

Trampolines (Standard and Water)

Recreational activities are pillars of summer/winter camp, summer school, and recreational center experiences. They provide an opportunity for socialization and learning in a fun setting. These activities also provide an increased liability and potential for staff and/or participant injury. The safety of participants and staff should be standard operating procedure. It should be completed to the highest professional standards and in line with federal, state, local, and accrediting agency guidelines. The following checklist template provides a high level oversight to assist with your activity structure. Your organization is responsible for the development of your own written program guidelines and policies for the oversight of your activities. Through consistent management and preventative programs, exposures can be reduced to help ensure a safe recreational experience.

Program Pre-Activity:

- Written program guidelines which outline major components including participant guidelines, age requirements, liability controls, safety equipment requirements, training, and other protocols as determined by your program.
- Participant assessment protocols in place and completed in line with internal written policies. This includes emotional and physical assessment of each participant to assess their ability to safely participate in the activity.
- All participants are six years of age or older.
- Legally reviewed liability waivers, in line with state and federal guidelines, signed by legal guardians. Kept on file in a secure location.
- If participant meets guidelines and passes program assessment, training program that includes equipment usage policies and expectations for participation is completed.
 - Completed prior to jumping
 - Renewed at regular schedule per internal written policy.

Trampoline Setup:

- Review of manufacturers user manual and safety materials included with the trampoline.
- Equipment set up and used in line with manufacturer specifications.
- Adequate access point is provided (ladder). Participants prohibited from bouncing off the trampoline.
- Create a safe fall zone of at least eight feet around the outside of the trampoline and keep this area clear.
- Must equip with shock-absorbing trampoline safety pads that completely cover its springs, hooks and frame.
- Remove ladder when not in use to prevent young children from getting on without supervision.
- Trampolines placed in a fenced or secure area to avoid being liable for injuries caused by non-authorized trampoline usage (attractive nuisance).
- Utilize round trampolines (rectangular trampolines provide a dangerously high bounce).
- Visual inspections completed per internal inspection protocols.
- Regular maintenance completed per internal preventative maintenance schedule.

Use of Trampolines:

- Adult supervision provided with adult spotters around the edges.
- Only one (1) jumper allowed at a time.
- Do not permit gymnastic exercises or stunts, such as somersaults or flips.
- Internal written policy against horseplay. Written disciplinary policy outlining actions to be taken if rules are not followed, up to and including revoking trampoline access.

Additional Best Practices for Standard Trampolines:

- Trampolines enclosed with safety net.
- Installed on level ground.
- Set up to provide clearance from potential exposures (trees, poles, fences).
- Materials are never stored underneath trampolines.
- Place the trampoline on soft, energy-absorbing ground. Good options include sand, bark or other materials that produce a cushioning effect.

Additional Best Practices for Water Trampolines:

- Swim assessment completed for all participants.
- USCG (United States Coast Guard Approved) life jackets required for all participants.
 - USCG type III preferred

Additional Resources:

[Trampoline Safety Tips](#)

[Mayo Clinic](#)

[Water Trampoline Guidelines](#)

Providing solutions
to help our members
manage risk.®

For your risk management
and safety needs, contact
Nationwide Loss Control
Services: 1-866-808-2101
or LCS@nationwide.com.