

# Trampolining is safest when ...

... nets and safety pads are in place

... the trampoline is away from trees and fences

... equipment is not damaged or broken



... there's nothing beneath the trampoline

... there is only one person on the trampoline at a time

... the trampoline is on grass

... the trampoline is clear of toys, pets and other people

- Most injuries happen when more than one person is on the trampoline at the same time. There is an even greater risk of injury when one person is bigger than the other.
- To get the best from your trampoline, put it well away from hazards like trees, washing lines and fences and place it on a soft surface like grass.
- Learn games to play that will help you stick to the 'one at a time' rule.
- Somersaults should only be attempted with the supervision of a trained instructor. Sessions at your local trampoline club will be fun as well as teaching important safety skills.
- Climb off the trampoline - don't bounce off.
- Check the trampoline, pads and nets and if there is any damage keep the trampoline out of use until repaired.

**Bouncing is fun!**



Following this advice should help you continue to have fun!