

TRAMPOLINE SAFETY RULES



**MAKE SURE YOU ARE TAKING
REGULAR LESSONS WITH A
TRAMPOLINE PROFESSIONAL**

*(eg. developmental trampoline specialist,
rebound therapist, USAG trampoline coach)*

Home Trampoline Safety Rules:

1. Only allow one person at a time on the trampoline to prevent collisions and accidents.
2. Remind all jumpers to use both feet to jump and to avoid attempting risky maneuvers that could lead to injuries.
3. Make sure that each person who finishes jumping stops and stays still for three seconds before getting off the trampoline to allow the next person to have a turn.
4. As a responsible adult, it's important to ensure that everyone only attempts tricks they know how to do safely on the ground, to prevent accidents or injuries on the trampoline.

By following these rules, you can ensure everyone can enjoy the trampoline safely and have fun!

REBOUNDER SAFETY RULES



**MAKE SURE YOU ARE TAKING
REGULAR LESSONS WITH A
TRAMPOLINE PROFESSIONAL**

*(eg. developmental trampoline specialist,
rebound therapist, USAG trampoline coach)*

Home Rebounder Safety Rules:

1. Only allow one person at a time on the trampoline to prevent collisions and accidents.
2. Remind all jumpers to use both feet to jump and to avoid attempting risky maneuvers that could lead to injuries.
3. Make sure that each person who finishes jumping stops and stays still for three seconds before getting off the trampoline to allow the next person to have a turn.
4. As a responsible adult, it's important to ensure that everyone only attempts tricks they know how to do safely on the ground, to prevent accidents or injuries on the trampoline.

By following these rules, you can ensure everyone can enjoy the trampoline safely and have fun!

@balancedcreationstherapy