



Trampoline Guidance 2023

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# Introduction

Following interest in planning visits to trampoline parks, in consultation with The Outdoor Education Adviser’s Panel (OEAP) National Guidance, the advice on behalf of East Sussex County Council (ESCC) is set out in this document.

# Trampoline Parks

There are a number of benefits to trampolining, but it carries inherent risks.  Since these parks have sprung up (pun intended!) there have been numerous accidents. These have included fractures, soft tissue damage, dislocations and spinal injuries.  These have been mostly caused by awkward landings and collisions with other participants.  As such, the Association for PE does not recommend the use of trampoline parks.

# Getting Authorisation

Visits to trampoline parks can be authorised as long as the following caveats are adhered to:

1. The centre will be BS PAS 5000:2017 compliant. However, this covers the construction and operation of trampoline parks, but does not cover supervision. It is essential, that planning includes the provision of competent supervision. This therefore, requires the use of a qualified trampoline specialist (as below).
2. Trampolining should only be taught by qualified staff and only to secondary aged children. In most cases, staff at trampoline parks do not hold any trampoline qualifications. It should not be assumed that they are there to solely supervise your group. Therefore, the school would need to provide a qualified trampoline specialist to supervise the activity. They would need to carry out a comprehensive risk assessment and take into consideration how they would effectively supervise the activity.  You would need to discuss with the venue any supervision concerns, and also potential for sole occupancy.   A pre visit would be a requirement so that a supervision strategy could be planned.
3. They must hold £10 million Public Liability insurance.
4. Most trampoline parks will have a disclaimer in place that should be checked with ESCC before it is signed.

For further guidance please refer to [the OEAP for frequently asked questions](https://oeapng.info/downloads/download-info/6n-faqs-visting-trampoline-parks/).