TRAMPOLINE
SAFETY TIPS

Students:
1. Warm-up properly
2. Use proper skill progressions
3. Bounce one at a time
4. Always climb on and off an above ground trampoline or walk off an in-ground trampoline
5. Stay in control while bouncing
6. Learn how to “freeze” and stop bouncing
7. Proper progressions are important – execute only those skills you are capable of performing
8. Use spotters when necessary
9. Wear proper attire and remove jewelry