

AAP and Trampoline Safety

A study of trampoline injuries by the American Academy of Pediatrics (AAP) states that strains and sprains are the most commonly reported injuries, followed by fractures, contusions/abrasions, and lacerations. Most strains/sprains occurred to the leg or foot; most fractures occurred to the arm or hand.

In addition to conditioning programs to strengthen these areas, the AAP provides these recommendations for supervised training programs:

- Make sure that a safety pad covers all portions of the trampoline's steel frame and springs.
- Use an impact-absorbing safety material on the surface around the trampoline.
- Regularly check the condition of the trampoline for tears, rust, and detachments.
- Use safety harnesses and spotting belts appropriately to protect athletes performing challenging skills.
- Consider setting the trampoline in a pit so the mat is at ground level.
- Do not use ladders—they may provide unintended access to the trampoline by small children.
- Make sure only one person at a time uses the trampoline.
- Make sure that in supervised settings the athlete is at the center of the mat. Do not allow athletes to attempt maneuvers beyond their abilities or training.
- Ensure personnel trained in trampoline safety and spotting are present when the trampoline is used.
- Prohibit children under the age of six from using the trampoline, even in supervised training programs.
- Ensure the trampoline is secured and inaccessible when not in use.

If you have a safety or risk management question or a suggestion for a topic, please contact Markel's Risk Management Department at safety1st@markelcorp.com.