

Trampoline Safety Tips

By David Jones

Trampolines are safe for recreational use under proper adult guidance and supervision. Trampolines should be used in accordance with the prescribed trampoline safety rules and guidelines.

Mentioned below are some safety precautions for trampolines which can help prevent serious trampoline injuries –

- + Do not attempt somersaults. Serious injuries, paralysis or death may result.
- + Do not allow more than one person on the trampoline at a time. Most accidents occur when two or more use the trampoline at the same time.
- + Do not jump without mature, knowledgeable supervision, or without "spotters"
- + To prevent access to the trampoline by toddlers, or the infirm; Do not allow the use of a ladder or step stool to mount / dismount the trampoline.
- + Climb on and climb off the trampoline. Do not jump from trampoline to the ground as serious injuries may occur.
- + Do not use trampoline when under the influence of alcohol, drugs, or other medication.
- + Do not jump without the permission and knowledge of owner.
- + Do not use the trampoline as a springboard to another object or surface.
- + Do not wear jewelry while jumping. Remove sharp objects from pockets.
- + Inspect for worn or missing parts before jumping is allowed.
- + Respect your physical limitations. Do not jump if you are pregnant, or have circulatory ailments. Do not jump if you tired or short of breath.
- + Focus your eyes on the edge of the trampoline. This will help keep your balance adjusted to the center of the mat.
- + Avoid bouncing too high. To stop your bounce, flex or bend your knees as your feet come in contact with the trampoline.
- + Keep objects away that could interfere with jumper.
- + Place trampoline on a level surface. Do not place on concrete, asphalt, compacted clay or other hard surfaces.
- + Weight limitation is 200 lbs.
- + For further information on equipment, contact the manufacturer.

For skills training information, contact a trainer certification organization So, never let a child use a trampoline without adult supervision and never let more than one person jump at a time. Following the trampoline rules and safety guidelines will offer you and your family a whole new world of fun and healthy exercise.