

*Keep It  
safe!*



## TRAMPOLINE



### INTRODUCTION

Home trampolines designed for recreation have grown in popularity in recent years. This activity is naturally fun for children and fosters the development of physical fitness, coordination and balance. However, it must be practised with great caution and a number of safety rules must be followed.

#### 1. INJURIES

In spite of safety recommendations, serious injuries related to trampoline use have been observed in children between 4 and 14 years of age. The most common injuries are fractures and dislocations of the upper limbs, which in many cases require surgery and hospitalization. Occasionally, there have been occurrences of more severe injuries leading to paraplegia.

Injuries most often result from a slip, a bad descent, a faulty landing directly on the canvas, the frame or the springs of the trampoline, or from a fall to the ground outside the frame of the trampoline. Injuries can also occur when several children are jumping on the trampoline at the same time. They may accidentally collide with each other or one child may be thrown off the trampoline.

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## 2. SUPERVISION

Children under the age of 6 should not be allowed to use a trampoline.

For children over the age of 6, trampoline access should be limited to one person at a time. Supervision by an adult who is thoroughly familiar with the safety rules for trampoline use and who is qualified to communicate the proper instructions is strongly recommended.

## 3. EQUIPMENT

### Purchase

There are several models of backyard trampolines on the market. Before purchasing a trampoline, it is important to obtain complete information on such features as its surface elasticity, the inclusion of quality protective padding on the structure, springs and hooks and a safety net around the perimeter of the trampoline. The height of the equipment is also a factor to be considered in order to ensure safe access to it. No ladders or any other devices should be added to the trampoline when it is set up.

The protective pads should preferably be of a colour that contrasts with the canvas of the trampoline so that the two sections can be easily distinguished.

Health Canada recommends choosing a trampoline model that meets the current safety standards of the American Society for Testing and Materials (ASTM International). The name of the manufacturer and the safety warnings must be printed on the trampoline.

### Installation

The trampoline should be set up safely on a flat, horizontal surface, away from any structures, trees or play areas nearby and in accordance with the manufacturer's instructions. It is recommended to leave a space of two metres around the trampoline and at least eight metres above it. The space under the canvas should be free of any objects or obstacles. The springs and legs must be solidly secured and the protective padding well fastened.

### Maintenance

Every spring, it is important to check the condition of the trampoline before use. Are the protective pads still in good enough shape to absorb shocks? Are the canvas and frame abnormally worn or damaged?

The trampoline should no longer be used if replacement parts are needed to ensure the original level of protection and they are no longer available from the retailer or manufacturer.

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## 4. BEHAVIOUR AND ATTITUDES

A child who uses a trampoline in a private residential backyard should never try to imitate the moves done by athletes who are constantly supervised by qualified trainers in a structured training program.

It is recommended that the child should:

- jump only in the centre of the trampoline
- not perform dangerous jumps, pirouettes, acrobatics or rolls
- not jump onto a trampoline from a location higher than the trampoline
- not use a trampoline as a springboard to reach other objects
- not wear clothing or jewellery that could become stuck in the trampoline

## 5. USEFUL REFERENCES

<https://canadasafetycouncil.org/child-safety/safety-tips-backyard-trampolines>

<http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/prod/trampoline-eng.php>

<http://dx.doi.org/10.1080/17457300.2012.674041>

## HOW TO CONTACT US

Please contact us if you would like more information or copies of certain publications.

Mail: **Direction de la promotion de la sécurité**  
Ministère de l'Éducation, du Loisir et du Sport  
100, rue Laviolette, bureau 306  
Trois-Rivières (Québec) G9A 5S9

Telephone: 819-371-6033 or **1-800-567-7902**

Fax: 819-371-6992

E-mail: [promotionsecurite@mels.gouv.qc.ca](mailto:promotionsecurite@mels.gouv.qc.ca)

Web site: [www.mels.gouv.qc.ca/loisirsport](http://www.mels.gouv.qc.ca/loisirsport)