

## Trampolining : Safety Information

Safety is extremely important when studying trampolining as an activity. Not only when performing, but also when we are a spotter.

### PERFORMING

- **KIT** : Give all your valuables to your teacher, TAKE OFF ALL Jewellery, have your hair tied back. **Mount** and **Dismount** in the correct way. NEVER jump straight off the trampoline.
- **YOUR** first go should always be a warm up of basic skills. Your teacher will tell you the skills to do. They will include jumping on the cross, tuck jump, pike jump, straddle jump, half turn, seat drops and swivel hips.
- **ONLY** perform the skills / tasks your teacher has asked you to do.
- **NEVER** attempt a skill that has not been taught to you, especially somersaults.

### SPOTTING

- **ENSURE** you have safety mats on the floor around your trampoline.
- **ALWAYS** watch the performer. You can give them help and advice on their technique. **DO NOT** put them off.
- **ALWAYS** have your hands placed on the side of the trampoline. BE ready to help them if they go wrong. Try to keep them on the trampoline, DO NOT put your self in danger.
- **NEVER** leave the trampoline. If you need to, tell your **TEACHER** first.
- **ALWAYS** have a **MINIMUM** of **TWO** spotters on each side and **ONE** on each end.

**Help, Support, Encourage, Enjoy – BE SAFE**