

## Falls – Trampoline Safety & Fire/Water Safety Resources/Activities

Theme Focus	Falls – Trampoline Safety
Area	ALL LOCALITIES
Timescale	July –Sept 2021

### Introduction

Falls are one of the most common causes of childhood accidents. Each year around 27,000 children aged between five and 14 years of age are admitted to hospital after a fall.

#### CAPT 2021

Local Northumberland A & E data for children under five years of age, shows that the summer period has the highest rate of accidents for this age group **(923 accidents occurred from June 2020 to Sept 2020)**.

As the weather improves and the school holidays are fast approaching, the number of local incidences of accidents involving trampolines increases.

Some of the injuries sustained include: head injuries, fractures, dislocations and soft tissue injuries.

### Garden Trampolines

Garden trampolines provide a source of enjoyment as well as aerobic activity for thousands of young children, however hospital emergency departments (A & E) are now having to deal with significant numbers of trampolining injuries.



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# Trampoline Safety Guidelines

## Key Safety Points

- Trampolining is not suitable for children under the age of six because they are not sufficiently physically developed to control their bouncing.
- Trampolining injuries can occur to all parts of the body, including the neck, arms, legs face and head. Head and neck injuries are the most serious injuries associated with trampolines. The most common injuries are caused by awkward landings and include sprains or fractures to the wrist, forearm, elbow and collarbone.
- Adult supervision is no guarantee of safety. More than half of all trampoline accidents occur whilst under supervision. However, a trained 'spotter' can greatly reduce this risk.
- Never combine alcohol with trampolining. Children have been hurt while bouncing with adults who have been drinking at summer garden parties.
- Whatever your ability level, join a local trampolining club to learn new trampolining skills, ranging from the basics of landing safely to advanced moves such as somersaults.

## Advice for parents buying trampolines

- Choose a model with safety pads, and check that the pads cover the springs, hooks and frame. The colour of the pads should contrast with the frame.
- Consider models with safety netting as part of the design, or buy this at the same time. The safety netting should prevent the bouncers from hitting rigid component like springs or the frame. They should also prevent bouncing off the trampoline.
- New trampolines should meet the European Standard EN71-14:2014 'Safety of toys – Trampolines for domestic use'.

## Where to install it

- Ideally, place the trampoline on energy absorbing ground, such as a soft and springy lawn, or bark wood chip, sand or other cushioning material.
- If you do not have a net, look to have a safe zone of 2.5metres, clear of toys etc on the ground and objects such as trees, washing lines, poles, glass frames and other hard items. Never place the trampoline on hard surfaces such as concrete, tarmac or hard packed mud without absorbent safety matting.

## Checks and keeping it safe

- Ensure trampolines are tied down before use.
- Be sure to check the padding and nets are in place and that the spring and fixed-metal parts are covered.
- On windy days and during the winter, it can be best to pack down the trampoline.

- Some trampolines have ladders. Where possible remove them to limit unsupervised access by smaller children, when the trampoline is not in use.

## **Rules when using trampolines**

- Take turns, one at a time. 60% of injuries occur when more than one person is on the trampoline. The person weighing less is five times more likely to be injured.
- Don't allow somersaults or risky complicated moves – unless trained and highly skilled.
- Never allow a bouncing exit.
- Trampolines are not suitable for children under six years of age.
- All children should be supervised when on the trampoline.

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## **Questions parents should ask before deciding to visit a trampoline park:**

- Does the park take details about you, any relevant medical issues and emergency contact information?
- Has the park provided a safety briefing?
- Have they checked that people understand the briefing?
- Are the rules clearly displayed?
- Are the rules being enforced by court monitors and staff – for instance one person at a time on the trampoline?
- Is the park a member of the UKIATP?

## **Park safety briefings should include as a minimum:**

- Manoeuvres not permitted
- Methods for stopping the bounce
- Hazards in the jumping area
- Take-off and landings – including the 'no jump' borders
- Risk inherent to the park
- Rules specific to that park
- Thought given to additional needs.