



Permission Note for the use of the trampoline whilst at Family Day Care

I give permission for

Signature.....Date

To play on the trampoline and the below safety tips will be recognised at all times

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Safety tips

- **One at a time:** Ensure only one child at a time uses the trampoline.
- **Supervise:** Supervise children at all times, regardless of age. It is recommended that children under six should not use trampolines but if they do, take extra care with younger children as they are more prone to serious injury on trampolines.
- **Safety padding:** Use safety padding on the frame to avoid injuries if a child accidentally hits the frame.

- **Check condition of mats and net:** Regularly check that the trampoline is in good condition and ensure that the mat and net don't have holes, springs are intact and securely attached at both ends, frame is not bent and leg braces are securely locked.
- **Hazard free surrounds:** Ensure that the area around the trampoline is free from hazards like walls, fences, play equipment or garden furniture. Also make sure there is an overhead clearance to avoid objects like clothes lines, trees and wires.