



Jumps not Bumps! Safety Quiz

Now you have learnt to “**JUMP**” safely, answer the following questions True or False. Put a tick against your answer.

1. **The safest place for me to jump on a trampoline is in the middle.**
 True False

2. **It's safe for me to jump on a trampoline with my friends because we can hold on to each other.**
 True False

3. **If I jump off a trampoline, I won't get hurt if I jump onto grass or soft ground.**
 True False

4. **I know how to keep myself safe, so I don't need an adult to watch me when I'm on a trampoline.**
 True False

5. **Somersaults are fun, so it's safe for me to do them on a garden trampoline.**
 True False

6. **Garden trampolines are not safe for babies and young children under 6 years old.**
 True False

7. **If the trampoline has a safety net and padding, I can do risky stunts and I won't get hurt.**
 True False

8. **If it's been raining, I need to take extra care. I should wait until the trampoline matt is dry before I use it.**
 True False

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Answers for Teachers

Question	Answer	Explanation
1	True	Jumping in the middle helps to stop you from getting too close to the edge of the trampoline and helps to keep your jumps under control.
2	False	Most trampoline injuries are caused by people jumping on the trampoline at the same time and colliding with or falling onto one another.
3	False	Even if you jump onto soft ground you could still injure yourself. You should always stop jumping and carefully climb down off the trampoline.
4	False	There should always be an adult present to supervise you when you are on a trampoline. This doesn't guarantee you won't get hurt, but an adult can ensure safety rules are followed and be on hand to help you if an accident does happen.
5	False	Somersaults and stunts may seem like fun but can cause serious, long-term head and neck injuries. Complicated moves should ONLY ever be performed at an organised CLUB under skilled instruction.
6	True	Large garden trampolines are not suitable for babies, toddlers and very young children. Children under 6 years are most at risk of injury and should only use trampolines designed for their age and size.
7	False	A safety net and padding are there to help protect you from falling off the trampoline onto the ground or striking the hard metal frame, springs or hooks. Neither can protect you from landing incorrectly (e.g. on your head or neck) whilst performing a somersault or other risky stunt and seriously injuring yourself.
8	True	If the trampoline matt is damp or wet you could easily slip over or fall off the trampoline onto the ground and injure yourself.