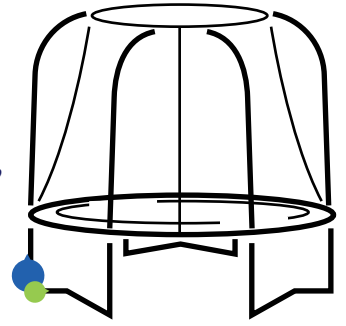


# Trampolining and bouncing

is good fun and great exercise, but we want you and your family to be safe so please follow these safety tips.



## 1 Get set



- **Choose a trampoline** with padding to protect bouncers from bits that could hurt them, such as the springs, hooks and frame
- **A safety net** helps keep bouncers on the trampoline
- **Always follow** the product instructions and warnings before use

## 2 Take turns



- **One at a time!** Most accidents happen when there are two or more bouncers using the trampoline at the same time
- **If you do let** two people bounce together, make sure they're a similar size - adults and children shouldn't bounce together

## 3 Save the stunts



- **While the most** common injuries are to the wrist, elbow and shoulder, awkward landings - especially on the head or neck - can cause life-changing injuries
- **Learn from the experts** - for example at school, gymnastics or trampolining club - before attempting anything fancy. Save the Olympic somersaults until you know what you're doing!

## 4 Keep it simple



- **Don't let kids bring** sticks, bikes, scooters, skateboards, plastic swords, cricket stumps or anything else they could fall against or impale themselves with on to the trampoline
- **Never place** animals or pets on a trampoline - they don't enjoy bouncing as much as you!
- **Avoid** ties, scarves or anything round the neck that could get caught and strangle you

## 6 Up keep



- **Your trampoline** will last longer if you pack it away over winter
- **Whether you** pack it up or leave it out you need to check regularly for rips, tears and worn or damaged parts and repair them before use

## 5 Age range



- **Young children** have least control over their bodies, and are more likely to get hurt
- **Many trampolines aren't** suitable for children under 6 - always check the manufacturer's instructions first