Trampolining

Activity scope

This document relates to student participation in Gymnastic Trampolining as a sporting curriculum activity including skills development, team training and competitions conducted by schools. Therapeutic use is not covered by this document.

Minimum activity-specific qualifications for supervisors

- Level 1 coaching qualification from Gymnastics Australia.

Minimum activity-specific equipment/facilities

- Trampoline with minimum size of 4.5 metres by 2.7 metres, and with a woven two-string mat.
- 8 metre overhead clearance (higher clearance may be required for competitive level).
- Minimum clearance of 2 metres surrounding trampoline.
- Some suggested alternate controls where minimum boundary clearance is not met:
  - remove spectators/dangerous obstacles within the clearance zone
  - provide instructions to the official-supervisors and players about the limited clearance zone
  - station supervisors near any obstacles within the clearance zone.
- Frame and spring pads.
- Floor padding surrounding trampoline.
- It is highly recommended that students wear cotton/good quality socks when trampolining, to guard against significant toenail injury and contagious conditions.

Activity specific hazards/risks and suggested control measures

- Ensure nothing is under the trampoline.
- Check equipment (springs, mat, padding, etc) before and during use.
- Disinfect all mats and padding before and after use, or when required.
- Trampoline must be clean, dry and clear of debris.
- Trampoline must be erected on a level surface with a clear space on all four sides.
- Ensure that exposed hard surfaces (concrete, wooden floors, etc) surrounding trampoline are covered during use of the equipment.
- Ensure there is padding on trampoline.
- Ensure there is padding on floor.
- Ensure there are spotters (one in each corner).
- Students should be informed of rules, spotting, safety procedures and prerequisite skills before engaging in the activity.
- Spotters and others beside the trampoline should not have their arms on or over the trampoline when in use.
- Instruct students to bounce in the centre of the trampoline bed.
- Ensure students mount and dismount the trampoline correctly.
• Ensure one student only is permitted on trampoline at any one time.
• Restrict access to trampolines when not in use.
• Long hair should be tied back and clothing should be checked for appropriateness (no shoes, belts, jeans, etc).
• Guidelines/codes of practice have been established for this activity, refer to Gymnastics Queensland and Gymnastics Australia for further information.

Useful activity-specific links

• Gymnastics Australia
  http://www.gymnastics.org.au/

• Gymnastics Australia – Code of Behaviour

• Gymnastics Queensland

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