

# Use of Trampolines

## WARNINGS AND SAFETY RECOMMENDATIONS



Trampoline jumping is popular and supports physical activity; however, it shows critical threats among young children. Motor functions, bouncing skills, balance and bone growth are sufficiently developed at the age of 6 years, thus, trampoline usage is only recommended from the age of six. Before the age of six, children are especially at risk of suffering from bone fractures and studies show that one third of all trampoline injuries already occurred before the child begins school.

School children also could be injured whilst trampoline jumping!

- Around one third of all injuries are so serious that they must be treated in the hospital. These include especially bone fractures of the upper and lower limbs as well as head injuries.
- Similar to falling from a horse, very serious vertebral column injuries may occur.\*

### How can trampoline injuries occur?

- Twisting an ankle whilst jumping
- Falling over with an unfortunate landing
- Clashing with other children or adults
- Acrobatic jumping, e.g. somersaults



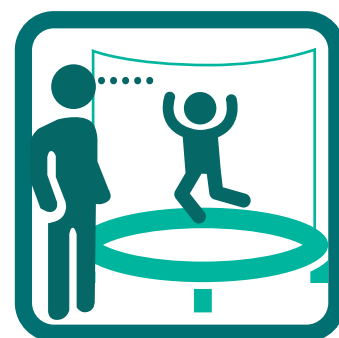
Trampolines are not recommended for children under six



Do not jump without a safety net or with other persons



No somersaults or acrobatic jumps



Always jump in the presence of adults

### German paediatricians aligned with the American Academy of Pediatrics recommend the following safety measures:

- No trampoline (even no mini-trampoline) at home or in the garden for children under 6 years.
- Trampolines are very popular but there are better and safer possibilities to enhance physical activities (especially for young children).
- Trampolines should only be used after the presence of adults.
- If trampolines are used by children, only one person should jump! Jumping with parents is not recommended.
- Do not try acrobatic jumps.

\* Data of the German network of the "Injury Data Base". Similar results could be found in neighbouring countries like Austria, Luxembourg, Sweden and the Netherlands.

# Caution!



## Where do trampoline injuries occur the most?



### In the Garden

Use trampolines only with safety nets, only from the age of six and jump alone. An adult must be present and before using the trampoline, it should be checked for safety (after winter take special care).



### On the Playground

Only from the age of six and jump alone. An adult must be present.



### At Home

Trampoline jumping at home is not recommended – clashing with furniture may occur.



### In Leisure Areas Or In Trampoline Parks

Exclusively from the age of six and by jumping alone. Somersaults and other acrobatic jumps are only recommended for trained persons after previous experience and under professional guidance. Supervision by staff and safety instructions are quality criteria. In case safety instructions do not exist, it is utterly important to ask for them.



The President of the German Association of Child Surgeons, Prof. Dr. Peter Paul Schmittenebecher, Karlsruhe, states:

*The danger of trampolines is underestimated by parents. Serious injuries occur repeatedly.*

*Two typical examples:*

*"A 4-year-old boy jumping on a trampoline in the garden suddenly twisted the right leg complaining of ache whilst walking. The radiograph showed a hairline crack of the tibia. Diagnosis: Typical Trampoline Fracture.*

*An 8-year-old girl attempting a somersault fell on the trampoline mat. Diagnosis: a complicated elbow fracture as well as a fracture of the forearm.*

**bvkd.**

Berufsverband der  
Kinder- und Jugendärzte e.V.