



TRAMPOLINES

Around Australia, there are approximately 250,000 trampolines. Most of these are recreational backyard trampolines, with parents having little knowledge of their associated dangers. Most trampoline related injuries occur in the home backyard.

Approximately 300 Western Australian children are taken to hospital every year for trampoline related injuries. The injuries range from minor cuts and bruises to more serious injuries such as fractures.

Trampolines should be installed, used and maintained to Australian Standard AS 4989: 2006 Trampolines – Safety Aspects. Always ensure that any trampoline that you purchase is labeled as complying with this Standard and that you follow the manufactures instructions.

Installation

- Always carefully read the safety, installation and maintenance information supplied with your trampoline.
- Place the trampoline on a flat surface.
- Provide a clear area around and underneath the trampoline to prevent injury. The area should be clear from obstacles such as concrete, rocks, building structures, fences, moveable play equipment, toys and bikes.
- Make sure there is a minimum overhead clearance of eight metres from the ground level (for example, no overhead objects such as clothes lines, trees and wires).
- Never set-up or use the trampoline on concrete as falling onto this hard surface is likely to cause major injuries.
- Surround the trampoline with impact absorbing material such as bark or mulch that has been tested to the Australian and New Zealand Standard Playground Surfacing AS 4422.
- It is recommended that the undersurfacing material extend a minimum of 2.5m beyond the edge of trampoline frame. In determining the fall zone the possible movements of the child shall be taken into account. NOTE: For trampolines with enclosures, this safe fall zone can be reduced to 1.5m (AS 4989:2003).
- Trampolines should be fitted with a frame padding systems. Alternatively install a soft edge trampoline.
- Frame padding should cover the entire surface of the frame and be wide enough to completely cover the entire top surface of the suspension system. The frame colour should contrast with the colour of the trampoline bed.
- The height of the trampoline bed (mat) should be sufficient to prevent the bed from contacting the floor while the user is bouncing (max. height of bed should not exceed 1160mm).
- Do not place a ladder against a trampoline as it allows unsupervised access by small children.
- Where possible, decrease the height of the trampoline by sinking it into the ground. Refer to the manufacturer's instructions or check with your manufacturer to find out how this can be done safely.
- Paint the legs of an underground trampoline with anti-rust.
- To increase the stability and unsafe relocation of the trampoline it is recommended that you secure the trampoline legs to the ground.



Maintenance

- Regularly check the trampoline bed and frame padding system for tears and holes, rust or detachments and weakening related to sun exposure etc. Make sure the springs are securely attached, the frame padding is correctly and securely positioned, the leg braces are securely locked and the frame is not bent.
- Replace any worn, defective or missing parts.
- When the trampoline is not in use, ensure it is stored safely according to the manufacturer's instructions.

Safety Tips for Parents and Carers

- Always actively supervise your children.
- Keep toddlers away from the trampoline when in use to prevent them from going underneath the trampoline.
- Trampolines over 0.5m high are not recommended for children under six years, therefore children of this age group must be supervised at all times when around or using a trampoline.
- Teach children how to use the trampoline correctly and set out strict guidelines for use.
- Display clear safety signs such as "one at a time," "bare feet only", "do not use when wet", "do not jump onto or off the trampoline".
- Before usage always check to ensure that the area under and around the trampoline is free of obstacles such as bicycles and other moveable play equipment.
- Ensure the presence of a spotter to warn the trampoline user if they are moving off centre of the mat.
- Keep trampolines clear of ladders or planks that could be used as ramps.

Rules and Safety Tips for Children

- One person at a time, at all times.
- Always jump in the centre of the mat.
- Face the end of the frame when trampolining.
- Focus eyes on the trampoline as this will help control bounce.
- No somersaults.
- Do not jump off. Stop bouncing and climb down to get off.
- Keep away from the trampoline when someone else is using it.
- Never sit on the padding.
- Never go under the trampoline when someone else is jumping.
- Do not wear shoes, jewellery or buckles.



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