

## **KEEPING TRAMPOLINING SAFE**

### **Introduction to Trampolining**

Trampoline Sports are exciting high flying activities; which teach aerial awareness, safe landing skills and body control. Trampoline Sports include trampoline, double mini tramp and tumbling. These activities are best learnt in an affiliated club, and with qualified and accredited coaches.

### **Important information**

Due to the exciting, energetic and challenging nature of trampolining, injuries and accidents may occur, as is the case with any physical activity. With the heights reached and skills performed by participants, particularly at advanced levels safety is of paramount importance. By coaches, clubs and participants being aware of their responsibilities the sport can be conducted in a safe and responsible manner. The following information highlights the common responsibilities of key personnel within the trampoline activities to minimize the risk of injury to participants.

### **Coach Responsibilities**

#### **Legal Responsibilities**

- Provide a safe environment.
- Adequately plan activities.
- Evaluate athletes for injury and incapacity.
- Provide safe and proper equipment.
- Warn trampolinists of inherent risks of the sport.
- Closely supervise activities.
- Know first aid.
- Ensure clear, written rules for training and general conduct are followed.
- Keep adequate records.

#### **General**

- Be appropriately qualified for the level of participants being coached and be registered with Gymnastics Australia.
- Annual updating is a required part of professional development.
- Managing the Risks of Coaching (MRC) is a compulsory online study unit for all coaches. MRC focuses on safe, controlled learning environments and both reducing and managing risk.
- Ensure each trampolinist participates at the appropriate level for their ability, commitment and number of training hours.
- Plan lessons beginning with a warm up to ensure the participant's body is prepared for the class. Include strength, conditioning and flexibility to prepare for skill development. A cool down to minimise muscle tightness will end the session.
- Teach appropriate progressions for each skill and ensure that the participant has the necessary skill, strength, conditioning and flexibility before embarking on harder skills.

*Disclaimer: Please note this information is in no way legal advice and is provided by Australasian Gymnastics and Dance Academy as general information only.*

## Club Responsibilities

When a club affiliates with Gymnastics Queensland, a number of standards must be met which help to ensure a safer environment is provided for gymnasts.

- Programs are planned catering for individual needs which allow participants to progress at their own pace.
- Participants medical history are on file and known to relevant club personnel.
- Ensure a current First-Aider is on site and accessible at all times.
- A list of local emergency contacts must be at hand.
- Ice is available at the venue.
- Erect and dismantle the equipment according to the manufacturer's instructions.
- Ensure there is sufficient working space around each trampoline and that they are level.
- The area above, below and around trampolines must be clear of obstructions.
- Equipment safety checks are undertaken on a regular basis.
- Club safety rules are displayed and enforced.
- Warm-up areas should be level, firm and free from obstruction.
- Appropriate distance between apparatus must be provided to cater for unintentional falls.
- All exposed wires and chains are covered.
- Consideration should be given to ceiling height, floor surface, lighting and heating/ventilation.
- End decks should be in place for all competitions.

## Home Trampolines

Australasian Gymnastics and Dance Academy takes no responsibility nor supports the use of home trampolines, though they are available.

Home trampolines should always be supervised by an adult.

Rules and responsibilities as listed throughout this information brochure should also be followed in the backyard where possible. Australasian Gymnastics and Dance Academy recommends that children learn basic trampoline skills and safety at an affiliated club.

## Participant / Parent

- Participant must be appropriately attired; this includes fitted clothing and socks. Jewelry is not to be worn in the gym.
- Dress for the conditions; be aware of the temperature at the gym and dress accordingly.
- Bounce in the centre of the trampoline and keep eyes on the end frame pad where possible.
- Perform skills with control.
- Mount and dismount correctly. This includes coming to a complete stop in the middle of the trampoline and then crawling to the side. Climb off carefully without pulling on the frame pad or springs.
- Only one participant at a time on the trampoline.
- Avoid distracting the participant.
- Trained adults should spot participants when required.

- Keep the club aware and up-to-date of current and relevant medical history.
- Regular drink breaks replenish the body's fuels and should be taken before, during and after training.

### **Respect the coaches**

- Always listen carefully and obey the coach's instructions.
- Use equipment only when and how instructed by the coach.

### **In the case of an injury:**

- An injured participant should stop immediately and have the injury managed.
- Coaches may be trained in first aid but are not usually medically trained, therefore the injured gymnast should be referred to a sports medicine specialist for appropriate and specific care.
- An injured participant should undertake a specific, supervised rehabilitation program before returning to full activity.
- An injured participant does not need to stay away from the venue during rehabilitation. Training can continue but modified to avoid use of the injured part. Maintaining contact with coaches and friends enhances the rehabilitation process. The club environment will help an individual remain motivated and in good spirits.