

Ensure a fun-filled time with your new trampoline

Since 2001, all commercial (gymnastic) trampolines have had to meet certain British Health & Safety standards. There is no regulation, however, for domestic home and garden trampolines, so when purchasing a trampoline there are a few things to look out for.

The first things to look for are safety pads, which should completely cover the springs, hooks and the frame. You may also want to consider a trampoline that has safety netting as part of its design or purchase a safety enclosure, helping to reduce the chance of anyone spilling off the trampoline and injuring themselves.

Once you've got your new trampoline home, it's important to choose a suitable area in which to place it. An area clear of hazards, such as trees, fences, washing lines or any other equipment (including other toys) with a minimum of two metres of space to fall safely around the trampoline is perfect. Placing the trampoline on soft, energy absorbing ground, such as a soft lawn or wood chip will also help prevent any accidents from occurring; or if they do, there's a reduced chance of injury.

Once you've found the ideal spot for your new trampoline, it's important that you set some rules for your children regarding its use and discuss these with them. Emphasising the danger of not using a trampoline properly will help your kids have a great and safe time with their new toy. Parents also have to check the trampoline before every use, to ensure that there are no holes, the frame is not damaged and that the safety padding is intact and securely positioned.

Now that you're ready to let your little ones loose on the trampoline, always make sure an adult is around to supervise them and never allow more than one person on the toy at any time, as one child's bounce could offset another's, causing an accident. Also make sure that any jewellery, glasses or watches are removed so that when jumping there is little chance of them catching the skin or in hair or clothes. Ensure that kids playing on the trampoline also know not to attempt somersaults and other risky moves. If their heart is set on trying some complicated moves, there are clubs they can join, where they can be trained in the proper ways to execute such moves, without risking head or neck injury.

Once the kids are finished bouncing around for the day, ensure that your trampoline is stored safely. Adverse weather can cause trampolines to become airborne so make sure larger models are tied down (there are tether kits available for this very purpose). Smaller, rectangular [trampolines](#) can simply be flipped upside down, while safety netting must be removed from enclosures or cage frames to reduce the sail-like qualities of the cages during extremely windy weather.

Trampolines are a great source of exercise for children everywhere and, by following the safety tips above, you'll ensure they have a long, fun-filled time with their new toy.

About the Author

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