



Jumps not **Bumps!**

use a trampoline safely this summer

Ask an adult

Safety first

Watch it!



Adult supervision

Ladders away!

It's cool to climb!

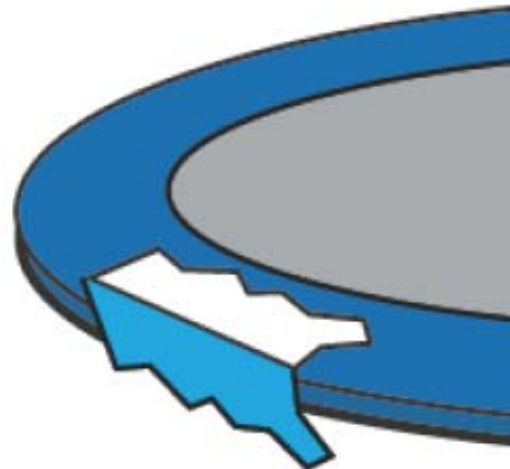
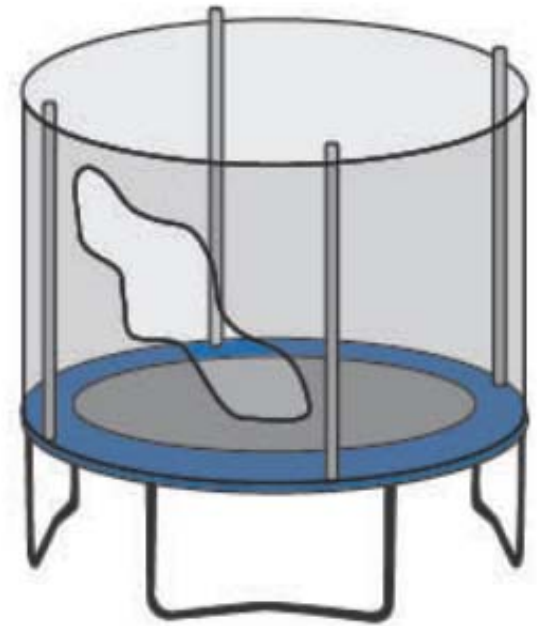
Take turns

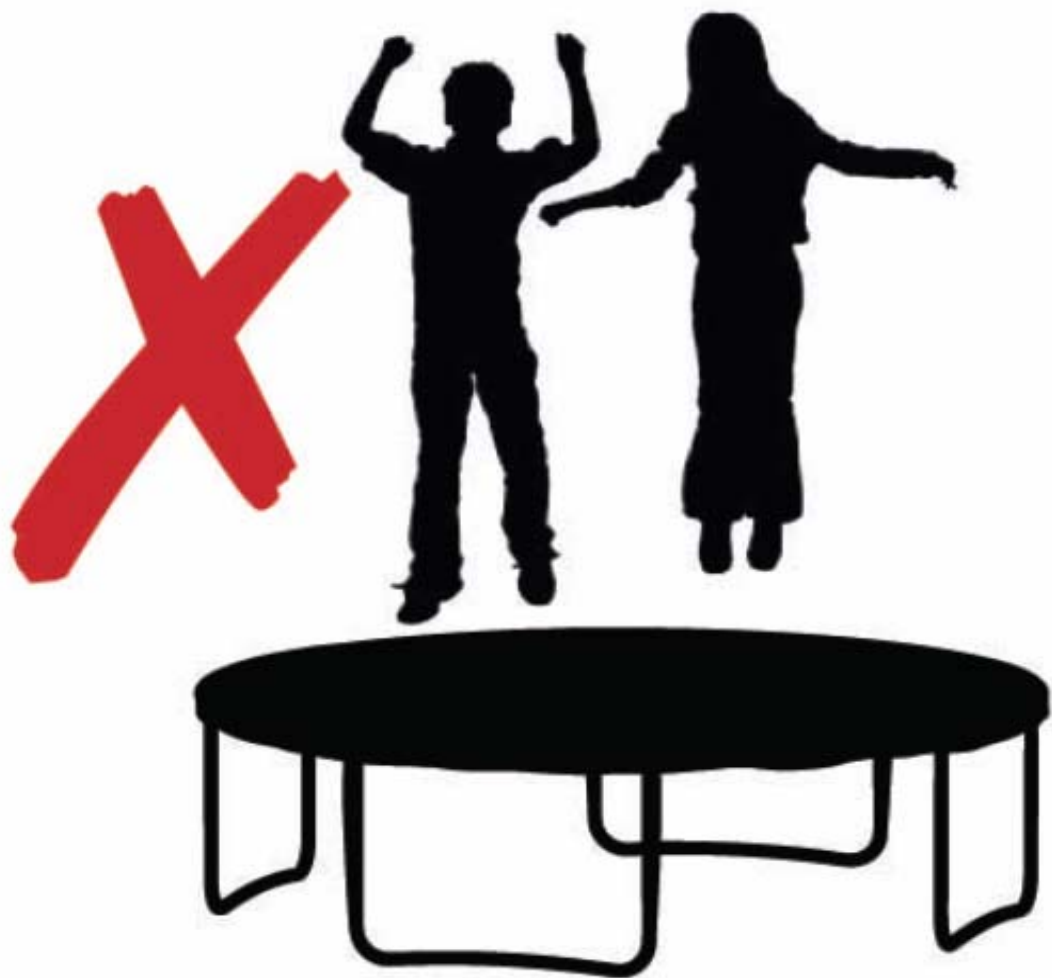
Don't risk it!

Stay in control

Stand back!

Ask an adult





Take turns!



Safety first

Watch



it!



Don't risk it!

NHS

Cornwall and Isles of Scilly



Stay in control



Ladders away!



Stand back!



Adult supervision



**It's
cool to
climb!**



Always remember to **JUMP!**



Just **ONE** person should use a trampoline at a time

Use control and bounce in the middle

Make your way off the trampoline safely – don't jump off!

Prevent injuries by avoiding risky stunts!

800 **FREE** Trampoline Lessons

Learn how to **JUMP safely** this summer!



JUMP at the chance of a **FREE** lesson...

- * Children in Cornwall aged 5-11 years
- * Never had a trampoline lesson before
- * Intend to use a trampoline this summer
- * 8 trampoline clubs - spaces must be booked!



Sources of Further Information

For more information on trampoline safety and local trampoline clubs, please visit the following websites:

- **NHS Cornwall and Isles of Scilly**
www.cornwallandislesofscilly.nhs.uk
- **The Royal Society for the Prevention of Accidents**
www.rospa.com
- **British Gymnastics**
www.british-gymnastics.org

For more information on the **Jumps not Bumps!** campaign and children's accident prevention, please contact:

Beth Beynon, Children's Accident Prevention Co-ordinator (0-19 Yrs)

NHS Cornwall and Isles of Scilly

Children's Public Health

The Fourth Floor

The Sedgemoor Centre

Priory Road

St Austell

PL25 5AS

Direct Tel: 01726 627963 / 627994

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