

<i>Hazard Review</i>	
<ul style="list-style-type: none">• Accidental spring release• Back/musculoskeletal injury• Cuts, scrapes• Falls	
<i>Related Safe Work Practices</i>	
<ul style="list-style-type: none">• Lifting, Body Mechanics, and Ergonomics	
Prepared by:	Recreation SWP Working Group
Approval by:	J. Bramlett, EHS Program Manager R. DeLeon, Northern Superintendent A. Jones-Taylor, Southern Superintendent EHS Advisory Committee E. Gee-Ogawa, Superintendent of Neighborhood Services T. Schwartz, Superintendent of Citywide Services K. Gee, Manager of Human Resources
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This safe work practice has been broken down into two sections:

- A. General
- B. Specific Recreation Equipment
 - Trampolines

The General section provides information that applies to just about every situation. The section on Specific Recreation Equipment gives information that may be specific or unique to a particular piece of equipment.

A. GENERAL

Before

1. Complete required training. This includes:
 - a review of the manufacturer's instructions or operating manual, and
 - training on this SWP and those listed as related. These must be completed before the initial assignment and every 2 years thereafter.

B. SPECIFIC RECREATION EQUIPMENT

Trampolines

Before

1. Before moving or using a trampoline, do the following:
 - Ensure the T (transporter) bar is working and is appropriately attached.
 - Ensure a second person is available to assist you in moving the trampoline.

- Ensure a smooth pathway has been established to the setup point, so that you do not have to lift the trampoline. Avoid sharp turns, slopes, walls, and other tight spots.
 - Check the lock and chain and the folding of the trampoline to be sure that it is positioned the way you left it. Notify appropriate supervisor of potential inappropriate or unauthorized use.
3. Before fully setting up a trampoline, inspect all its parts to make sure they are in working order and are correctly attached.
 - If repairs are needed, close the trampoline, return it to storage, and label with a sign that states it is broken and needs repair. Your name, the date, and a contact phone number should be included on the sign. Notify your supervisor and/or other staff that the equipment is out of service.
 - If repairs need to be conducted, complete a work order (if repairs are minor and not structural) and arrange to have the work done when you or another knowledgeable person are present.
 4. When setting up the trampoline:
 - Choose a clear area which is clear from overhead hazards; ensure there is enough room to jump up safely.
 - Prior to having persons use the trampoline, test to see if it is set up properly by performing a single move or routine on the trampoline.
 - Setup and use gym matting on the floor surrounding the trampoline.
 5. Assure first aid equipment and supplies are available.
 6. Assure a second recreation and park staff person, also with an appropriate level of training for assisting main trampoline instructors, is available to work with the instructor during a class.

During

1. Have class participants line up around the trampoline to facilitate viewing of demonstrations and keep attention on the tasks at hand. The instructor should be stationed at one end and the assistant on the opposite end.
 - The main purpose of the assistant is to maintain order and discipline among the participants during the class and provide assistance to the instructor as required or requested.
2. Remind participants of safety rules and the need for them to listen and follow directions to avoid potential injuries. Participants should be notified of the consequences of choosing to break or not follow such rules or directions, so that staff may promptly direct a disruptive or inattentive participant away from the immediate class/area. The rules are:
 - One person at a time.

- No somersaults or flips unless authorized to do so by Recreation Director.
 - Always bounce in the middle of the trampoline
 - Never jump off; to get off, stop bouncing and then climb down.
 - Keep away from the trampoline when someone else is jumping
 - Never go under the trampoline.
 - Don't use the trampoline if you see a rip or split in the mat, or if the padding has come away from the metal springs. Tell an adult.
3. At no time, including during a class or its breaks, shall participants be permitted to use the trampoline unsupervised.

After

1. Assure all non-essential staff, class participants, and other recreation center users are clear of the area before a trampoline is taken down.
2. Inspect trampoline to make sure it is still in good working order before it is put away.
3. Assure a second staff person is available and assists you in folding up and returning the trampoline to storage.
4. Fold trampoline, replace its lock/chain, attach the transporter securely and return to a secure storage area (locked room).

References:

1. Trampolines; Trampoline Safety Factsheet. The Royal Society for the Prevention of Accidents,
www.rosipa.com/waterandleisuresafety/factsheets/leisure/trampoline_safety.htm, 4/24/08

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