



## Indoor Trampoline

**Council Approval:** Required.

This is a vendor provided activity only. Visit or COI list for current venues.

**Certificate of Insurance (COI):** Required from vendor providing this activity for Council Approval. Visit [GSNI's webpage](#) for information on requesting a COI from the venue.

**Activity Permitted for:** \*D B J C S A

**Activity Not Permitted for:** \*Daisies younger than six years old

### 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 overall well-being of participants. If possible, visit the facility ahead of time to determine that the facility maintains clean and sanitary equipment, particularly equipment used regularly and often by young children.

The American Academy of Orthopedic Surgeons specifically states that trampoline jumping is unsafe for the skeletal frame of children younger than six years old. For this reason, Daisies may not be permitted to participate in indoor trampoline activities, depending on their age. Also, there are a high number of incidents and significant injuries associated with outdoor or makeshift trampolines that are set up on temporary stilts or a metal frame. For this reason, both outdoor trampolines and personally owned trampolines are not permitted.

**Include Girl Scout Members with Disabilities.** Talk to Girl Scout members with disabilities and their caregivers. Ask about needs and accommodations. Always be sure to contact the location and/or the instructor in advance to ensure they are able to accommodate those with disabilities.

**Equity.** Consider the history, culture, and past experiences of the Girl Scout members in your troop that could affect their ability to equally participate in an activity. Work with members and families to understand how an activity is perceived. Ensure that all Girl Scout members and their families feel comfortable and have access to whatever is needed to fully participate, such as proper equipment, prior experiences, and the skills needed to enjoy the activity. See the Equity section of the [Introduction to Safety Activity Checkpoints](#) for general advice about expense,

**Emergency Action Plan (EAP).** Review and document your Emergency Action Plan (EAP) before starting any activity and review it so all are prepared. Think through scenarios of what can go wrong such as an accident, physical injury, missing person, sudden illness, or sudden weather or water emergencies. All Troops must provide one adult certified in Adult and Pediatric CPR/First Aid/AED.

## Indoor Trampoline Checkpoints

**Safeguard valuables.** Don't leave personal belongings and valuables unattended in a public place. Check with the facility ahead of time about cost and availability of the facility's storage amenities.

**Ensure Girl Scouts learn how to trampoline safely.** All participants will be given instruction in safety and jumping rules. All legitimate centers provide instruction; it is 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), 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 trampolines:**

- Nothing (including gum or candy) should be in mouths while on the trampoline court.
- Pockets should be emptied entirely.
- Do 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, always.
- Jumpers should be separated by size to the greatest degree possible.
- Be aware of those around you and jump with people of similar size.