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"We grow together, we learn together, we will achieve our best together"

## Park Community Academy

# Trampoline Policy & Risk Management

Written by: L.Pownall/ S.Johnson : June 2022

Reviewed by: Mrs G. Hughes/ Miss H Gardiner

Last reviewed on:

Next review due by: June 2023 (Annually)



## Introduction

At Park Community Academy we are lucky to have trampolines which we can use throughout the school day. They allow us to address some of our children's sensory needs and also let them have a bit of 'time out' when they need it.

Trampolining offers an exciting experience for our children, however, great care must be taken to ensure the safety and well-being of all participants during the whole activity whether it be during class time or playtimes.

The benefits of Trampolining include the Development and Improvement of:

Trust and confidence	Strength of limb	Stamina
Social awareness	Muscle tone	Reaction speed
Eye contact	Balance	Numeracy
Self-image	Spatial awareness	Fun and enjoyment
Self confidence	Body awareness	Sense of achievement
Independence	Co-ordination	Sensory regulation-
Communication	Height and depth	Vestibular and
Patience	perception	Proprioceptive system
Turn taking	Freedom of movement	
	Relaxation	

At Park Community Academy we have a series of Health and Safety procedures which we adhere to at all times.

## **Trampoline Health and Safety**

### **Procedure:**

All staff participating in activities on the trampolines must be familiar with this safety policy and adhere to its recommendations. The use of strategies sometimes commercially known as special needs trampolining, simple trampolining, rebound therapy, sen-move trampolining, trampoline therapy and similar titles has become common to provide stimulus and therapeutic benefit for students with a range of impairments. This involves the use of a trampoline bed to provide simple stimulus to promote balance, movement, fitness and sensory awareness but does not extend to the skills that form part of trampolining as known in the gymnastic context. These forms of therapy do not constitute trampolining, and the usual qualification requirements for trampolining would not apply. This guidance is taken from the afPE Safe practice document 2022.

### **Responsibilities:**

The Head Teacher has the overall responsibility for ensuring the safety of users and staff engaged in trampolining across the school. A named teacher will be responsible for ensuring risk management plans are up to date and policies are in place. These will be reviewed annually and the named teacher at PCA will be Miss Pownall.

### **Risk Management Plan:**

It is essential that risk management plans are undertaken for trampolining activities which detail how risks are controlled. The trampolining risk management plan will be circulated to all staff at the start of the year and will be reviewed annually. Staff will be able to access a copy of the risk management on the schools Shared drive under the PCA risk management plan section

### **Safety:**

- All children will be briefed before participating regarding expectations while using the trampolines, this may be done verbally or using visual symbols depending on the child's communication needs.
- All participants must be reasonably fit and healthy
- Children will be supervised by an adult at all times while they are on a trampoline.
- There will only be one child allowed on any trampoline at any one time.
- Participants must be dressed appropriately. Pupils will be permitted to keep their footwear on when using the trampolines. Jewellery or other sharp items of clothing should not be worn that may cause damage to themselves, the equipment or other participants. Pupils and staff should remove all items from their pockets when on a trampoline
- Users should not get onto the trampoline until the member of staff leading the session has directed them to do so.

- Parents /carers of all children participating in trampolining sessions will be informed and written consent will be obtained.

### **Staff knowledge/training:**

Staff supporting children during a session on the trampolines should be aware of their individual needs. Staff members who are using the trampolines with the pupils must have completed the internal staff training which will be provided by the school. Staff will need to sign and date that they have received this training before using the trampolines with pupils.

### **Environment:**

Our trampoline is located in the Key stage 1 playground. We also have trampettes/flexi bounce trampettes around school sometimes placed in classes to support students with their sensory needs. Plans are in place for a sunken trampoline to be installed during the 2022/2023 school year.

First aid boxes are placed in and around school and can be easily accessed if needed

Children with medical needs requiring medication to treat asthma for example should have access to their red bag/ medicine as usual.

## **Safety rules for using the trampolines**

The trampolines must be maintained in a satisfactory condition and checked regularly. Any defects should be reported immediately.

The following must be checked at the start of each session and adhered to during use:

The trampoline bed is under even tension and there are no tears in the webbing.

All springs are properly connected with their hooks facing downwards

All safety pads are securely in place and are not damaged.

Any children waiting for a turn on the trampoline must be supervised.

All jewelry must be removed. Coins and other hard objects should be removed from pockets before accessing the trampoline. Learners are not allowed to bring any item that could potentially cause injury or discomfort onto the trampoline.

No food or drink is allowed on the trampoline.

When not in use staff to ensure trampettes are stored away safely. When using the outside sunken trampoline bed staff to ensure the gate is locked after using the equipment. The outside trampolines to be zipped up fully after use and clips attached.

During the internal training session staff will be made aware of their responsibility before using any of the trampolines across the school. All staff to have signed and read the trampoline risk management plan before supervising pupils on the trampolines.

Staff to assess the weather conditions before deciding if it is appropriate for the pupils to use the outside trampolines.

The trampolines and trampettes are for sensory and therapeutic use only. Students are not permitted to do somersaults back flips or any other type of movement that could enhance risk or injury.

Staff are not permitted to use the trampolines at the same time as the pupils unless they have been trained in that particular therapeutic discipline- EG- Rebound therapy

When using the trampolines pupils are to be reminded and encouraged to follow the PCA Way to promote positive behavior.

### **Reporting of accidents and incidents**

All staff should report accidents and incidents using the appropriate forms in line with the schools Health and Safety Policy and procedures.

Any defective equipment should be reported, recorded and taken out of use until repaired.

### **Moving and Handling procedure**

Ambulant users will be given positive prompts and will be supervised whilst mounting and dismounting the trampoline. Pupils moving the trampettes/flexi bounce trampolines to do so under adult supervision. Staff to direct pupils on how to move them safely.

### **Emergency procedure**

In the event of a fire, the fire evacuation policy should be followed. Information re evacuation procedure is displayed by the fire exits.

First aiders to be available on the school site at all times. In the result of a potential injury staff to follow the school health and safety policy and procedures for ringing an ambulance.

If necessary the 'ABCD' procedure will be followed by a designated 1st aider and, if appropriate, basic resuscitation commenced and continued until the ambulance team arrives.

## Park Community Academy Trampoline Agreement

At Park Community Academy we use a range of trampolining equipment including class based trampettes, sunken floor trampoline and large free standing trampolines. The equipment will be used to provide therapeutic exercise and sensory regulation. The PCA trampoline policy and risk assessment can be found on the school website.

Name of Child:	Please tick:
I agree to send my child into school wearing suitable uniform and / or a PE kit which can be worn when they are using the trampolines.	
*I certify that my child does not have any of the following medical conditions; Spinal rodding, dwarfism, brittle bones, pregnancy, Detaching retina, Atlanto-Axial Instability (confirmed) linked to Down Syndrome	
My child has a medical need that requires medication to be kept in school e.g. inhaler	
I understand that using a trampoline can be dangerous are there is a risk of personal injury including, but not limited to, friction burns, cuts, abrasions, bruising, muscle strains, twists, sprains, dislocation, broken bones and paralysis and accept that these injuries can occur through general use of the equipment and not always or necessarily as a result of defective equipment or negligence.	
In the unlikely event of an accident, or damage to any personal effects, I acknowledge that PCA or The Seaview Trust will not be liable for any direct or indirect loss, damage or injury arising from or in connection with the Activities (except for death or personal injury caused by the negligence) and I waive all and any claims against them in this respect	

\*If your child has any of the identified medical conditions they will not be allowed to use any of the trampolines as per stated in the medical guidance.

Name of child

Signature:

Name of parent/ guardian

Date