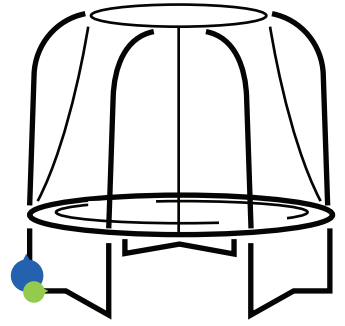


Trampolining and bouncing

is good fun and great exercise, but we want you and your family to be safe so please follow these safety tips.



1 Buying a Trampoline



- **Choose a trampoline** with padding to protect bouncers from bits that could hurt them, such as the springs, hooks and frame
- **Many trampolines** aren't suitable for children under 6 - always check the manufacturer's instructions first
- **Young children** have least control over their bodies, and are more likely to get hurt

2 Get Set



- **Make sure** you have enough room for the trampoline and that there are no overhanging obstacles e.g. washing lines
- **Ensure** the ground where you plan to place the trampoline is appropriate e.g. energy absorbing ground, such as grass and not concrete
- **Always** follow the product instructions and warnings before use
- **Ensure** trampolines are tied down before use
- **A safety net** helps keep bouncers on the trampoline
- **Check for** any debris on the trampoline before use

4 Save the Stunts



- **Though many** of the injuries will result in bruises and sprains to arms and legs, they also include very serious fractures that can have life changing consequences
- **Learn from the experts** - for example at school, gymnastics or trampolining club - before attempting anything fancy. Save the Olympic somersaults until you know what you're doing!

3 Take Turns



- **One at a time!** Most accidents happen when there are two or more bouncers using the trampoline at the same time

5 Keep it Simple



- **Don't let kids bring** sticks, bikes, scooters, skateboards, plastic swords, cricket stumps or anything else they could fall against or impale themselves with on to the trampoline
- **Never place** animals or pets on a trampoline - they don't enjoy bouncing as much as you!
- **Avoid** ties, scarves or anything round the neck that could get caught and strangle you
- **Remember** It's unsafe to bounce intoxicated with a child

6 Up keep



- **Your trampoline** will last longer if you pack it away over winter
- **Whether you** pack it up or leave it out you need to check regularly for rips, tears and worn or damaged parts and repair them before use