

# Rules for the trampoline

to avoid accidents

- only **under supervision** of an adult
- max. 1 person (exceptions, e.g. 2 pre-school kids)
- only leaps with the **feet** (or the **bottom**)
- no leaps with the **back** or **belly**
- no somersaults or **breakneck leaps**
- no chewing gum, **drops etc.** in the mouth  
(because of the danger of suffocation)
- no sharp edged or fragile items to carry along  
(jewels, watch)
- **the entrance/exit range** has to be closed

## Before the use of the trampoline

### **Examine the condition of the trampoline**

- are there broken pieces, nets, etc.  
(because of destruction or wear  
of the material)?
- stands it firmly to the ground?
- is there a minimum distance to a wall  
of 1 m?
- is the trampoline  
free of leaves and water?
- is the range underneath of the trampoline  
free of obstacles and persons?



Bild: Fa. Benz Turngeräte