

# Safety Policy

This policy was last reviewed - 10/01/2024

1. All participants and coaches should wear suitable clothing; no belts, buckles, metal badges or other items that could cause injury. Jewellery should be removed and long hair tied back.
2. It is the policy of Springfit that all participants arrive suitably attired for the activity. Changing areas are not provided at our venues.
3. When waiting their turn on the trampoline, all class members should stand around the trampolines and help with 'spotting'. No running around is to be permitted. Sitting on end decks or frame pads is not permitted and members must never go underneath a trampoline when it is in use or jump from one trampoline to another.  
Any parents who stay while their child's class is running are asked to help 'spot' around the trampolines.
4. No eating or drinking is permitted in any of the venues with the exception of water. Only plastic or metal bottles with resealable lids may be brought into the hall. No cans, glass bottles or food.
5. Members should not leave the hall while their class is running except in an emergency or to go to the toilet. Members under the age of 18 (children) must be accompanied to the toilet hallway by a member of the Springfit team where there is no clear line of sight to the toilet door.
6. Accurate registers must be taken, Head Coaches hold electronic tablets for this purpose.
7. Coaches must be aware of where the fire exits and fire assembly points are.
8. All Head Coaches must hold a recognised coaching qualification at level 2 and above or equivalent from a body recognised by Springfit management.
9. All coaches over the age of 16 must undergo an enhanced DBS check every 3 years.
10. Coaches must always bear in mind that safety is their number one priority. 'Doubles' (double bouncing) must not be allowed in any trampoline class, including parties. Props (such as balls, parachutes etc.) should only be used in controlled planned activities.
11. 'Rough'/Physical games such as British Bulldog must not be used in gymnastic warm ups.
12. Any injury incurred in any class (unless extremely minor) must be reported in writing. There is a form on all Head Coach tablets in order to do this.
13. The following medical exemptions to Springfit Activities should always be observed and those with the following are regrettably not able to participate in classes:
  - a. Detaching Retina
  - b. Rodded Backs/Spinal Rods
  - c. Brittle Bones
  - d. Pregnancy
  - e. Downs Syndrome (risk of atlanto-axial instability – AAI)
  - f. Achondroplasia (and other forms of Dwarfism)
14. No front landings, back landings or other rotational moves must be allowed during a child's first warm-up turn on the trampoline – even if they are an experienced trampolinist.
15. Coaches must exercise extreme caution when allowing children to perform somersaults, backflips or handsprings unsupported. If there is the slightest doubt about a child's ability to

perform a move in complete safety, manual/physical support must be given.

16. Coaches must exercise extreme care when getting out and putting away trampolines. Class members of any age must never be allowed to help and must be kept well out of the way. Trampolines should only be wheeled lengthways – never sideways. Trampolines should be unfolded and folded very slowly to avoid the possibility of the trampoline tipping over. It should be remembered that Goliath or competition sized trampolines are less stable than 77A's and can therefore tip over more easily.
17. Children joining a class for the first time should have the safety procedures explained to them. Their first go on a trampoline should be on the one that the coach is teaching on. They should be taught how to get on and off safely, where to jump, where to look, what to do with their arms and how to stop. It should be explained to them how we rotate around the trampolines and how the coach teaches on one and they practice on the others. They should be encouraged to jump gently for the first lesson to lessen the chance of strained muscles or backache.
18. Activities will be appropriate to the age, ability and experience of those taking part. Coaches will work methodically through the development schemes ("badgework").

---

#### **Springfit Gymnastics and Trampoline Club**

Company No. 6348694

VAT Registration No. 152736509

Registered address: 7 church walk, horley, surrey RH6 7EE

Telephone: 0203 478 0203

Email: [info@springfit.org](mailto:info@springfit.org)

website: [www.springfit.org](http://www.springfit.org)