

Trampolining: Safe Practice

Policy created:

Policy first adopted:

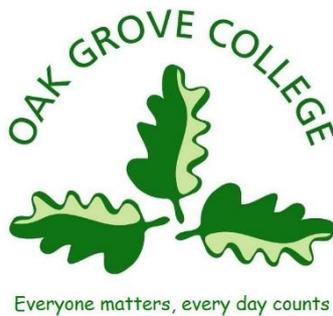
Signed chair of Management Committee:

Re-adopted & signed:

Reviewed by Lead Teacher for PE (March 2018)

Reviewed by PE Team and SLT (March 2018)

Reviewed by Rebound Therapy Teachers (March 2018)



Trampoline Safe Practice

People

1. Trampolining is a higher risk activity and should only be taught by those qualified and up to date under British Gymnastics (BG) guidelines.
2. At Oak Grove College, we will only have one trampoline per one trained trampoline staff member.
3. Beginners with little or no confidence, or those learning new skills should be directly supervised. The best position for this should be on the trampoline so physical guidance can be given.
4. Students can be used as spotters at either side. It is essential that anyone in this role is suitable, strong and mature. Spotter should not distract the performer or coach.
5. Suitable clothing should be worn; socks and long trousers must be worn. No jewellery to be worn.

Equipment

6. Trampolines are stored in the PE cupboard by the kitchen side of the hall. If two beds are being used, they will be sited parallel to each other.
7. End decks with mat should be placed at either end. If 2 beds being used then a suitable crash mat should be placed between them covering the framework.
8. The frame of the trampolines should be covered with fixed coverall pads, which should be regularly checked.
9. Damaged trampolines should never be used until repaired or replaced.
10. Positioning and assembling a trampoline should always be undertaken by at least 2 competent staff (it may be necessary and appropriate for more staff to be involved).
 - Trainers should be worn.
 - Clear communication.
 - Awareness of responsibilities.

Follow the OGC procedure see appendix 1

11. OGC Students should not be involved in the setting up of the trampoline frame.
12. During use, roller stands should be well clear of the performance area.
13. During Koa and MLD lessons, the trampoline(s) should be placed on the corridor side of the hall as there is increased height space.

Organisation

14. Teaching should emphasise the basic skills, correct techniques and quality of movement, with graduated progression according to the ability, confidence and responsible attitude of the individual student, avoiding unnecessary risks and over-rapid progress.
15. Basic skills should be learnt and consolidated in isolation before being combined into routines.
16. Basic straight jumps should be consolidated before any performer progresses to rotational movements.
17. Rebounding should take place near to the centre of the bed as possible and at a height that enables full control to be maintained.
18. Typically, beginners should work for about 30 seconds, gradually increasing to about a minute, but stop if the student is tired or losing concentration.
19. On no account should students be left unsupervised.
20. Large groups and only a few trampolines do not provide for a worthwhile and quality learning experience.
21. If another activity is taking place in the hall, this should not be at a level that would distract a performer.
22. Any display routine should consist only of movements successfully practised and already consolidated.
23. Only one student at a time should normally be allowed on the trampoline. Games that involve 2 pupils in low body positions can take place, but only under direct supervision.
24. When teaching Rebound Therapy follow guidelines in Appendix 2.
25. Spotters - minimum of 2; 1 either side or 1 assisting on the trampoline and 1 on the side. This is a dynamic risk and positioning of spotters will be determined by the ability of the student using the trampoline, and with discretion by the trampoline qualified staff member.

Rebound Therapy provides an additional sensory and therapeutic experience. It supports development of movement patterns and body awareness in pupils with Profound and Multiple Learning Difficulties. It is not a gymnastic activity but a therapeutic activity to improve motor skills and other needs.

People

1. Rebound Therapy is an activity and should only be taught by those qualified and up to date.
2. Those delivering should only supervise 1 trampoline at a time.
3. Suitable clothing should be worn, socks and long trousers must be worn. No jewellery to be worn.
4. Trampoline should not be used within 1 hour of child's feed.
5. If child is on continuous gastrostomy feed school nurses should be consulted.
6. Caution should be taken for those with:
 - Cardiac or circulatory problems including blood pressure
 - Respiratory problems
 - Vertigo, blackouts or nausea
 - Inner ear problems
 - Epilepsy
 - Joint problems
 - Spinal cord or neck problems
 - Brittle bones
 - Gastrostomy/colostomy bags
 - Reflux

Equipment

- Follow same guidelines as main policy
- Use of hoists should be carried out by trained individuals

Organisation

1. Staff should be aware of their own capabilities in participating in a session
2. A minimum of 1 coach and 1 spotter should be around the trampoline at all times, for pupils operating at a low level (lying or sitting). For upright standing pupils an additional spotter may be needed.
3. Operator roles should be rotated to stop staff tiring i.e. staff should not 'kip' through the whole session.