

## Tell us your views

If you wish to discuss any aspect of your child's treatment and care, please speak to a senior member of staff or to the nurse looking after your child. The matrons are also available during normal working hours and they welcome your views.

You can also pick up a copy of the Trust leaflet called 'Talk to us', which explains how you can raise concerns or give feedback on your experience at the hospital.

Whatever your experience you can give feedback by completing an electronic survey by visiting our website

[www.royalberkshire.nhs.uk/surveys](http://www.royalberkshire.nhs.uk/surveys)

## Further information

- RoSPA –  
<http://www.rospa.com/leisure-safety/advice/trampoline/>

Royal Berkshire NHS Foundation Trust  
London Road  
Reading RG1 5AN  
Telephone 0118 322 5111  
[www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

Emergency Department, July 2018  
Review due: July 2020



Royal Berkshire  
NHS Foundation Trust

# Using your garden trampoline safely

A guide for parents  
and carers

## Safety tips

We all know how much fun garden trampolines can be, they can also be beneficial for our health.

However, there is also a need for safety – according to the Royal Society for the Prevention of Accidents (RoSPA), on average 13,000 people are injured on trampolines each year in England, with the majority of the injured being under-15s.

From a safety perspective we recommend the following safety measures:

- **Supervision** – always supervise your children when they are on the trampoline. Tell them when they are bouncing too high, losing control or wandering away from the centre of the trampoline. Children left on their own will naturally try all kinds of dangerous tricks, so:
- **No tricks** – children should never try difficult manoeuvres, e.g. somersaults, as landing on their

heads can cause serious spinal injury.

- **One at a time** – trampolines are designed for use by one person at a time. Although bouncing with friends is fun, they are not able to control their movements and crashing into each other is inevitable.
- **No adults with children** – this is very dangerous and should never be allowed. The weight difference will result in the adult falling on top of the child and may result in serious injury.

## Rules for children

- One child at a time, at all times.
- No somersaults.
- Never jump off – stop jumping and then climb down.
- Stand back or keep away from the trampoline when someone else is on it.

- Never go underneath the trampoline when someone is on it.
- Out of bounds – do not use the trampoline when it is wet, split or the padding has come away from the metal springs.
- Children under 6 should only use a trampoline designed for their age range.

## Buying and setting up safely

- Buy safety pads that cover the springs, hooks and the frame.
- Consider trampolines that have netting or a safety cage.
- Check the trampoline for damage before each use.
- Consider sinking your trampoline into the ground.
- It is a good idea to buy crash mats.