



PLAYGROUND NEWS

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DIARY DATES:

- Kidsafe National Playground Conference 2006 — August 21-23 2006

Open Training Dates:
23 March 2006,
FREE DET Regional
Public Schools
Playground Safety
Workshop, Ballina

DoCS Training Dates:
15 February 2006,
South Sydney DoCS



This photograph was supplied by Giorgio Raffaelli

HAPPY NEW YEAR!

The silly season is now over (for some) and The Playground Advisory Unit hope that all our readers had an enjoyable holiday season.

So the year 2006 is in view and The Playground Advisory Unit has many goals in sight. The 4th Kidsafe National Playground Conference will be held on 21-23 August 2006 of which we are all diligently working towards. For registrations please find the link on www.kidsafensw.org.

We will continue to roll out our Playground Safety Training Workshops, dates will be advertised in the *Playground News*. And as always we are there to take all of your phone call enquiries regarding your playgrounds and efforts to comply with Australian Standards.

KIDSAFE NSW 4TH NATIONAL PLAYGROUND CONFERENCE

CALL FOR ABSTRACTS

Kidsafe NSW is proud to be hosting the 4th National Playground Conference held 21-23 August 2006. The Conference aims to bring together stakeholders from a variety of sectors: local government; health; education; child care; sport and recreation; and the design industry.

Kidsafe invites you to submit abstracts in accordance with the guidelines found at <https://secure.saneevent.com.au/ei/cm.esp?id=118&pageid=1MC0QF23N>. The abstract submission should be related to one of the following topics: injury prevention and safety promotion; child and youth development; research; undersurfacing; special needs; playground maintenance; childhood obesity; shade; risk management; creative design; and youth facilities.

Contact the Playground Advisory Unit on 9845 0890 for further information



Child Accident Prevention
Foundation of Australia
Kidsafe New South Wales
Inc.
PLAYGROUND ADVISORY
UNIT

Trampoline Safety

The risks of trampolines are often underestimated. While the sight of kids having fun on a trampoline seems innocent, you would do well to make yourself aware of the risks – and what your safe trampoline options are.



With summer here, thousands of families are buying trampolines or bringing out their old ones. But this popular piece of play equipment is not a toy. Each year over 50,000 Australian households will buy old-style trampolines – and 6,000 children will wind up in the emergency room from injuries caused by the springs, steel frames or by falling off (Source: QLD Injury Survey Unit, Injury Bulletin #58, March 2000).

Toward Trampolines Without Injury

Some designers are focusing on improving the safety of the humble trampoline. Until recently, the design of the trampoline remained unchanged since it was first invented by George Nissen in 1936.

Dr Susan Adams from Kidsafe NSW says most trampoline injuries are from falling off or from jumpers injuring themselves on the springs or frame. Some trampoline manufacturers are adding enclosures to the trampoline system, but only one designer has removed injury-causing elements completely.

Dr Keith Alexander from the University of Canterbury in New Zealand has spent eleven years designing a trampoline that has no hard surfaces to impact. "After years of injury research it became clear that to reduce injury we had to design a system with no springs or metal frame." And it looks like Dr Alexander's design is a move in the right direction.

"We're impressed by the focus that SpringFree trampoline designers have placed on reducing injury by removing the impact zones that are traditionally the cause of trampoline injuries," says Dr Adams.

Jumping is Important

Jumping helps develop gross motor skills, directionality, spatial and body awareness, and balance. Jumping is traditionally mastered between two to five years and should be encouraged while young children are

SpringFree Trampoline

Without any hard surfaces for the jumper to make contact with, the SpringFree trampoline provides an ideal jumping environment.

“EXPLORE SAFE TRAMPOLINE OPTIONS”

still trying to learn other fundamental skills (Ganley, G. Sherman, C : 2000).

Trampolining is the obvious way to get kids jumping, and despite safety concerns, some experts believe it's the only tool that can simulate jumping in “earth-bound” children (Huber, J).

“The trampoline tends to ameliorate the development of specific perceptual motor and locomotor skills more than most other products on the market today; some experts consider the trampoline an essential aid for teaching directionality – the development of kinesthetic and vestibular discrimination.

“Children not proficient at jumping often lag behind in development of hopping, skipping and motor skills, which are basic to sport proficiency. Such children and children who are earth-bound (unable to jump) tend to be highly motivated when placed on the flexible trampoline surface. Jumping skills for these children are often extremely difficult to teach without use of a trampoline” (Huber, J).

Dr Joseph Huber, from Bridgewater State College, Massachusetts, attests that the benefits of trampolining are so profound that industry professionals should concentrate on formulating a safe option.

“Trampoline use is a three-legged stool. The benefits in terms of exercise and kinesthetic development are clear, but a safe trampoline will make the trampoline a powerful developmental resource.”

“ENCOURAGE SAFE TRAMPOLINING – NEVER FLIPS OR TUMBLES”

“Trampolining has clear aerobic and kinesthetic benefits. And a safe trampoline removing injury risk will make the trampoline a powerful developmental tool.”

Around the World

Trampolines are making news headlines the world over. Here's what's happening with trampolines internationally:

United States

Pediatric societies have recommended

traditional trampolines never be used in the backyard after research released in May showed trampoline injuries soaring.

United Kingdom

Trampoline purchases have boomed in the UK. At the same time, injuries have risen by 50 percent over the last five years.

Australia

A family from NSW was ordered to pay \$64,000 in compensation to 7-year old girl after she injured herself while roller skating on the their trampoline.

In Brief: Trampoline Standards Under Revision

- International standards bodies are reviewing current trampoline safety standards.
- ASTM International (originally known as the American Society for Testing and Materials) is modifying its current standard to include rod-based trampolines such as SpringFree trampoline.
- The new standard is due to be published in June 2006 (www.astm.org)
- Standards Australia is also currently reviewing changes to the Australian trampoline standard, which should be released in 2006. ■



Trampoline Injury Statistics

What are the causes of trampoline injuries? Here is a statistical breakdown.

CAUSE	RATE
Fall off trampoline	52%
Fall onto the frame or springs	31%
Hit another child on the trampoline	17%

Source: QLD Injury Survey Unit, Injury Bulletin #58, March 2000

Safe Trampoline Tricks

Most people think that extending on childrens' trampoline skills means moving right on to flips and tumbling. If you really want your kids to learn these skills, the only safe way is to enroll them in a gymnastics class. Visit www.promo.gymnastics.org.au for more information. However, you can encourage kids in a range of less dangerous exercises that will broaden their abilities.

Cool Tricks and Tramp Exercises

1. Just Jump!
2. Seat jump – Jump up and then land on your bottom.
3. Star jump – Straddle your legs and clap your hands over your head.
4. Heel grab – Jump up, bend knees back to bottom and grab heels, just like a pro-boarder.
5. Belly Flop – Jump up and land on your stomach keeping your body straight.
6. Tuck jump – Jump up and bring your knees up to your chest.
7. Split jump – Jump really high, point your front leg straight out, with your back leg bent at the knee with your foot pointed up.

Old-Style Tramps

Thirty-one percent of injuries occur when the jumper hits the steel frame or springs.



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KIDSAFE NATIONAL PLAYGROUND CONFERENCE 2006

The Kidsafe National Playground Conference will be held in Sydney 21-23 August 2006 at the Manly Pacific Hotel: a two day conference of plenary, concurrent sessions and workshops with a third optional day of field trips on 23rd August 2006.

The Conference will explore current issues confronting the development of safe yet challenging and exciting play environments for our children. This will allow all delegates to explore issues pertaining to their own and other industries relating to playground safety, design, maintenance and technical issues.

Go to www.kidsafensw.org for the link to the Conference website, in order to obtain registration, call for abstracts, and design competition information.

DET SUBSIDISED PLAYGROUND SERVICES

Kidsafe have received funding from the Department of Education and Training to provide the following services to schools:

- Unlimited free telephone advice
- Half price on-site verbal playground inspections (at \$66 per hour)*
- Free 4hr training forums covering the new safety standards, surfacing and design issues, across NSW

GREAT OFFER!

Contact Kidsafe on (02) 9845 0890

email kidsafe@chw.edu.au

* limited to the first 30 bookings plus travel costs to regional areas

For any further information contact:



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