

# Trampolining Safety

See videos of all the basic trampoline moves in detail at...

<http://www.thetrampolinesite.com>

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## Safety Guidelines for Trampolines

Note: Although we have covered all the points we could think of, there may be some which have not made it onto this list. Also, these safety points are listed in no particular order of importance.

- Trampolining should always be done in the presence of an appropriate supervisor/coach.
- Ideally, a trampoline should be fitted with end-decks. These are metal frames which are placed at each short end of the trampoline onto which a crash mat is secured. They act to bring the crash mat up to the same level as the trampoline's surface and help stop people falling off the ends. To find out more about these, contact your trampoline manufacturer.



However, these can only be used in conjunction with rectangular trampolines and mostly it seems to be the manufacturers of professional trampolines who supply them.

- When someone is on a trampoline, there should always be people spotting along the free sides. When it's not possible to have either enough spotters or end-decks, trampoline enclosures may help.
- Always stay within your current limits when on a trampoline. Even by doing so you will progress.
- Never go under a trampoline when someone is bouncing. Many people don't realise just how far the trampoline can depress during bouncing.
- Crash mats should be placed on the ground around the sides of the trampoline in case someone should fall off. Most falls off the side of a trampoline are quite slow yet still cause injury.

- Have a thin crash mat to place on the trampoline for new moves. They help to dampen any uncontrolled out-bounce.
- Always wear socks or appropriate footwear when on a trampoline. Never go bare-foot. This is especially true for the mesh-style [professional trampolines](#). Trampolining shoes provide good protection and good grip.



- Only one person should be on a trampoline at any one time.
- Get off the trampoline when tired. Spending too long on a trampoline increases risk of accidents even when the person does not feel tired.
- The environment around the trampoline should be kept distraction free.
- It's shocking to see that some people don't set their trampoline up so that the surface is completely level. This is crucial. Trampolines should never be set up on a slope.
- Jewellery should be removed before climbing on the trampoline.
- No eating or drinking should occur when on a trampoline.
- Make sure there are no objects near to the trampoline... or above it – for example tables, chairs, branches, wires etc.
- Never jump from the trampoline to the ground or from a high object onto the trampoline.
- Young children should ideally keep bouncing low.

- And... Make sure you are warmed-up before going on the trampoline. After sitting or being inactive for long periods the risk of injury and accidents rises sharply if you get on a trampoline without warming up.
- What makes a good warm-up for trampolining? Find out at [thetrampolinesite.com](http://thetrampolinesite.com)

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