

# Jumps not Bumps!

*use a trampoline safely this summer*



**Running a Trampoline-themed Lesson or Assembly  
A Teaching Toolkit for Primary Schools**

## Background Information for Teachers

### Why has this toolkit been produced?

Garden trampolines are great exercise and fun for all the family, but can lead to serious injuries if not used safely. Data suggests trampoline-related injuries in children have risen in recent years in line with an increase in the popularity of garden trampolines amongst families with children.

On average, 60 children and young people under 18 years are admitted to hospital with serious injuries following a fall from playground equipment each year in Cornwall and Isles of Scilly. Many more children and young people attend Emergency Departments (A&Es) and Minor Injury Units (MIUs) requiring hospital treatment:

- Children 0-5yrs and 6-10yrs are most at risk, each suffering 41% of injuries for 0-17yrs.
- Young people 11-13 yrs suffer 13%; the 14-15 yrs 4%; and the 16-17 yrs 1%.

Large garden trampolines can now be purchased at a relatively low cost from a range of major retailers. However, many families purchase them without understanding the dangers they pose if not used safely and allow their children to use them without any prior professional training or instruction.

### The Jumps not Bumps! Campaign

This toolkit has been produced by NHS Cornwall and Isles of Scilly as part of a multi-agency campaign to reduce trampoline-related injuries suffered by children. In partnership with Cornwall Council, Zero Gravity, and Carn Brea and Penzance Leisure Centres, the “*Jumps not Bumps!*” campaign is providing:

- 800 **free trampoline lessons** during the summer holidays for children 5-11 yrs who have never had a professional lesson before and intend to use a trampoline this summer.
- A “top tips for safer trampolining” **leaflet** for parents/carers.
- A **poster** for display in public areas commonly accessed by families with children.

### Jumps not Bumps! Objectives

Launched during national Child Safety Week 2011 (20<sup>th</sup>-26<sup>th</sup> June), the *Jumps not Bumps!* campaign has the following objectives:

- Help local **primary school children** acquire skills for life by teaching them about the risks associated with the use of garden trampolines and basic skills in how to use a trampoline safely; including key messages on how to stay safe off and on the trampoline.
- Raise awareness amongst **parents/carers** of the dangers associated with the use of garden trampolines and provide key messages to help them keep their children safe from avoidable injuries.

## Trampoline injuries – what do we know?

<b>What injuries are caused by the unsafe use of garden trampolines?</b>
Children who trampoline are prone to common injuries such as broken wrists, arms, ankles and hips, but the unsafe use of trampolines can also lead to painful head and neck injuries with serious, long-term health consequences.
Trampoline accidents peak during the summer months when children like to play outside.
<b>How are injuries caused?</b>
Most injuries (approx 75%) happen when more than one person is on the trampoline at a time. When two people collide on a trampoline, the person weighing less is five times more likely to be injured (RoSPA). The severity of the injury also increases with the mismatch between child and adult weights. A child of 20 kg can experience a force equivalent to a 3.5 metre fall when bouncing with an adult of 80 kg (S Menelaws et al, spring scientific conference of the College of Emergency Medicine, April 2009).
Serious neck injuries usually happen when children try to do somersaults and land on their head or neck instead of their feet.
<b>Who is most at risk?</b>
Children under 6 yrs are most at risk of injury and should only use a trampoline designed for their age and size. Younger children are lighter, and less likely to have sufficient motor co-ordination skills to stabilise themselves in order to control landings and take off.
Children should always be supervised on trampolines but this does not guarantee their safety. More than half of all trampoline accidents happen whilst under adult supervision. However, having an adequately <u>trained</u> “spotter” can reduce the risk of injury (RoSPA).

### Who is this toolkit for?

Key Stage 1 and 2 pupils; 5-11 years.

### What’s in this toolkit?

This toolkit contains information and resources to help primary schools run a trampoline safety-themed lesson or assembly.

#### The toolkit includes:

- The “JUMP” poster for display around your school (pdf for downloading).
- The “top tips for safer trampolining” leaflet for parents / carers (pdf for downloading).
- Story cards (corresponding with safety messages for children) (in powerpoint format).
- Safety messages for children (overleaf).
- Jumps not Bumps! safety quiz (pdf for downloading).
- Jumps not Bumps! certificates for children (pdf for downloading).
- Sources of further information (overleaf).

### Vocabulary

**Key words:** Trampoline, fun, exercise, safe, unsafe, hazards, accidents, injuries, clothing, jewellery, watches, ladder, climb, damage, rules, taking-turns, trampoline lesson, trampoline club, jump, bounce, in the middle, under control, skills, safety net, safety padding, adult supervision, training, stunts, somersaults, risk-taking, hospital, emergency service.

## Trampoline-themed Lesson / Assembly

### Suggested Activity

1. At the start of the lesson or as the children enter the assembly hall, play a trampoline-related **song** or **theme tune** (e.g. Jump by Glee!).
2. Use the story cards and safety messages for children to prompt a **discussion** on the children's experiences of garden trampoline use and current behaviours:
  - Story card 1 = Ask an adult
  - Story card 2 = Safety first
  - Story card 3 = Watch it!
  - Story card 4 = Adult supervision
  - Story card 5 = Take turns
  - Story card 6 = Stand back!
  - Story card 7 = Stay in control
  - Story card 8 = Don't risk it!
  - Story card 9 = It's cool to climb!
  - Story card 10 = Ladders away!

### Prompt questions:

- Who has a trampoline at home or who has been on a friend's trampoline?
  - How often do you play on your trampoline?
  - What do you like most about playing on your trampoline?
  - If is there anything you don't like about playing on your trampoline?
  - Have you ever been injured using a trampoline?
  - How did you get hurt?
  - Did you go to hospital?
  - Is there anything you could've done differently to prevent you from getting hurt?
  - Have you ever had a trampoline lesson?
  - Would you like to have a trampoline lesson?
3. Using the story cards and safety messages for children, as well as the children's own experiences, explore each of the story card scenarios 1-10. Discuss **unsafe** versus **safe** trampoline **behaviour** and ask the children to think about things they could do to help keep themselves and others safe.
  4. Based on what they have learnt, ask the children to write a trampoline-safety themed **poem** or **song**. You may wish to ask the children to try to include as many of the "key words" (above) as possible in the poem or song and offer a prize to the pupil who incorporates the most.

5. At the end of the lesson / assembly, **recap** on the safety messages for children. Give particular focus to the key messages in the **JUMP** acronym; these are the behaviours most likely to cause injury, but are areas where children can take responsibility for their own behaviour to help keep themselves and others safe:
  - **J**ust **one** person should use a trampoline at a time.
  - **U**se control and bounce in the middle.
  - **M**ake your way off the trampoline safely – don't bounce or jump off.
  - **P**revent injuries by avoiding risky stunts!
  
6. Use the **Jumps not Bumps safety quiz** to assess the children's understanding and knowledge of what they have learnt. Discuss incorrectly answered questions; in each case reinforcing the **safe behaviour** for that scenario.
  
7. Inform the children of the **800 FREE trampoline lessons** on offer during the school summer holidays 2011 (see page 6).
  
8. Provide each pupil with the following resources to take home:
  - An "I know how to JUMP safely..." **certificate**; and
  - A "top tips on safer trampolining" **leaflet** for parents/carers.
  
9. At the start of the new school year (September 2011), conduct the **safety quiz** again. Evaluate the children's retained knowledge and current level of understanding in comparison to their answers given in the quiz conducted before the summer holidays.

Discuss how they used what they had learnt to keep themselves and others safe over the summer holidays. Ask the children if they experienced a trampoline-related injury on a garden trampoline. Discuss how it happened and what they did; was there anything they could have done differently to prevent it? Reinforce **safe behaviours**.

#### Optional extra suggested activity – design a trampoline safety-themed poster

From the classroom / assembly discussion, and the children's own experiences, ask them to design a trampoline safety-themed poster.

Collect the pupil's designs and send them to:

Children's Accident Prevention Co-ordinator  
NHS Cornwall and Isles of Scilly  
The Sedgemoor Centre  
Priory Road  
St Austell  
PL25 5AS

The posters will be entered into a competition and the winning entry will stand the chance of winning a voucher for a family day out at a local activity centre, Zoo or Aquarium of their choice.

### Trampoline Safety Messages for Children

Before getting on the trampoline		
Safety Message		Why is this Important?
<b>Ask an adult</b>	Ask an adult to check there are no tears to the matt or damage to the frame or springs each time before you use the trampoline.	Tears to the matt and damage to the frame or springs can quickly grow and become unrepairable under the pressure of jumping.
<b>Safety first</b>	Only use a garden trampoline if it has a securely fitted safety NET and safety PADDING.	Nets help prevent falling off and striking the ground. Padding helps protect from falling on the hard metal frame, springs or hooks.
<b>Watch it!</b>	Remove watches, all jewellery and clothes with ties or drawstrings.	They could get caught-up in the trampoline frame or safety net.

On the trampoline		
Safety Message		Why is this Important?
<b>Adult supervision</b>	Always ask an adult* to watch you. *But remember – having an adult present doesn't guarantee an accident won't happen. YOU must follow the safety rules to keep yourself and others safe.	Adults can help with getting on and off the trampoline safely, ensure safety rules are followed, and be on hand to help if an accident does happen.
<b>Take turns</b>	Only ONE person should use the trampoline at a time. Most accidents are caused by people not following this simple rule.	When two people collide on a trampoline, the person weighing less is 5 times more likely to get hurt than the heavier person.
<b>Stand back!</b>	Stand well back and never go underneath the trampoline when someone else is jumping.	If they fall off onto you, you are likely to get knocked to the ground and get badly hurt. If you go underneath when someone is jumping you could get crushed.
<b>Stay in control</b>	Always bounce in the MIDDLE.	Bouncing in the middle helps to keep you stable and jump under control.
<b>Don't risk it!</b>	Don't try risky stunts on a garden trampoline. Complicated moves should ONLY ever be performed at an organised CLUB under skilled instruction.	Somersaults and flips may seem like fun but can lead to serious, long-term head and neck injuries.

Getting off the trampoline		
Safety Message		Why is this Important?
<b>It's cool to climb!</b>	Don't bounce or jump to get off the trampoline. Stop bouncing and then climb down.	Even if it doesn't look high, bouncing or jumping off can cause painful injuries because of the force they create.
<b>Ladders away!</b>	Don't use a ladder to get on or off the trampoline.	A ladder provides access to small children and other people when the trampoline is in use.

### Free Trampoline Lessons – Summer 2011

NHS Cornwall and Isles of Scilly has teamed up with Cornwall Council, Zero Gravity, and Carn Brea and Penzance Leisure Centres to offer 800 FREE trampoline lessons.

The FREE lessons are available to local children aged **5 to 11 years** who have never attended a trampoline lesson before and intend to use a trampoline this summer. They will run over the school summer holidays and be allocated on a **first-come, first-served basis**.

Spaces **must be booked** by calling the nearest participating centre:

Trampoline Club	Lessons Dates	Contact
Carn Brea Leisure Centre	Dates to be confirmed	01209 714766
Lux Park Leisure Centre	11 <sup>th</sup> and 13 <sup>th</sup> August	01579 342544
Newquay Sports Centre	6 <sup>th</sup> August	01637 875533
Penzance Leisure Centre	Dates to be confirmed	01736 874744
Pheonix Leisure Centre	6 <sup>th</sup> and 13 <sup>th</sup> August	01566 772551
Polkyth Leisure Centre	29 <sup>th</sup> July and 5 <sup>th</sup> , 6 <sup>th</sup> , 13 <sup>th</sup> August	01726 223696
Wadebridge Leisure Centre	6 <sup>th</sup> and 13 <sup>th</sup> August	01208 814980
Zero Gravity, Saltash	26 <sup>th</sup> , 27 <sup>th</sup> , 28 <sup>th</sup> July and 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> Aug	07932701948

### 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](http://www.cornwallandislesofscilly.nhs.uk)
- The Royal Society for the Prevention of Accidents (RoSPA) [www.rospace.com](http://www.rospace.com)
- British Gymnastics [www.british-gymnastics.org](http://www.british-gymnastics.org)

### Children's Accident Prevention

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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