Benefits
Jumping on a trampoline is great fun and good exercise. Ten minutes of jumping is equivalent to a 30 minute run!

Above ground trampolines for domestic use are designed with nets so that falling and impact hazards are minimised. Trampolines should be installed, used and maintained to the Australian Standard AS 4989 Trampolines for domestic use - Safety aspects. Follow the manufacturer’s instructions for installation and maintenance.

Safety Guidelines

- Always place trampoline on a flat surface. Ensure the trampoline is level and stable
- Secure trampoline legs to the ground to increase stability and prevent it being moved
- The area under and around the trampoline should be clear from obstacles such as concrete, bikes, tools, rocks, overhanging trees, electrical wires etc.
- Never use the trampoline on concrete or pavers. The user could be severely injured from landing heavily on a hard surface
- Position the trampoline on well maintained grass or on a surface with impact attenuating material such as bark or mulch
- Provide a minimum 1500mm impact area beyond the edge of the trampoline frame.
- 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 padding covering the suspension system (springs) is wide enough and completely covers the entire top surface of the springs. Install following manufacturers’ instructions.

Education and care services, schools and other institutions, should position the trampoline on certified surfacing tested to AS 4422 Playground surfacing (refer to information sheet Playground Surfacing). Ensure a minimum 1500mm impact area is provided beyond the edge of the trampoline frame.

In-ground installation is a good method for reducing fall heights and potential risk of injury. Ensure regular inspection, cleaning and maintenance especially beneath the trampoline. Pit drainage is essential to prevent corrosion, mosquitoes and other moisture related problems.
Maintenance
Each day before use:
- Check condition of the trampoline bed (mat) and frame padding system for tears, detachments and weakening due to wear and sun exposure.
- Ensure 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.

Child Safe Practices
- Only one user on the trampoline at a time
- Supervise children using the trampoline at all times
- Trampolines are not recommended for children under six years of age
- Teach children how to correctly use the trampoline such as jumping in the centre of the bed; focussing their eyes on the trampoline bed as this will help control bounce
- Adults should model safe behaviour on trampolines
- 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
- A “spotter” can warn the trampoline user if they are moving off centre
- Do not attach chairs, ladders or planks etc. to the trampoline
- Take children to trampolining school to learn correct techniques for somersaults etc.

Toddler Rebounder with Safety Handle
When using this type of rebounder ensure that the recommended safety guidelines provided by the manufacturer are followed.

The handle offers support for a young child learning to use a rebounder, however always supervise a child using the rebounder due to the possibility of a serious injury from impacting with the handle.

Rebounder
Rebounders that measure less than 600mm above surface level may be placed on any soft surface with a recommended 1000mm impact area surrounding the item.