

## Trampoline Safety

Trampolines continue to be popular with children at home, as part of sports training and more recently in commercial venues. The American Academy of Pediatrics continues to strongly discourage the use of trampolines at home. There were an estimated 97,908 trampoline-related injuries that were treated in US emergency rooms in 2009! Children under 6 years of age are more likely to suffer bone fractures than any other age group. Most of the injuries are caused by multiple jumpers on the trampoline. Other injuries are caused by falls from the trampoline (27% to 39%) or contact with the springs or frame (20%). Severe injuries to the cervical spine are caused by failed backflips, somersaults and other tricks. Three percent of the injuries result in hospitalization (that means 2,937 hospitalizations a year)! Studies have shown that installing a net or padding around the trampoline has not significantly reduced the risk of injury to children. Most people don't realize that many injuries occur on the mat itself, not just with falls off of the trampoline. **Therefore I do not recommend having a trampoline at home.**

If you insist on still having one the please take the following precautions:

1. Install it on a level surface that is free from hazards.
2. Inspect it often for damage and wear and tear.
3. Allow only one person on the trampoline at a time.
4. Do not allow users to do somersaults or flips.
5. Always have an adult supervise when the trampoline is in use and enforce the rules.
6. Check homeowners insurance policy to ensure it covers trampoline-related claims. If not, a rider may be needed.