

Trampolinist to Coach Ratios

All trampolining activities must be supervised by suitably qualified British Gymnastics coaches or teachers.

It is incumbent upon the coach in charge to ensure that trained spotters of suitable size are provided at each side not protected by alternative safety measures such as end decks.

The recommended maximum number of participants to one trampoline is 8 participants.

Where more than one trampoline is to be supervised, the coach in charge must carefully assess the following:

- The age, stage of development, experience, varying ability and number and discipline of the participants.
- The coaches' own qualifications and experience
- Their ability to observe, advise, support and respond to the difficulties of anyone in the trampoline area

Normally, one coach would not be expected to supervise more than 16 recreational trampolinists, without other suitably qualified coaches being in attendance.

The coach in charge must also ensure that the person/s sliding in the "push in mat", if not a qualified coach, is trained, experienced, of sufficient maturity and familiar with the performer.