

# Trampolines



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

Jumping on a trampoline is great fun and good exercise. Ten minutes of jumping is equivalent to a 30 minute run and can be very enjoyable.

Trampolines should be installed, used and maintained to the *Australian Standard AS 4989 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.

Soft-edged trampolines are an option where impact hazards have been minimised (pictured above right).

It is strongly recommended that older trampolines are retrofitted with a frame padding and enclosure barrier safety system that complies with the current Australian Standard.



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

## Safety Guidelines

- ⚙ Place the trampoline on a flat surface. Ensure the trampoline is level and stable.
- ⚙ Secure the trampoline legs to the ground to increase stability and prevent it being moved .
- ⚙ The area around and underneath the trampoline should be clear from obstacles such as concrete, bikes, tools, rocks, overhanging trees, electrical wires, walls or other structures.
- ⚙ Never use the trampoline on concrete or pavers because the user could be severely injured from landing heavily on a hard surface.
- ⚙ Surround the trampoline with impact absorbing material such as bark or mulch tested to *AS/NZS4422 Playground Surfacing*. (Refer to the *Kidsafe NSW* information sheet: *Playground Surfacing*) It is recommended that certified surfacing extend a minimum of 1500mm beyond the edge of the trampoline frame.
- ⚙ Enclosed trampolines may be set up on a soft surface such as well maintained turf with a recommended 1500mm circulation zone.
- ⚙ In ground installation of trampolines may be within a soft surface such as well maintained turf with a recommended 1500mm circulation zone.
- ⚙ Provide at least a 5m clearance above the trampoline bed (mat).
- ⚙ Ensure the trampoline bed (mat) is high enough to prevent the bed from touching the ground while the user is bouncing.
- ⚙ Check that padding covering the suspension system (springs) is wide enough to completely cover the entire top surface of the springs and is installed following the manufacturers' instructions.



child safety is no accident

## 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.

Inspect framework and springs for surface rust, corrosion or deterioration and check that they are attached properly.

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

**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 it is possible that a serious injury could occur if a child falls on the handle.



## Child Safe Practices

- ⊗ Only one user on the trampoline at a time.
- ⊗ Supervise children using the trampoline at all times.
- ⊗ AS 4989 states that trampolines are not recommended for children under six years of age.
- ⊗ Show your child the correct use of the trampoline by teaching safe usage practices.
- ⊗ Adults should model safe use of trampolines when children are present.
- ⊗ 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.
- ⊗ Teach your child to focus their 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 allow anyone to link the trampoline with chairs, ladders or planks.



## Mini Trampoline (rebounder)

Mini trampolines that measure less than 600mm above surface level may be placed on any soft surface with a recommended 1000mm circulation zone surrounding the trampoline.

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