



Be aware and take care.

TRAMPOLINE SAFETY

for parents and guardians

Jumping on a trampoline can be a fun and exciting activity for children and youth. But is it safe?



The NB Trauma Program encourages parents and caregivers to be informed on how to reduce the risk of significant injury with this type of activity by learning more about the following important, yet simple recommendations.

The NB Trauma Program, and our provincial stakeholders, would like to remind you that most injuries can be prevented!

We encourage everyone to learn more about how to stay safe.

For more information on this and other injury prevention topics, for people of all ages, please visit www.NBTrauma.ca.



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Jumping on a trampoline is a high risk activity

The decision to allow your child to use a trampoline is a personal one. However, keep in mind that several Canadian organisations have recommended specific restrictions on the use of trampolines in children and youth while others have even made recommendations against the use of trampolines by children altogether. According to the Canadian Paediatric Society and the Canadian Academy of Sport and Exercise Medicine, trampolines should not be used for recreational purposes at home by children or adolescents since supervision by adults is ineffective in preventing serious trampoline-related injuries.



A bed is not a trampoline

Jumping and climbing are legitimate toddler needs. However, home furniture should never be used for that purpose. If your child decides to jump on a bed, a couch or any other type of furniture, immediately remove them, explain to them what can happen and remind them of the rule that “furniture is not made for jumping”. You may also choose to add an age-appropriate punishment in order to help reinforce this important message. However, you should keep in mind that consistency and repetition is the keys to success.

Supervise your child at all times

If you decide to allow your child on a trampoline, it is important to have them stay within direct sight of a responsible adult. This will help to assure that they are following the rules for safer trampoline use and to allow for a more rapid response in case of an injury. In addition, adults should not allow any child under the age of 6 years old on trampolines.



Did you know?

The main causes of injury while jumping are due to:

- Collisions with another jumper
- Landing improperly while jumping or doing stunts
- Landing on the trampoline springs or frame despite having protective pads
- Falling or jumping off of the trampoline

Rules for safer trampoline use

- Do not use the trampoline while unsupervised
- Do not jump on a wet or slippery trampoline mat
- One person on the trampoline at a time
- Always land on both feet at the centre of the mat
- Do not attempt stunts such as flips or somersaults
- Do not jump onto or off the trampoline

Adults should not allow any child under the age of 6 years old on trampolines.

Make sure the equipment is safe

While Canada does not regulate trampolines, you should look for one that meets ASTM requirements with safety features such as a trampoline net or enclosure. Backyard trampolines can also be a safety hazard if not installed properly. It is important to read and follow all manufacturer safety warnings. Install the trampoline on level ground and place it away from structures, trees or other play areas. Shock absorbing pads must also completely cover the springs, hooks and frame. Remember to inspect the trampoline each time before using it.



Trampoline park safety

Indoor trampoline parks have rapidly become a popular attraction in Canada. While some facilities operate to a high safety standard, others don't. There are no official regulations or standards that currently exist for Canadian trampoline parks. Most facilities voluntarily follow the industry standards that have been set for similar parks in the U.S. In order to reduce the risk of injury at trampoline parks, we recommend that you continue to supervise your child at all times and encourage them to:

- Watch out for other jumpers
- Avoid jumping or landing on the protective padding
- Avoid diving head first in any foam pit
- Follow any of the facility's other safety rules