



Indoor Trampoline

Council Approval: Not required

Activity Permitted For: B J C S A

Activity Not Recommended For: Daisies

About Indoor Trampolines

Indoor trampolines make for a fun and exciting activity. Indoor trampolines are typically offered in an enclosed gymnasium-like space with several different trampolines of varying sizes and shapes. Sometimes a facility is equipped to connect trampolines and turn an entire room into one massive trampoline. Indoor trampoline courts are contained, low-impact, and adjustable to the size and skill level of participants.

Indoor trampoline parks have padded walls and soft (sometimes foam) pits and landing areas and feature huge trampolines divided into sections for individual bouncers. Most offer other activities, such as pits filled with foam cubes to jump into, and trampoline basketball courts.

There should always be a trained staff member around to monitor the group size and ages to make sure proper grade levels are kept where they belong. Trained staff members will also monitor the safe behavior and the overall well-being of participants.

The American Academy of Orthopedic Surgeons specifically states that trampoline jumping is unsafe for the skeletal frame of children six years old and younger. For this reason, Daisies are not permitted to participate in indoor trampoline activities.

Learn More:

- [International Association of Trampoline Parks](#)

Include Girls with Disabilities

Communicate with girls with disabilities and/or their caregivers to assess any needs and accommodations. Contact the location in advance to ensure they are able to accommodate those with disabilities.

Safety Activity Checkpoints

Safeguard valuables. Don't leave personal belongings and valuables unattended in a public place. Most indoor skydiving facilities provide a locker area for personal belongings. Check with the facility ahead of time about cost and availability of the facility's storage amenities.

Ensure girls learn how to trampoline safely. All participants will be given instruction in safety and jumping rules. All legitimate centers provide instruction; it's up to the adult organizing the activity to ensure it takes place. The operator must ensure that each participant receives

instruction (in-person or video training) about potential risks and safety guidelines. Participants/guardians will sign a waiver that they have received the training.

Obey rules. There should be clearly posted rules that prohibit roughhousing, double bouncing (when two jumpers land close to each other at the same time), and clothing that could be dangerous, such as belt buckles and studs, and loose objects like key chains.

Check equipment. Padding should completely cover all trampoline springs. There should be a system of nets below the trampolines. If the park has a foam pit, it should have a trampoline bed underneath it.

Learn and follow common safety rules for indoor trampoline:

- Nothing (including gum or candy) should be in mouths while on the trampoline court.
- Pockets should be emptied entirely.
- Girls should not sit or lie on the court. To rest, exit the court.
- No pushing, running, racing, or horseplay of any kind.
- No touching or hanging on the top pads on the court.
- Be in control of your body at all times.
- Jumpers should be separated by size to the greatest degree possible.
- Be aware of those around you and jump with people of similar size.

These checkpoints should be reviewed with the vendor, facility, or your council as appropriate.