential that risk assessments are undertaken for trampolining activities which detail how risks are controlled. It is important that they are reviewed on a regular basis, at least annually and/or after any incidents.

Additionally it is essential that any trampoline clubs using school/college/young persons centre facilities including equipment have arrangements in place to at least meet OCC minimum standards and to ensure risk controls are adhered to, including the reporting of accidents to the Health, Safety and Wellbeing team.

This Safety Action Bulletin supports the previously issued 'Oxfordshire County Council Policy on the Teaching of Trampolining in Schools' and British Gymnastics Trampolining Code of Practice.

General Information

Individuals teaching trampolining must hold either:

- British Gymnastics (BG) Level 2 Coaching Award; or
- The British Gymnastics Teachers Award at one of two levels (as of September 2008). These are only open to qualified physical education teachers or teachers who hold a gymnastics coaching award; or
- A recognised qualification gained before September 2008:
 - Level 1 Teachers Award; Qualifies the holder to teach basic trampoline skills up to but not including somersaults.
 - Level 2 Teachers Award; Qualifies the holder to teach all basic skills plus front and back somersaults.
- Qualifications gained before 2008:
 - BG Teachers Award *
 - South East Region Intermediate Award *
 - South East Region Elementary Award *
 - British Federation Trampoline Coach Award *

* (*Restrictions on levels of teaching are detailed in 'Oxfordshire County Council Policy on the Teaching of Trampolining in Schools'*)

Issued by the Health, Safety and Wellbeing Team, Shared Services, Unipart House, Garsington Road, OXFORD, OX4 2GQ

Please Note: Oxfordshire County Council (OCC) will only recognise these awards if the holder has attended a refresher course every four years to update their skills and knowledge.

Safety Considerations

- Trampolining should always be supervised by a qualified BG coach/teacher.
- The coach/teacher is responsible for assessing the suitability of the environment.
- Coaches/teachers may, during the course and post-course guided learning, practise coaching those elements covered on the course, under the guidance of a mentor coach. However they may not prepare participants for competition until they are fully qualified at that level.
- Coaches/teachers should be aware of the emergency procedures for trampolining at the facility.
- When using more than one trampoline, coaches should carefully assess the following:
 - The age, experience, varying abilities, number and discipline of the participants
 - Their own qualifications and experience.
 - Their ability to observe, advise, support and respond to the difficulties of anyone in the trampolining area.
- It is the responsibility of the coach/teacher to ensure that the person sliding in the push in mat, both in training and competition, if not a qualified coach, is trained, experienced, familiar with the performer and of sufficient maturity.

Putting Out and Putting Away the Trampoline

- At least 2 competent, suitably sized persons wearing training shoes, under the direct supervision and involvement of trained staff, coach/teacher are required. Always consider manufacturers guidance.
- Great care should be taken when moving the trampoline.
- The trampoline is heavy - make sure parts such as the frame ends or the whole trampoline are moved slowly.

Putting out the trampoline

- Rotate the trampoline to horizontal by holding the inside leg and the outside leg together. Place the inside leg on the floor carefully.
- Use good handling technique when removing the roller stands and store them away from the working area.
- Fully support the first end whilst lowering into place and insert leg braces.
- The second end is under tension and needs greater care when pulling down.
- Beware pulling on the leg braces before first checking the security of the allen screws.
- Beware trapping the fingers in the hinges or between chains and the legs.
- Beware of all moving parts on lift/lower roller stands.

Putting away the trampoline

- Release the first end and control the folding as it may be under high tension.
- Again confirm the tightness of allen screws before using leg braces.
- Keep the elbows/forearms away from the gap between folding ends and frame whilst lowering under control.*
- It is essential that staff control the folding end to avoid limbs being trapped.
- Never ask pupils to control the fold by holding the leg braces.
- Insert the roller stands fully before handling.
- Push the trampoline from the end where the bed is rounded and no metal frame showing until vertical.

** Only staff or trained and suitably sized pupils should undertake this. Ensure other pupils are well clear of the trampoline*

New Guidance

- All trampolines should have end decks for all activities by December 2010 and for 360 degree rotations i.e. somersaults (feet to feet) by September 2010. (In the interim period crash mats placed on boxes at the ends of the trampoline should be used).
- The trampoline should be matted both sides with a minimum of 20-25mm x 1m mats.
- Wherever possible the side matting should be 20-25mm x 2m.
- For high bouncers these mats should also be provided behind the end decks.

- Where possible a 3m x 2m x 20cm mat should be positioned directly behind each end deck.
- If there is insufficient space behind the end decks (or box tops with crash mats) then crash mats should be securely fixed to any walls that may be struck. (From January 31/01/10)

Universal Services are giving a 10% discount to Oxfordshire Schools for the end decks and mats; when ordering the reference 'Tramp2010' should be placed on the order form.

Other Information

The updated Oxfordshire County Council Policy on the Teaching of Trampolining in Schools, issued January 2010 via Education Effectiveness Team, Julie Garner, provides further information and guidance including:

- Trampoline Register
- Annual Safety Checks
- The Hall
 - Height
 - Position of Trampoline
 - Lighting
 - The Trampoline Area
 - Multi-Trampoline Set Up
 - Storage
- Safety Checks Before Use
- The Overhead Rig
- The Coach/Teacher Duties; and
- The Trampolinist/Pupil

References

- British Gymnastics (BG) Trampolining Code of Practice; illustrates what BG recommends as Best Coaching Practice for Trampolining.
- Oxfordshire County Council Policy on the Teaching of Trampolining in Schools.

For Further Information and Advice:

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