

## **GUIDELINES FOR TRAMPOLINE**

### **I. TRAMPOLINE**

- A. The trampoline must be kept locked and not used before, between or after class.
- B. The trampoline must be stored according to the following or an equivalent:
  - a. Folding type trampoline ... close, then lock with chain and padlock.
  - b. Permanent open frame ... place on side and chain to a permanent facility gym wall, bleacher, etc. so that it cannot be placed upright. If more than one trampoline, place beds together and chain.
- C. The trampoline must never be left unsupervised.
- D. The trampoline must be checked regularly as severe injury can occur from the use of deteriorated beds.
- E. Canvas beds that are torn or nylon beds that are ripped must be repaired promptly and excessively stretched springs must be replaced.
- F. Hooks must be turned down and never exposed to the performer.
- G. Only a trampoline in good condition must be used.
- H. Safety pads on the trampoline must be provided.
- I. The trampoline must be surrounded by mats on all four (4) sides of the floor.
- J. The trampoline must be placed in an area free of obstructions so as to allow use with safety.

### **II. INSTRUCTORS**

- A. The instructors who teach trampoline units must attend a workshop provided through the Lafayette Parish School System. Trampolines must remain locked until the workshop is attended by instructors.
- B. The instructor must be a certified teacher and must qualify either through experience and/or through workshop attendance and participation.
- C. The instructor must emphasize controlled jumping. The ability to bounce in the center is far more important than height.

- D. The instructor must emphasize proper mounting and dismounting. Do not allow the student to jump from the apparatus to the ground.
- E. The instructor must emphasize the value of correct spotting. Teach students to stand at the ends and sides while anyone is bouncing.
- F. The instructor must emphasize the rule of no horse play.
- G. The instructor must not force a student to do a stunt he/she does not want to do.
- H. The instructor must not allow more than one (1) student at a time on the trampoline.
- I. The instructor must permit bouncing for only short periods of time. Not more than 30 to 60 seconds per person.
- J. The instructor must post visual aids (signs) especially about safety.

### III. SPOTTERS

- A. There must be an adequate number of trained spotters. The minimum number must be four (4). The training of spotters must be accomplished at the beginning of the unit.
- B. The spotters must be alert while spotting and watch the student who is jumping.
- C. Spotters must think through the stunts for possible "slips" and plan ways in which assistance may be given.
- D. While spotting, the spotter must never rest the hands and arms on the suspension system as an arm may be broken should the performer on the trampoline fall.

### IV. PERFORMER

- A. Street shoes or street clothes must not be worn on the trampoline. Apparel with exposed buttons, large zippers or buckles and jewelry of any kind must not be worn.
- B. Performer must have ample room to move without crowding or being crowded by others.
- C. Each performer must assume some responsibility for his/her own safety. He/she must never attempt skills beyond his/her own level of ability.
- D. Performers must not trampoline alone. A qualified instructor must be present as well as a minimum of four (4) spotters to cover all sides of the trampoline.

- E. Performers must mount carefully onto the apparatus and dismount carefully off of it.
- F. The performer must follow proper learning progression of skills and must repeat until skills may be performed accurately.
- G. Concentration on the elements of the stunt(s) to be performed is essential. Horse play must be avoided.
- H. No longer than one (1) minute at a time must be spent on the trampoline.
- I. More than one (1) performer on the trampoline at a time must be avoided.

V. SKILLS

- A. Only basic skills must be taught through the physical education classes. The basic list follows but a combination of these should also be used.
  - a. Foot Bounce
  - b. Knee Drop
  - c. Seat Drop
  - d. Tuck Jump
  - e. Straddle Jump
  - f. Hand and Knee Drop
  - g. Front Drop
  - h. Back Drop
  - i. Swivel Hips
  - j. Cradle
  - k. Turntable
  - l. Hand and Knee Drop and Knee Drop with Forward Roll
  - m. Back Pullover

NOTE: Somersaults (foot bounce, skill, foot bounce) are to be prohibited.

Adopted: Prior to 1990