

The Place Independent School

Trampolining Policy

Reviewed by: Charlotte Hardy

Date: May 2023

Last reviewed on: May 2023

Next review due by: May 2024

Introduction

At The Place Independent School we are lucky to have two outdoor 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 use this as a regulation strategy 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	
Social awareness	Muscle tone	
Eye contact	Balance	Stamina
Self-image	Spatial awareness	Reaction speed
Self confidence	Body awareness	Numeracy
Independence	Co-ordination	Colour recognition
Communication	Height and depth perception	Fun and enjoyment
Patience	Freedom of movement	Sense of achievement
Turn taking	Relaxation	

At The Place, 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

Responsibilities The Head Teacher has the overall responsibility for ensuring the safety of users and staff engaged in trampolining.

Risk Assessment

It is essential that risk assessments are undertaken for trampolining activities which detail how risks are controlled. It is important that they are reviewed on a regular basis, at least annually and/or after any incidents.

Safety

- Where possible 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 a trampoline at any one time.
- Participants must be dressed appropriately
- Children should not get onto the trampoline until the member of staff leading the session has allowed them to do so.
- Parents / carers of all children participating in trampolining sessions will be informed and written consent will be obtained. This includes parents/ carers understanding the dangers of trampolining and that school will not be responsible for any injury.
- All participants are to ensure that they are dressed appropriately while using the trampolines.
- No belts, jewellery or other sharp items of clothing can be worn that may cause damage to yourself, the equipment or other participants.

Staff knowledge/training

Staff supporting children during a session on the trampolines should be aware of their individual needs and should have received training to these needs (medication, behaviour, communication etc as appropriate to the individual)

Environment

- We have two trampolines at The Place, one situated at the lower school and one at our upper school.
- A first aid box is available in the entrance of each Farmhouse and at the first aid area of the main building at all times.
- All children with asthma must have their inhalers available before, during and after in trampoline session if needed.

Protocol for use of the trampoline

- 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:

- 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.
- The netting around the trampoline is properly connected.
- The netting around the trampoline is securely in place and not damaged.
- Users should not get onto the trampoline unless the member of staff over seeing the session has directed them to do so.
- Any children waiting for a turn on the trampoline must be supervised.
- All jewellery 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.

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.
- The Headteacher and Deputy Head of Site must also be informed.

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.
- Should medical emergency help be required, the office staff will be alerted to dial 999.
- If necessary the 'ABC' procedure will be followed by a designated 1st aider and, if appropriate, basic resuscitation commenced and continued until the ambulance team arrives.



The Place Independent School

TRAMPOLINE WAIVER FORM

I/We _____ give my/our child(ren) _____
(Parent/Guardian name) (Child(ren's) name)

permission to play on the trampoline while at The Place Independent School, with the understanding that there will be an adult present while he/she is doing so.

I/We, acknowledge that use of a trampoline can be dangerous and may result in serious injury or death if policies are not followed.

My/our child(ren) is aware that failure to follow policies will result in the loss of trampoline use privileges, with reinstatement of privileges at the sole discretion of The Place Independent School.

I/We grant my child permission to participate in trampoline use.

I/We understand the Trampoline Rules and have explained them to my/our child(ren).

TRAMPOLINE RULES:

- 1) No more than one child at one time.
- 2) No somersaults, flips, or other tricks allowed.
- 3) No double-bouncing or other horse-play allowed.
- 4) Child(ren) must bounce in the centre of the trampoline ONLY.
- 5) There will be NO walking on outside rim of trampoline.
- 6) Nothing allowed in the trampoline such as toys, blocks, sticks, balls, etc

I/We further release The Place Independent School from all responsibility should any injury arise while my/our child is using said trampoline in a proper manner and completely supervised at time of usage.

Signature) (Date) _____ (Parent/Guardian

.....

I/We _____ DO NOT want our child (ren) _____ playing on the trampoline while at The Place Independent School.

(Parent/Guardian Signature) (Date)