



National
Guidance
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Trampoline Parks

This document provides advice about visits to trampoline parks. It does not cover coaching trampolining as a gymnastic activity. For guidance on this, you should consult "Safe Practice in PE, School Sport & Physical Activity" by the Association for Physical Education (AfPE), available at www.ukcoaching.org/safe-practice, or British Gymnastics www.british-gymnastics.org.

A visit to a trampoline park can be an opportunity for fun, healthy physical activity. Some parks provide various activities and challenges aimed at different age groups and abilities.

Background

Trampoline parks have multiple trampoline beds connected with solid padded sections between them, and may also include other activities involving jumping into or onto padding or dismount pits.

Although using a trampoline park is different from trampolining as a gymnastic activity on an Olympic-style trampoline, or using a trampoline designed for home/garden use, it is still a high-energy physical activity with an inherent risk of injury, potentially serious. It therefore requires careful and competent management and supervision.

Unlike domestic trampolines where the majority of injuries occur from falling off, most trampoline park injuries occur through landing awkwardly on the trampoline surface or colliding with other users.

Even when using the equipment within the rules and instructions for use, users can be exposed to a risk of injury. This is due to the impact forces generated as the user lands on the trampoline bed.

Deciding Whether to Use a Trampoline Park

Some employers have a specific policy about visiting trampoline parks, and some do not allow such visits. You must follow your employer's guidance – if in doubt, you should seek advice from your Educational Visits Coordinator or Outdoor Education Adviser.

For guidance about selecting a trampoline park, see OEAP National Guidance document [4.4g "Selecting External Providers and Facilities"](#).

If a trampoline park does not hold a Learning Outside the Classroom Quality Badge, you should check whether it complies with British Standard PAS 5000, which covers the construction and operation of fixed indoor trampoline parks.

When a trampoline park is open to the public, it can get crowded and chaotic. It is easier to manage a visit safely if you are able to arrange for a private session for your group.

If you have not previously used the park, it is advisable to make a pre-visit. This provides the opportunity to assess the suitability of the venue, to familiarise yourself and other leaders with it, and to discuss arrangements for managing your group with the park staff.

As with any visit, you should have clear aims for your visit to a trampoline park, and assess the risks and benefits involved. See OEAP National Guidance document [4.3c "Risk Management – an Overview"](#).

Before deciding to visit a trampoline park, you should find out whether you or the participants or their parents will be expected to sign a risk acknowledgement, disclaimer or waiver – if so, you should ask for a copy and read it carefully and take advice from your employer if necessary. You should not sign any disclaimer or waiver without authority from your employer to do so. See OEAP National Guidance [3.2i "Contracts and Waivers"](#).

The Visit Leader's knowledge of the skills, abilities and prior experience of the individuals in their group, and their capacity to follow instructions and manage their own safety, are key to deciding whether to do the activity in the first place. This will also contribute to the decision about the kind of supervision needed.

Managing a Visit to a Trampoline Park

Should you decide to visit to a trampoline park with your group you should consider the following as part of your planning:

- providing clear information to participants and their parents about the risks involved, and obtaining informed parental consent;
- some venues request photo consent – this will need to be addressed before arrival;
- clarify with the park what the arrangements are for monitoring and supervision, who is responsible for what – see OEAP National Guidance document [4.4h "Using External Providers"](#);
- decide on the appropriate ratio of leaders to participants, taking into account the level of supervision provided by park staff (the park should provide a minimum of one 'court monitor' per 20 participants) – see OEAP National Guidance document [4.3b "Ratios and Effective Supervision"](#).
- if you have booked a learning activity to be delivered by park staff, you should agree the intended outcomes and how these will be achieved;
- any specific competence required of leaders to supervise the activity (see below);
- if exclusive use is not possible, how interaction with other users will be managed;
- where leaders will be placed to actively monitor participants and the activity;
- availability of changing rooms, rest and drinks areas, and toilets;

- how leaders will communicate with park staff and participants, taking into account distance and noise.

Safe practice includes:

- a safety briefing for all participants on arrival;
- one person per trampoline bed at any time;
- vertical bouncing only, landing in the centre of the bed;
- constant monitoring and supervision of participants.

Leader Competence

AfPE recommends that leaders visiting a trampoline park to teach trampolining should hold a relevant qualification. If you are using a visit to a trampoline park for other reasons, this may not be necessary, but it is still important that leaders are competent to supervise the group during this activity. See OEAP National Guidance document [3.2d "Approval of Leaders"](#).

Leaders should be familiar with the park to be visited, and with its rules and any advice it provides for group leaders and participants.

In order to decide what specific leader competences are needed for a visit to a trampoline park, you should be clear about the roles to be undertaken by leaders during the visit. These will depend upon the nature of the park and the roles played by its staff, which may be best determined during a pre-visit.

Leaders supervising a session must be vigilant, observant and able to intervene quickly and decisively when necessary should participants contravene safety guidance or put themselves or others at risk.

Further Information

International Association of Trampoline Parks
www.indoortrampolineparks.org/page/UnitedKingdom

