

## Trampolines

Jumping on a trampoline is a great, fun exercise! Ten minutes of jumping is as good as a 30 minute run—and can be immensely pleasurable!

Trampolines are very popular in Australia. Most of these are recreational backyard trampolines, however, many parents have little knowledge of dangers associated with trampolines. Most trampoline-related injuries occur in the domestic backyard.

Trampolines should be installed, used and maintained to the *Australian Standard AS4989:2006 Trampolines—safety aspects*. Ensure that any trampoline you purchase is labelled as compliant with this standard. Follow the manufacturer's instructions for installation and maintenance.

It is strongly recommended that older trampolines are retrofitted with a frame padding safety system that complies with the current standard.

When purchasing a trampoline look for the Certified Product Standards Mark.



### Safety Guidelines

- ⊗ Place the trampoline on a flat surface.
- ⊗ The area should be clear from obstacles such as concrete, bikes, rocks, over hanging trees, walls, electrical wires or building structures.
- ⊗ Never use the trampoline on concrete as your child could fall onto this hard surface and sustain major injuries.
- ⊗ Provide at least a 8m clearance above the trampoline.
- ⊗ The height of the trampoline bed (mat) should be sufficient to prevent the bed from contacting the floor while the user is bouncing (max. height of bed should not exceed 1160mm).
- ⊗ Surround the trampoline with impact absorbing material such as bark or mulch that has been tested to the *Australian and New Zealand Standard AS/NZS4422:1996 Amt. 1 Playground Surfacing*.
- ⊗ Use a trampoline that is fitted with an impact attenuating frame padding system compliant with the current standard. Frame padding should cover the entire surface of the frame and be wide enough to completely cover the entire top surface of the suspension system. The frame colour should contrast with the colour of the trampoline bed.
- ⊗ To increase the stability and prevent unsafe relocation of the trampoline it is recommended that you secure the trampoline legs to the ground.

It is recommended that the undersurfacing material extend a minimum of 2500mm (1900mm for supervised early childhood settings) beyond the edge of the trampoline frame. For enclosed trampolines the fall zone is reduced to 1500mm.

In ground installation is a good method for reducing fall heights and potential risk of injury. Pit drainage is essential to prevent corrosion, mosquitoes and other moisture related problems. Ensure regular inspection of the under section of the trampoline.

## Maintenance



Each day before use, check the condition of the trampoline mat and frame padding system for tears, detachments and weakening related to sun exposure.

Check to ensure that the area under and around the trampoline is free of obstacles such as bicycles and other moveable play equipment.

Regularly inspect springs for corrosion or deterioration and check that they are attached properly.

Regularly inspect and maintain undersurfacing materials to the correct depth as required.

When the trampoline is not in use it is recommended that it is stored away from access to children.

Jumping is key to a child's mental and physical development. Trampolining can assist the progress of your child's motor skills, balance, and coordination.



## Child Safe Practices

- ⚙ Supervise children using the trampoline at all times.
- ⚙ Trampolines over 500mm high are not recommended for children under six years.
- ⚙ Show your child the correct use of the trampoline by teaching safe usage practices.
- ⚙ Display clear safety signs such as "one at a time," "bare feet only", "do not use when wet", "do not jump onto or off the trampoline".
- ⚙ Keep toddlers away from the trampoline when in use to prevent them from going underneath the trampoline.
- ⚙ Teach your child to jump in the centre of the mat.
- ⚙ Focus eyes on the trampoline as this will help control bounce.
- ⚙ Do not allow or attempt somersaults.
- ⚙ Ensure the presence of a spotter to warn the trampoline user if they are moving off centre of the mat.
- ⚙ Do not link the trampoline with ladders or planks.

**Maintaining a safe trampoline and using child safe practices can substantially reduce injury to children.**



### Toddler Trampoline with Safety Handle

When using this type of trampoline ensure that the recommended safety guidelines are followed. Whilst the handle offers support for a young child learning to use a trampoline there is concern that a serious injury could occur if the child were to fall on the handle.

**To ensure correct body control and management, think about enrolling your child in to a gymnastic class.**

The backyard activities you choose for your family are important choices that affect the quality, enjoyment, and safety of your lifestyle.