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| **Brief for Schools Trampoline Safety Poster Competition** * Please use the poster template supplied
* Each child can create a colourful picture of bouncing on a trampoline
* Each child can write a trampoline safety message in the box at the bottom of the poster.
* The name of the child, their age, and school should be supplied on the back of poster
* **Return class entries to: Debbie Lanc, Public Health Admin, County Hall, Bythesea Rd. Trowbridge, BA14 8JN Closing Date: 1st July 2016**
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| **Trampoline safety messages****The trampoline*** A trampoline is safest when secured on a soft surface like grass
* Tell an adult if you see a rip on the mat or if the padding has come away from the springs.
* The trampoline should be checked regularly by an adult to make sure it is safe to use.
* The trampoline should be clear of toys, pets and other people when you bounce
* Check there is nothing under the trampoline before you bounce
* The trampoline should be placed away from trees, fences, washing lines, toys and sheds

**You*** Stick to the ‘one at a time’ rule
* Most children are injured when more than one person is on the trampoline at the same time. There is a greater risk when one person is bigger than the other
* Babies and toddlers are too young to use a big trampoline
* Always bounce in the middle of the trampoline
* When someone is bouncing, keep a safe distance away
* Don’t try risky stunts like somersaults and flips on a home trampoline
* Climb off the trampoline – don’t bounce off
* When someone is bouncing you can get hurt if you go underneath the trampoline
* If you love bouncing and want to improve your moves, join a trampoline class at the leisure centre
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Trampoline Classes in Leisure Centres in Wiltshire

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| **Devizes Leisure Centre**Every Tuesday as follows:17.00 – 17.30 (Ages 5 -10) Max of 4 17.30 – 18.00 (Ages 5 -10) Max of 4 18.00 – 18.30 (Ages 5 -10) Max of 4 18.30 – 19.30 (Ages 10+) Max of 8 per class | **Five Rivers Health & Well Being Centre, Salisbury**Mondays & Thursday’s 4 - 5.30pm (Ages 5 -15)  |
| **Marlborough Leisure Centre**Tuesdays 16.00 – 17.00 Max 6 per class                 17.00 – 18.00 Max 6 per class | **Springfield Health & Wellbeing Centre in Corsham**Wed - 3.30 - 6pm (Ages 5-16) Max of 4 per classSat - 8.30-11am (Ages 5-16) Max of 4 per classTerm time only. 30 minute sessions |