

Trampolining Policy

It is well known that exercise is vital to aid the physical development of young children and to encourage them to continue a healthy lifestyle into their adult years.

Many of the children who attend The Llewellyn School get much enjoyment and a great amount of sensory feedback by being on the trampoline.

Manufacturers guidelines below which we always adhere to.

Safety warnings

- Read all instructions before using this trampoline.
- Only one child and one support assistant at any one time on the trampoline
- Do not use if suffering from high blood pressure.
- Use only bare feet.
- No somersaults.
- Remove all sharp objects from pockets.
- Use trampoline only with mature, knowledgeable supervision.
- Never use this trampoline in heavy rain, wind or storm conditions, especially lightning storms.
- Not recommended for children under six years of age unless parents have consented.
- Inspect before using and replace any worn, defective or missing parts.
- Climb on and off the trampoline. Do not use the trampoline as a springboard.
- Learn fundamental bounces and body positions thoroughly.
- Avoid bouncing too high. Maintain control.
- Secure the trampoline against unauthorised use.
- Do not use if trampoline is wet or in windy conditions.
- Please do not use if you are or you suspect you may be pregnant.
- All children are permitted if consent has been given in writing by the parents/caregivers.
- The trampoline may only be used when the safety netting is in place.
- The safety netting and the trampoline will be checked regularly to ensure it is in a good condition.
- All children using the trampoline must listen and follow any instructions from me, failure to do so may result in them no longer being permitted to use this piece of equipment.

The Trampoline and surrounding areas will be checked regularly making sure that are safe and secure, any issues noted must be reported to School Leader/ Grounds staff and dealt with.

All children to have a signed consent form for use of trampoline prior to using. Up to date risk assessments for each child also need to be in place prior to use.

Staff to be aware of manual handling procedures if they are needing to help/support children up and on to / off the trampoline due to physical disabilities.

Policy Reviewed by:	Suzy Hollett (HR Manager)
Date:	30/05/2022

Policy Verified by:	Sara Llewellyn (School Leader-CEO)
Date:	01/06/2022

Date for Next Review:	30/05/2023
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