

Curriculum activity risk assessment

Trampolining

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Activity scope

This document relates to student participation in Gymnastic Trampolining as a sporting curriculum activity including the teaching of Trampolining skills, team training and competition matches conducted by schools.

Therapeutic use is not covered by this document.

Risk level

The actual risk level will vary according to the specific circumstances of the activity and these **must** be considered when assessing the inherent risk level and planning the activity. As a starting point, ask the following questions:

- Which students will be involved?
- Where will the students be?
- What will the students be doing?
- Who will be leading the activity?
- What will the students be using?



Inherent risk level		Action required / approval
<input type="checkbox"/>	High	Likely chance of a serious incident and injury requiring medical treatment. <ul style="list-style-type: none"> <input checked="" type="checkbox"/> A Curriculum Activity Risk Assessment must be completed. <input checked="" type="checkbox"/> Principal or delegated Deputy Principal or Head of Program (i.e. HOD, HOSES, HOC) to review and approve risk assessment. <input checked="" type="checkbox"/> Obtaining parental permission is recommended. <input checked="" type="checkbox"/> Once approved, activity details are to be entered into the <i>School Curriculum Activity Register</i>.

Teachers/leaders:

Activity description:

Start date:

Finish date:

No of students (approx.):

Class Groups:

Supervision ratio (approx.):

Listed below are the minimum recommendations for this type of activity. For any items ticked 'No', provide further information regarding the additional or alternate controls to be implemented for the safe conduct of the activity.

Minimum supervision

Adequate adult supervision is to be provided. In determining what is adequate, consider the number of students, their individual needs, and the nature of the activity.

If an adult other than a registered teacher is engaged for instruction, a teacher should be present to take overall responsibility. [Blue Card](#) requirements **must** be adhered to.

Registered teacher with minimum qualifications as outlined below

OR

An adult with minimum qualifications as outlined below, in the presence of a registered teacher

Further information:

Minimum qualifications

The qualifications listed in this section are minimums for each type of situation. Leaders are encouraged to seek training to raise their qualification level above the minimum listed.

Current first aid qualifications including Cardio Pulmonary Resuscitation (CPR) or ready access to first aid facilities, including qualified personnel.

[Blue Card](#) requirements met

High — Likely chance of a serious incident and injury requiring medical treatment

For a registered teacher:

Level 1 coaching qualifications from [Gymnastics Australia](#)

For a leader other than a registered teacher:

Level 1 coaching qualifications from [Gymnastics Australia](#)

Further information:

Minimum equipment/facilities <i>If 'No' is ticked, provide further information.</i>	Yes	No
First aid kit suitable for activity.	<input type="checkbox"/>	<input type="checkbox"/>
Communication system: <input type="checkbox"/> phone-line at location <input type="checkbox"/> mobile phone <input type="checkbox"/> walkie talkies/UHF Radio <input type="checkbox"/> student/adult messenger Other:		
Sun safety equipment (hat, sunscreen, shirt etc) Refer to HLS-PR-013: Developing a Sun Safety Strategy for further information	<input type="checkbox"/>	<input type="checkbox"/>
Drinking water (students should not share drinking containers)	<input type="checkbox"/>	<input type="checkbox"/>
Trampoline with minimum size of 4.5 metres by 2.7 metres, and with a woven two-string mat	<input type="checkbox"/>	<input type="checkbox"/>
5 metre overhead clearance	<input type="checkbox"/>	<input type="checkbox"/>
Minimum clearance of 3 metres surrounding trampoline	<input type="checkbox"/>	<input type="checkbox"/>
Some suggested alternate controls where minimum boundary clearance is not met: <ul style="list-style-type: none"> <input type="checkbox"/> Reduce the size of the playing field to achieve an adequate clearance zone. <input type="checkbox"/> Remove spectators/dangerous obstacles within the clearance zone. <input type="checkbox"/> Provide instructions to the official/supervisors and players about the limited clearance zone. <input type="checkbox"/> Station supervisors near any obstacles within the clearance zone. 		
Frame and spring pads.	<input type="checkbox"/>	<input type="checkbox"/>
Floor padding surrounding trampoline.	<input type="checkbox"/>	<input type="checkbox"/>
Further information:		

Governing bodies/associations <i>If 'No' is ticked, provide further information.</i>	Yes	No
Guidelines/codes of practice are established for this activity. See Gymnastics Queensland , Gymnastics Australia . Have these been considered during the planning of this activity?	<input type="checkbox"/>	<input type="checkbox"/>
Further information:		

Hazards and suggested control measures

All persons engaging in this activity should:

- identify the hazards including any additional hazards not mentioned here
- assess their significance
- manage the potential risks.

Listed below are indicative hazards/risks and suggested control measures. They are by no means exhaustive lists. After checking these, add details of any other identified hazards/risks and additional controls you intend to implement.

Hazards/risks	Control measures	Yes	No	Implementation plan / Additional controls
Biological material <ul style="list-style-type: none"> • Bodily fluids (e.g. blood, saliva, sweat) • Dirty feet 	<ul style="list-style-type: none"> • Comply with Infection Control Guideline. Students with open cuts and abrasions are to be removed from the activity and treated immediately. If bleeding cannot be controlled completely, the participant should not be allowed to return to the activity. All clothing, equipment and surfaces contaminated by blood should be treated as potentially infectious • Have sufficient and suitable containment material (bandages etc.) readily available. • Note that students should wear socks when on trampoline. 	<input type="checkbox"/>	<input type="checkbox"/>	
Environmental conditions <ul style="list-style-type: none"> • Temperature • Surrounds 	<ul style="list-style-type: none"> • Assess weather conditions before and during activity (temperature etc.) • Ensure nothing is under trampoline. 	<input type="checkbox"/>	<input type="checkbox"/>	

Hazards/risks	Control measures	Yes	No	Implementation plan / Additional controls
<ul style="list-style-type: none"> Equipment Surfaces (uneven, hot, abrasive) 	<ul style="list-style-type: none"> Check equipment (springs, mat, padding etc) before and during use. Disinfect all mats and padding before and after use, or when required. Trampoline must be clean, dry and clear of debris. Trampoline must be erected on a level surface with a clear space on all four sides. Ensure that exposed hard surfaces (concrete, wooden floors etc.) surrounding trampoline are covered during use of the equipment. 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
<p>Heights/ falling objects</p> <ul style="list-style-type: none"> Students may reach 8m in the air Falling off trampoline 	<ul style="list-style-type: none"> Ensure that there is padding on trampoline. Ensure that there is padding on floor. Ensure there are spotters (1 on each side). Cover instruction in rules, safety procedures and prerequisite skills before students engage in the activity. Ensure students dismount by climbing off trampoline (not jumping). Restrict access to trampolines when not in use. Consider using enclosed trampolines. 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
<p>Physical exertion</p> <ul style="list-style-type: none"> Strains and sprains Fatigue 	<ul style="list-style-type: none"> Have appropriate warm-up and warm-down activities. Follow progressive and sequential skills development. Have ice packs available. Continuously monitor students for signs of fatigue and exhaustion. Note that long hair should be tied back and clothing should be checked for appropriateness (no shoes, belts, jewellery, jeans etc.). 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
<p>Students</p> <ul style="list-style-type: none"> Special needs 	<ul style="list-style-type: none"> Obtain parental permission, including relevant medical information. 	<input type="checkbox"/>	<input type="checkbox"/>	

Approval	
<input type="checkbox"/>	Approved as submitted:
<input type="checkbox"/>	Approved with the following condition(s):
<input type="checkbox"/>	Not approved for the following reason(s):
By:	Designation:
Signed:	Date:
Once approved, activity details should be entered into the School Curriculum Activity Register by administrative staff.	
	Reference No.

Monitor and review <i>To be completed during and/or after the activity and/or at the completion of the series of activities.</i>	Yes	No
Are the control measures still effective?	<input type="checkbox"/>	<input type="checkbox"/>
Have there been any changes?	<input type="checkbox"/>	<input type="checkbox"/>
Are further actions required?	<input type="checkbox"/>	<input type="checkbox"/>
Details:		

Important Links

- SCM-PR-002: School Excursions
<http://education.qld.gov.au/strategic/epr/schools/scmpr002/>
- HLS-PR-003: First Aid
<http://education.qld.gov.au/strategic/epr/health/hlspr003/>
- HLS-PR-004: Infection Control and Management of Prescribed Contagious Conditions
<http://education.qld.gov.au/strategic/epr/health/hlspr004/>
- Infection Control Guideline
http://education.qld.gov.au/health/pdfs/healthsafety/infection_control_guideline.pdf
- HLS-PR-005: Health and Safety Incident Recording and Notification
<http://education.qld.gov.au/strategic/epr/health/hlspr005/>
- HLS-PR-013: Developing a Sun Safety Strategy
<http://education.qld.gov.au/strategic/epr/health/hlspr013/>
- HRM-PR-010: Working with Children Check - Blue Cards
<http://education.qld.gov.au/strategic/epr/hr/hrmpr010/>
- HLS-PR-006: Managing Occupational Risks with Chemicals
<http://education.qld.gov.au/strategic/epr/health/hlspr006/hs16.pdf>
- Gymnastics Australia
<http://www.gymnastics.org.au/>

Further information

For further information on incorporating risk management strategies into curriculum activity planning refer to [HLS-PR-012 Managing Risks in Curriculum Activities](#) and the associated list of [Curriculum Activity Risk Assessment Guidelines](#). (See: <http://education.qld.gov.au/strategic/epr/health/hlspr012/index1.html>)

For further support with risk management training and advice, contact trained staff in schools such as Workplace Health and Safety Officers (WHSOs) and Workplace Health and Safety Representatives (WHSRs), and regional staff such as Senior Health and Safety Consultants.