

# TRAMPOLINE SAFETY TIPS

## Coaches:

1. ALWAYS supervise use of the trampoline!
2. Use proper skill progressions
3. Establish rules for trampoline use and explain them to the athletes
4. Inspect the trampoline before using



## Students:

1. Warm-up properly
2. Use proper skill progressions
3. Bounce one at a time
4. Always climb on and off an above ground trampoline or walk off an in ground trampoline
5. Stay in control while bouncing
6. Learn how to “freeze” and stop bouncing
7. Proper progressions are important – execute only those skills you are capable of performing
8. Use spotters when necessary
9. Wear proper attire and remove jewelry

