

TRAMPOLINE SAFETY RULES



Pupils must adhere to the following safety rules



- Always inform your coach before the lesson of any injuries or medical conditions
- Always wear suitable sports clothing with non slip socks or trampoline shoes
- Keep long hair tied back and finger nails short
- Remove all jewellery, watches and objects from your pockets
- Keep food and drinks away from the trampolining area
- No chewing gum
- Use the trampoline only in the presence of a trained coach/teacher and only when given permission
- Never use the equipment unless adequate spotters are available
- Always face the performer and pay attention when spotting
- No double bouncing
- Do not step on to the trampoline whilst someone else is bouncing
- Do not go underneath the trampoline whilst someone is bouncing
- Do not attempt new skills without proper supervision and tuition
- Be sensible & safe

PROFESSIONAL HIGH QUALITY
CPD TRAINING & EQUIPMENT

Tel: 01623 706440

www.trampolinecentral.co.uk

cpd@trampolinecentral.co.uk

sales@trampolinecentral.co.uk

FREE TRAMPOLINE CENTRAL RESOURCE

