

EDINBURGH UNIVERSITY TRAMPOLINE CLUB SAFETY POLICY

Coaches

- 1.1 All Coaches must have specialist training and as a minimum, hold the British Gymnastics Level 1 coach qualification in trampolining and have knowledge of emergency procedures. For a session to be run a coach with the minimum qualification of UKCC Level 2 in Trampoline Gymnastics must be present to supervise the session, or one Trampoline Coach for each bed used.
- 1.2 Coaches can coach the following number of beds: Assistant Trampoline Coach: 1, under supervision of one higher level Coach per ATC used, Level 2 Coach and above: 4.
- 1.3 Coaches must not exceed their level of qualification when coaching unless under the direct supervision of a more senior suitably qualified coach.
- 1.4 A Coach must never exceed their level of competence and always hold the safety of the performer as a priority.

2. The Hall

- 2.1 All Trampolines must be placed away from overhead projections, walls or protruding structures which could cause injury.
- 2.2 Light from windows should not dazzle the gymnast.
- 2.3 The trampoline area should be protected from stray balls or other projectiles.
- 2.4 The hall height should be a minimum of 5m (16ft) for recreational use, and 8m (26ft) for competition use.
- 2.5 A minimum of 1.5m space must surround the bed. This excludes safety platforms and mats which are not part of the trampoline, and thus count as clear space.
- 2.6 Floor mats should be placed around the trampoline.

3. Equipment Safety Check (to be carried out before use)

- 3.1 The roller stands, for freely revolving hooks. Freely swivelling and running casters. The spindle is at a right angle from the supporting shaft and is smooth.
- 3.2 All fixtures on leg braces, chains and joints, plus hinge clock springs where applicable.
- 3.3 All frame pads are securely in place and all safety mattresses are supported on a firm base at the end of the trampoline.



- 3.4 Frame pads and safety mattresses for tears, loses or missing clips or soft areas where little protection would be given to anyone landing on this section.
- 3.5 The trampoline frame for wear and tear at the hinges or bowing of the ends due to dropping of the ends and/or shortening of the leg braces.
- 3.6 The anchor eyelets on both the frame and bed for excessive wear from the hooks or springs.
- 3.7 The springs to ensure that they are all in place with hooks downwards, at a suitable tension and of the same length.
- 3.8 The beds for:
 - i) Breaks in the webbing or loose stitching which might allow a toe or finger to catch and cause injury.
 - ii) Uneven bed tension indicated by red lines not being straight.
 - iii) Worn or broken anchor bars around the edge of the bed.
 - iv) High tension caused by excessive shrinkage of the bed.

4. Erecting and Unfolding the Trampoline

This must be carried out by at least two, but preferably four, able bodied people, at least one of which is a qualified trampoline coach. The roller stands must be placed well away from the trampoline whilst the trampoline is in use. During folding and unfolding of the trampoline, no one is allowed to walk underneath it, as it is liable to topple over when half unfolded. Suitable footwear, with toes covered, should always be worn when erecting a trampoline.

5. The Coach should never allow:

- 5.1 Any pupil if ill or under medication, which will impair their ability to perform safely.
- 5.2 Any bouncing without correct footwear- socks or trampoline shoes.
- 5.3 Any fooling around on or nearby the trampoline.
- 5.4 Any eating by a performer whilst on the trampoline.
- 5.5 Any wearing of jewellery, watches, chains or any article which could catch on the bed or injure the spotters or the gymnast (with the exception of wedding rings or jewellery which can't be removed and must therefore be covered with tape).
- 5.6 Any participation without suitable sports clothing.
- 5.7 Any bouncing without a minimum of two spotters (of a suitable size), one on either side.
- 5.8 Anyone to sit on the frame pads of end safety mattresses whilst the trampoline is being used.
- 5.9 Any accidents to go unreported.
- 5.10 Anyone to jump from the trampoline bed or frame to the floor.
- 5.11 Anyone to have loose, long hair or sharp nails.
- 5.12 Gymnasts to attempt skills which they are not physically or mentally prepared for.

6. After using the equipment



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The trampoline will be folded correctly and stored safely.

Have the manufacturer check and service the equipment regularly (annually) and report and defects immediately.

Lock all safety platforms and throw in mattresses in gymnasium cupboard.

7. The gymnast

Never attempt to unfold the trampoline on your own if a qualified coach is not present.

Socks or trampoline shoes to be worn at all times.

Never use the trampoline if a qualified coach is not present.

Never attempt any skills without the permission of a coach.

Never jump from the trampoline frame or bed to the floor.

Pay attention to the advice given by the coach.

Pay attention at all times when spotting for others.

If in doubt, ask the coach.

Inform the coach of any medical condition which may affect your fitness to participate.

8. Safety in the use of the overhead rig:

The overhead rig should only be used by a suitably qualified and competent coach.

Ideally the supporting side ropes should form an angle of 45° with the support part of the performer's body when standing on the trampoline before work begins.

Always check ALL fastenings, fittings, ropes, overhead attachments before use.

Ensure that any attachments to the belt swivel freely and have no jagged edges.

Performers should wear suitable clothing.

The coach should check the correct fitting of the belt before use

9. Before using the Overhead Rig

9.1 Ensure the pulleys are working smoothly.

9.2 Check that the ropes are not worn.

9.3 Ensure that the trampoline is centred under the rig.

9.4 Check that the harness is in good condition and all swivels move freely.

10. Safety factors whilst using the overhead rig:

10.1 Ensure the ropes are running freely.

10.2 The performer should be in the middle of the trampoline, directly under the spotting rig with the ropes of equal length.

10.3 The coach must know what the performer is about to attempt and adjust the ropes accordingly.

10.4 The coach should count in the performer, so that he/she knows when the gymnast is going to attempt the move.

10.5 The rope should be kept fairly tight to prevent it from impeding the performer.



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- 10.6 The coach must always have a firm grip on the rope with slack rope well out of the way.
- 10.7 The belt should be raised as far as possible out of the way when not in use.



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