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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** |
| **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 |

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 class  Sat - 8.30-11am (Ages 5-16) Max of 4 per class  Term time only. 30 minute sessions |