

**Stirling University Trampoline and Gymnastics Club**  
**Safety Regulations**



Trampolining, by its very nature, carries with it a risk of injury, even if safety measures are taken. The risk is greatly magnified if safety is neglected. The same can be said when practicing gymnastics.

**1. Equipment**

- a) Trampolines will **ONLY** be used under the supervision of a qualified Scottish Gymnastics Coach, or similarly qualified British Gymnastics Coach.
- b) All new members must be instructed in the correct method of assembling and storing the trampoline and other gymnastics equipment in the first week of joining.
- c) A trampoline not in use must be stored away, or if this is only for a short period, temporarily collapsed by folding one half of the trampoline on top of the other.
- d) When trampolines are assembled ready for use, the following checks must be made prior to the commencement of each training session:
  - (i) Check frame pads are present and secure
  - (ii) Check springs are all present and in good condition with hooks pointing downward.
  - (iii) Check springs between frame and leg-braces are present.
  - (iv) Check that the RED strands on the trampoline bed are straight.
  - (v) Examine the trampoline bed for broken or frayed stitching.
  - (vi) Check that the roller stands have not been placed underneath the bed.
  - (vii) If the overhead rig is to be used, check that the trampoline bed has been centralised below this.
- e) All gymnastics must be performed in matted areas.

- f) Crash-mats must be placed at the level of the trampoline frame, resting on a gymnastic box or similar piece of apparatus, at each end of the trampoline. If more than one trampoline is being used, these should be placed end to end, and crash-mats positioned between both trampolines, and at each end.
- g) Crash-mats are also used to assist landings on the trampoline bed and members must be instructed in the correct use of this technique as they progress.

## **2. Contra-Indications**

- a) Intending members who suffer from anaemia, abnormal blood-pressure etc., must take medical advice before trampolining.
- b) Members who have suffered damaged or dislocated limbs should similarly check that this has not left a permanent weakness.
- c) Members who are suffering from colds, feeling unwell, etc., or who are taking medication should not trampoline. Many forms of medication tend to make one feel drowsy.

In general, if the performer is feeling unwell - **DO NOT PARTICIPATE.**

## **3. Clothing**

- a) Performers are advised to wear suitable full-cover clothing, especially in the early stages, when it is important the elbows and knees are protected.
- b) Performers should wear trampoline shoes or non-slip socks. Normal, light nylon socks slip easily on the trampoline bed. Bare feet encourage the spread of verrucas, while sharp toe-nails can extensively damage the trampoline bed's stitching. Sport shoes are NOT allowed to be worn on the trampoline.
- c) Ideal training uniform for beginners is a track-suit with trampoline shoes. Tight, non-stretch trousers, however, inhibit proper movement.
- d) Particular attention should be paid to the removal of watches and other items of jewellery. These may catch and cause damage to the trampoline bed, the performer, or spotters. Small, studded plain earrings, or wedding-type, plain band finger-rings are permissible.