



**British
Gymnastics**
More than a sport

Trampoline Matting Provisions

Risk Assessment Report

Provision of Matting around Trampolines

Background

In 2006 FIG introduced a requirement for the provision of 200mm thick by 2m wide safety mats on the floor around trampolines (particularly along sides) in competitions with a view to mitigating the consequences of performers falling from trampolines in an uncontrolled manner. These requirements come into force 1.1.2007.

In February 2007, BG undertook a risk assessment of falls from trampolines to assist future decisions in relation to its implementation of this requirement at competitions and to a wider application within the sport.

Outcome of the risk assessment

In summary the conclusion of the group were as follows;

- While the FIG requirement to provide a 2m wide area of protection around trampolines when they are used is a sound precaution, the provision of 200mm x
- 2m safety mats around all trampolines at all times of use was not reasonably practicable for the sport in Great Britain
- The experience of the risk assessment group was that falls arising from performers projecting from the sides of trampolines were relatively rare and that much greater risk arose performer projecting from the ends.
- Provision of 200mm x 2m safety mats along the sides of trampolines creates difficulties for spotters.
- The establishment of a 2m zone of protection around all trampolines when they are in use was an achievable safety development that may introduce some additional safety.

Accordingly the group put the following proposals to the BG National Trampoline Technical Committee to address the FIG requirements and these have been adopted by the NTTTC.

- 1. International competitions in GB:** Protection as mandated by FIG must be followed at all times
- 2. National competitions:** the 2m zone of protection along the sides must be provide by the use of 20-25mm x 2m matting along the sides of the trampoline

At the ends of the trampoline, in addition to safety decks, a 200mm (deep) 3m x 2m safety mat should be placed on the floor immediately beyond the end decks with a further 1m of 20-25mm matting beyond the safety mat.

It is acceptable to locate trampolines side by side as a way of creating the zone of protection on one side of each trampoline pair.

Where trampolines are positioned in an end-to-end arrangement the exposed metalwork of the inner end decks should be padded in a manner that offers protection to any person projecting from the end of one trampoline onto and/or beyond either inner end deck (i.e. foam lagging).

- 3. Regional and club competitions:** the same basic arrangement as for national competitions should be adopted (appropriate end decks, plus trampoline sides matted to a width of 2m with 20-25mm mats and / or two trampolines side by side).

4. Club Training involving 360 degree rotation (feet to feet) or more (i.e. somersaulting)

All trampolines should have end decks and be matted both sides with a minimum of 20-25mm x 1m mats. Ideally and wherever possible the side matting should be 20- 25mm x 2m. For high bouncers these mats should also be provided around and behind the end decks. Ideally a 3mx2mx20cm mat should be positioned directly behind each end exposed deck.

Training excluding 360 degree rotation (feet to feet).

The same standards should apply for non 360 degree and 360 degree plus training.

Albeit it is recognised that falls from the end of trampolines were likely to be fewer where no somersaulting was involved.

Additional Requirements

In addition to the findings of the risk assessment group the NTTC made 4 further requirements.

- 1.** The Requirements for all levels of events also apply to DMT activity. It is recognised that the FIG requirements in this discipline are less than the NTTC require. For the side of the trampoline, the requirements equate to along side the DMT & the landing zone. The End deck would equate to the landing zone itself and therefore where mats are required beyond the end deck for trampoline, they are also required for behind the landing zone for DMT.
- 2.** Where space does not allow for matting beyond end decks, one or more 3m x 2m x 200mm mat attached securely to any wall that could be struck, may be used.
- 3.** Where spotters are removed in line with the new spotting code of practice, 50mm mats minimum should replace the spotter on all occasions.
- 4.** For pitted Trampolines the same rules apply without the requirement for end decks. It is recommended that at least 2m of floor area is matted around the trampolines and Pit.

BG Trampoline Technical committee has decided that these changes will come into effect from 1.1.2008 on a staggered basis to assist organisations to build the specific finances for the changes. 1.1.2008 for all National events, 1.1.2009 for all regional events and 1.1.2010 for all club activity.

It is also recommended that all these requirements are viewed as appropriate checks in awards such as GymMark etc.

For further information please contact the appropriate NTTC officer.

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