

# Free trampoline lessons!

We've teamed up with Cornwall Council, Zero Gravity and trampoline clubs across Cornwall to offer **800 free trampoline lessons**.

The free lessons are available to children aged **5 to 11 years** and will take place during the summer holidays. Spaces **need to be booked** and will be allocated first come first served, so to jump at the chance, call your nearest participating centre:

- Carn Brea leisure centre, Pool: 01209 714766;
- Lux Park leisure centre, Liskeard: 01579 342544;
- Newquay sports centre: 01637 875 533;
- Penzance leisure centre: 01736 874 744;
- Phoenix leisure centre, Launceston: 01566 772 551;
- Polkyth leisure centre, St Austell: 01726 223 344;
- Wadebridge leisure centre: 01208 814 980;
- Zero Gravity, Saltash: 07932701948.

## Where should I go if I want more 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](http://www.cornwallandislesofscilly.nhs.uk)  
Just search for 'trampolines' in the search box.

**The Royal Society for the Prevention of Accidents:**  
[www.rospa.com](http://www.rospa.com)

**British Gymnastics:**  
[www.british-gymnastics.org](http://www.british-gymnastics.org)

This guidance has been produced by NHS Cornwall and Isles of Scilly Primary Care Trust, and is aimed at promoting the safe use of trampolines. However we do not accept any liability for any loss, damage or injury arising from the use of any trampoline, whether or not this guidance has been followed.

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# Jumps not Bumps!

*Top tips for safer trampolining*



# It's great fun but stay safe

Trampolines are great fun for all the family, but they can cause serious injuries if not used safely.

Children using trampolines can suffer from broken bones, and in the most serious cases can suffer head and neck injuries if simple safety rules aren't followed.



That doesn't mean children shouldn't use trampolines. By following our simple safety tips and taking advantage of one of our free trampoline lessons most accidents can be avoided and trampolines can safely be used for hours of fun and exercise!

## Top tips for safer jumping

- Only **one** person should use the trampoline at a time. Most accidents are caused by people not following this simple rule.
- Only use a garden trampoline if it has a securely fitted **safety net** and **safety padding**.
- Children under the age of six should only use trampolines that are designed for their age.
- Trampolines should be placed on soft and stable ground with a 2.5 metre safety area all around it which is clear of hazards like trees, fences and washing lines.
- Always supervise children, and remain alert in case something happens.

- Teach children how to bounce safely – join a local trampoline club or take advantage of one of our **free trampoline lessons** (details overleaf).
- Never go under the trampoline when someone else is jumping.
- Don't bounce or jump to get off the trampoline.
- Don't try risky stunts. Somersaults may seem like fun, but can lead to serious head and neck injuries.
- Always bounce in the middle and under control. Take extra care if it's been raining.

