



afPE Health & Safety Update – March 2015

Trampolining – Indoor Trampoline Parks:

I was recently made aware of a new venture in the market to get people active. It might be seen as a development that combines the 'soft play' areas I remember taking my children to, and the rise of the dreaded trampoline in your back garden. Put them together, and you have a huge warehouse spaces filled with trampoline beds.

Whilst these venues are open to all age groups, Association for Physical Education's guidance regarding trampolining is that it is suitable for teaching in secondary schools only. It is seen as one of the higher risk activities, and as such, those teaching it must have undertaken specific trampolining qualifications, at least equivalent to the BG Level 1 Teachers award (up to rotational trampolining) and a Level 2 Teachers award where rotational elements are included. If an accident occurred as a result of a teacher delivering trampolining who did not hold the correct qualification, the school would struggle to defend their position against complaint and further action.

The most serious accidents in trampolining are those which occur from an awkward landing on the bed, not from falling from the bed to the floor. For these reason the idea of a 'chess board' of beds all linked, does not necessarily reduce the risk of injury.

If parents out of school time choose to take their children to these trampoline arenas, that is absolutely their choice, and their responsibility. afPE's recommendation however is to avoid taking children on trips or as alternative PE lessons to such venues. Part of safe practice in PE in to 'teach safety' as well as teaching safely. With this in mind staff should education young people about trampoline safety so that they can also make their own decisions about visiting

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