

# TALBOT SPECIALIST SCHOOL



## Trampolining and Rebound Therapy

RATIFIED: MSL Chair of Governors

DATE: 2<sup>nd</sup> October 2015

**Trampoline/Rebound Therapy**  
**Code of Practice, Ethics, Safety and Welfare**  
**Talbot Specialist School**

**MISSION STATEMENT**

Opportunity and achievement through partnership

**Aims of the school:**

At Talbot Specialist School we aim to provide:

- A dynamic, personalised curriculum
- Student centred learning
- Partnership with families
- Enrichment of learning through the wider community
- A celebration of our cultural diversity
- Multi-agency support
- Choices and opportunities on leaving school

**Every Child Matters**

We aim to ensure that the Every Child matters outcomes are met for each student and we work with families to support all students to

- Be Healthy
- Stay Safe
- Enjoy and achieve
- Make a positive contribution
- Achieve economic well-being

At Talbot Specialist School we offer our students both trampolining and rebound therapy. In order to provide a safe practice at all times the following procedures must be adhered to;

**GENERAL**

1. Rebound Therapy/Trampolining should always be supervised by a **qualified coach/teacher**.
2. The coach /organisers are responsible for assessing the suitability of the environment e.g. the sports hall should be free of any obstacles etc.
3. Coaches/teachers should all be aware of emergency procedures for trampolining at Talbot.
4. When using more than one trampoline, coaches should carefully assess the following:
  - a. The age, experience, varying abilities, number and discipline of the participants
  - b. Their own qualifications and experience

- c. Their ability to observe, advise, support and respond to the difficulties of anyone in the trampolining area.
5. It is the responsibility of the coach to ensure that **any person assisting** in a class, if not a qualified coach, is trained, experienced, familiar with the student and of sufficient maturity. This member of staff must agree to going on the trampoline with the student and must be happy to work under strict supervision from the coach/teacher or instructor.
  6. Staff members must sign the policy document which will state they;
    - Have received adequate training from a qualified member of trampoline staff
    - Are competent at working with the particular student in question and are familiar with their behaviour needs.
    - Are willing to use the trampoline under direct instruction from the qualified coach/teacher.
    - Don't have any medical needs that may be affected due to using the trampoline.
    - Must wear appropriate clothing on the trampoline e.g. no jeans, watches, jewellery and they must tie their hair back.

## THE HALL

1. **Height** – at least 5m is recommended for recreational use and in schools. Talbot ceiling height is above the 5m needed.
2. Where the trampoline is being used for **Rebound Therapy**, the safe ceiling height must be determined by the session leader within the risk assessment. Rebound Therapy may be carried out in a classroom for students with PMLD who **lie down** only, and under any circumstances no students or staff members must bounce stood up.
3. Position of trampoline/s – away from fire exits or walls (**unless suitably padded**) and overhead or protruding structures.
4. Lighting – bright and even, avoiding dazzle from sunlight in bottom hall window.
5. The trampoline area – protected from stray balls or projectiles. Alternative activities may take place if the hall is sectioned off and managed properly by additional staff members.
  - a. Noise levels should be low enough for pupils to hear all instructions. Low level music may be played but must be at a level where the teacher can be heard clearly.
  - b. The space under and around the trampoline/s should be clear.
  - c. Where possible floor mats should be placed around the trampoline and end decks.
5. Storage – trampolines should be either **chained and locked** or **placed in a locked** store.

## THE TRAMPOLINE

### Putting Out and Putting Away the Trampoline

(The manufacturers guidelines where available should be followed)

1. Great care should be taken when moving the trampoline.
2. Erecting and folding the trampoline must be carried out under the direct supervision and involvement of staff holding a Rebound Therapy or recognised Trampoline coach qualification. There should be at least 4 suitably sized

persons, wearing training shoes to erect and fold the trampoline at all times. Students must be kept away from the area when erecting and folding the trampoline.

3. The roller stands should be removed and placed away from the trampoline, flat on the floor, with hooks facing down or alternatively in a locked store cupboard.
4. All operators must be competent in safe manual handling practice and understand moving and handling risk assessment.
5. If moving and handling equipment is available to lift the trampoline, it should be used.

**Please note;**

Some staff members at Talbot Specialist School have been trained in the operation of erecting and folding down the trampoline. Those members of staff have signed the policy document to say they have received adequate training and they are competent to erect and fold away the trampoline. With the training these staff members are **not allowed** to erect or fold away the trampoline unless under the direct supervision of a trampoline coach/teacher.

**SAFETY CHECKS BEFORE USE**

Before trampolines are used they must be checked each time for;

1. Beds for tears and areas on solid beds that have worn thin.
  - a. Loose stitching or breaks in the webbing of webbed beds which might allow toes to be caught or uneven landings to be made.
  - b. Uneven tension shown by the centre/metre box red lines not being straight. This is caused by springs being of uneven length or missing or broken anchor bars on the edge of the bed.
  - c. High tension caused by excessive shrinkage of the bed.
2. Springs or cables to ensure they are all in place with the hooks pointing downwards and arranged so there is even tension on the bed. Stretched springs or cables should be replaced.
3. Frame pads. Check for damage and security. If safety mats are used supported on end decks, they should be securely attached to the frame.
4. Anchor bars on both the frame and bed for excessive wear from the hooks of the cables or springs.
5. Safety mats and push-in mats. Check for damage and security.
6. Joints for wear, with the frame level all round and not bowed.
7. Chains for security and even adjustment.
8. Leg braces inserted plus allen screws tight, rivets secure, hinge pins and T-joint fully in place.
9. Roller stands for freely running and swivelling castors, wheels and hooks.

All damage should be reported to the appropriate responsible authority. If necessary the trampoline should be taken out of service until it has been repaired and declared safe;

Precautions should be in place to prevent contact of bodily fluid with the apparatus. If contaminated, the bed must be treated/cleaned in line with local Care of Substances Hazardous to Health (CoSHH) and infection control policies.

### **Recommended Safety Policy**

1. All participants and coaches should wear suitable clothing; no belts, buckles, metal badges or other items that could cause injury. No jewellery.
2. All participants should arrive suitably attired for the activity. **No jeans are allowed.**
3. When waiting their turn on the trampoline, all children should stand around the trampolines. Other activities may be supervised by members of staff but there should always be sufficient spotters round the trampoline **AT ALL TIMES**. No running around is to be permitted. Children must not sit on end decks or frame pads and must never go underneath a trampoline when it is in use or jump from one trampoline to another.
4. No eating or drinking around the trampolines or on the hall floor.
5. It is recommended that children should not leave the hall while their class is running except to go to the toilet and only one child at a time should leave the hall for this purpose.
6. Accurate registers must be taken.
7. Coaches must be aware of where the fire exits are.
8. All teachers/coaches must hold a recognised coaching qualification and have DBS enhanced disclosure. Staff members may go on the trampoline to assist students if they are under the direct instruction of the lead coach and are competent with that student.
9. Coaches must always bear in mind that safety is their number one priority. 'Doubles' (double bouncing) must not be allowed in any trampoline class. Props (such as balls, parachutes etc.) should only be used in **REBOUND THERAPY SESSIONS**.
10. Any injury incurred in any class (unless extremely minor) must be reported in writing.
11. Front drops and back drops should never be taught to students who have Downs' syndrome, even if they are considered to be AAI clear.
12. No front drops, back drops or other rotational moves must be allowed during a student's first warm-up turn on the trampoline – even if they are an experienced trampolinist.
13. Coaches must exercise extreme caution when allowing children to perform rotational moves unsupported. If there is the slightest doubt about a student's ability to perform a move in complete safety, manual support must be given.
14. Coaches must exercise extreme care when getting out and putting away trampolines.  
Children must never be allowed to help and must be kept well out of the way.
15. Trampolines should only be wheeled lengthways for any distance – never sideways. When moving a trampoline sideways it should always be pushed away from you, never pulled towards you. Trampolines should be unfolded and folded

very slowly to avoid the possibility of the trampoline tipping over. It should be remembered that Goliath or competition sized trampolines are less stable than 77As and can therefore tip over more easily.

16. Students joining a class for the first time should have the safety procedures explained to them. Their first go on a trampoline should be on the one that the coach is teaching on. They should be taught how to get on and off safely, where to jump, where to look, what to do with their arms and how to stop. They should be encouraged to jump gently for the first lesson to reduce the chance of strained muscles or backache.

### **Coaches' Responsibilities**

1. Accurate registers must be taken for lunchtime activities.
2. Coaches must be aware of where the fire exits are.
3. Coaches should wear suitable clothing; no belts, buckles, metal badges or other items that could cause injury. No jewellery.
4. Coaches must always bear in mind that safety is their number one priority. 'Doubles' (double bouncing) must not be allowed in any trampoline class. Props (such as balls, parachutes etc.) should only be used during **REBOUND THERAPY SESSIONS**.
5. Any injury incurred in any class (unless extremely minor) must be reported in writing.
6. Front drops and back drops should never be taught to students who have Down's syndrome, even if they are considered to be AAI clear.
7. No front drops, back drops or other rotational moves must be allowed during a student's first warm-up turn on the trampoline – even if they are an experienced trampolinist.
8. Coaches must exercise extreme caution when allowing students to perform rotational moves unsupported. If there is any doubt about a student's ability to perform a move in complete safety, manual support must be given.
9. Coaches must exercise extreme care when getting out and putting away trampolines. Students must never be allowed to help and must be kept well out of the way. Trampolines should only be wheeled lengthways for any distance – never sideways.
10. Students joining a class for the first time should have the safety procedures explained to them. Their first go on a trampoline should be on the one that the coach is teaching on. They should be taught how to get on and off safely, where to jump, where to look, what to do with their arms and how to stop. They should be encouraged to jump gently for the first lesson to lessen the chance of strained muscles or backache.
11. Coaches should develop an appropriate working relationship with participants.
12. Activities should be appropriate to the age, ability and experience of those taking part. Coaches should work methodically through the development schemes.
13. Coaches should never punish or belittle a student for poor performance.
14. Coaches should develop high standards of behaviour, encourage fair play and be a good role model.

## **Students' Responsibilities**

1. All students and coaches should wear suitable clothing; no belts, buckles, metal badges or other items that could cause injury. No jewellery.
2. All students must arrive suitably attired for the activity.
3. When waiting their turn on the trampoline, all students should stand around the trampolines and help with 'spotting'. No running around to be permitted. Students must not sit on end decks or frame pads and must never go underneath a trampoline when it is in use or jump from one trampoline to another.
4. No eating or drinking around the trampolines or on the Hall floor.
5. It is recommended that students should not leave the hall while their class is running except to go to the toilet and only one child at a time should leave the hall for this purpose.
6. No front drops, back drops or other rotational moves to be performed during a participant's first warm-up turn on the trampoline – even if they are an experienced trampolinist.
7. All participants must respect rules.

Mark Dolan  
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