

JUMPING ON A TRAMPOLINE

Jumping and Landing safely

When the days get warmer, children love going outside. Their trampoline is already waiting in the garden. For children, jumping is more than just a game. Jumping makes children happy because it gives them a feeling of freedom.

At the same time, children practice:

- balance
- coordinated full-body movement
- endurance

Trampoline jumping has many benefits. But it also comes with risks. In this newsletter, you will learn how your children can use a trampoline safely.

10-minute reading time | #PlayAndSports #SafeJumping #StrongKids #SafetyFirst #ActiveLifestyle #Weightless #FamilyFun



Dear parents,

Especially in spring, children are eager to get back on the trampoline. Trampolines encourage movement and physical activity. However, doctors advise caution.

Children are often not yet able to judge their own limits.

That is why it is important for children to learn trampoline jumping step by step.

Clear rules are part of this process.

Experts report more than 90,000 emergency room visits per year in the USA. Accidents are also increasing in Germany.

In many cases, children even need surgery.

Common injuries include:

- broken bones
- sprains
- head injuries
- back injuries

Many adults and children do not realize this: Trampolines are actually complex sports equipment.

Children first need proper instruction before using them. One especially dangerous risk is the so-called "catapult effect."

This happens when:

Several children with different body weights jump at the same time. Lighter children can suddenly be thrown into the air.

Damaged padding or unsecured safety nets can also be dangerous. Has your child had an accident on the trampoline?

Then take them to a doctor or call an ambulance.

Especially in the following cases:

- dizziness
- nausea
- severe pain

Please explain the following trampoline rules to your child.



ALLGEMEINE TIPPS

Only one child at a time

Always allow only one child to jump at a time.

This helps prevent collisions.

It also prevents children from jumping too high.

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Jumping only from age 6

Trampoline jumping is only suitable for children aged 6 and older.

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Time

For children between the ages of 6 and 12, a maximum jumping duration of 20 to 30 minutes per session is recommended.

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Install safety nets

Make sure there are safety nets and protective edge covers.

This prevents children from falling off.

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Take breaks

Children should take regular breaks.

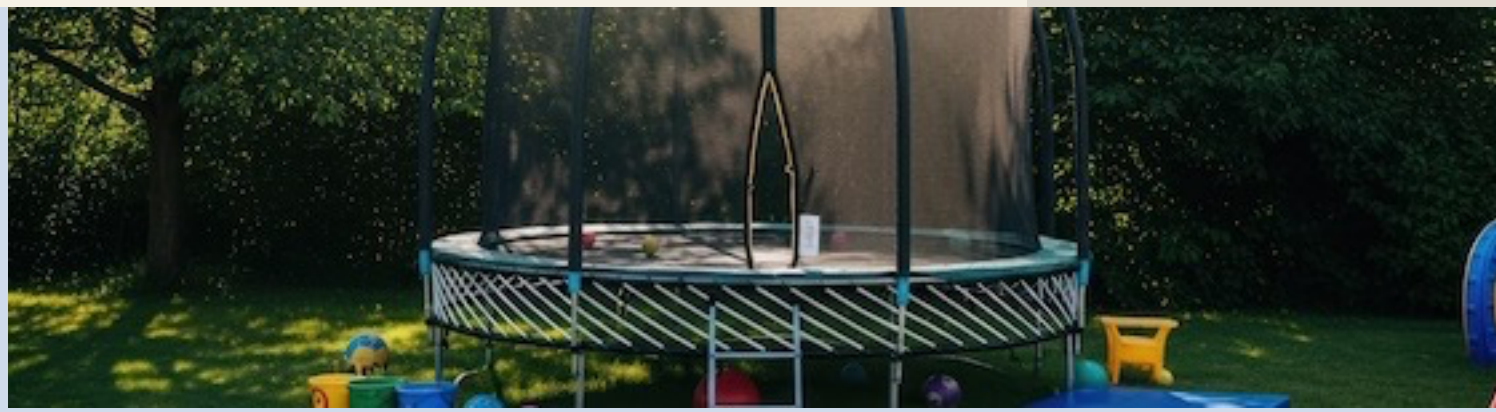
This helps them stay focused.

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Jump barefoot –

Let your child jump without shoes or while wearing non-slip socks.

Children have better grip without shoes.



PRACTICAL TIP

Freeze Dance

Do you know the game Freeze Dance? Here is how it works: All children dance while music is playing. Suddenly, the music stops. Then everyone has to freeze in place. Sometimes the poses look very funny. Freeze Dance can also be played on a trampoline. But be careful: Only one child jumps on the trampoline while the music is playing. The others dance outside the trampoline.

Who can land safely like a statue when the music stops?

How it works:

- Check everything first: Make sure: all pockets are empty, all children are barefoot or wearing non-slip socks, the safety net is properly closed.
- Turn on the music: The first child climbs onto the trampoline. The music starts. The child dances and jumps to the music. The others dance outside the trampoline.
- Stop! As soon as the music stops, the child tries to land safely on both feet.
- Successful landing? A small bounce afterward is okay as long as the child stays balanced and safe. Anyone who falls or stumbles into the net has to take a short break.
- Next child: After each music stop, it is another child's turn.
- Important: The next child may only enter the trampoline once it is completely empty.



Jumping is good for both body and mind.

HEALTH TIP FOR PARENTS

Healthy children need healthy parents

Trampoline jumping is also great for adults. Jumping is an excellent workout for the whole body. A good routine is 10 minutes, 3 times per week.

Benefits of jumping:

- strengthens the back
- helps reduce stress
- improves mood

Would you like to try jumping with professional instruction? Then look for local offers. You can find classes:

- at fitness studios

These classes often use small trampolines with handlebars.

- at trampoline parks

Many parks offer classes for adults. There, you can learn how to improve posture and jump safely with guidance.



You can find more health tips for the whole family on [our website](#).



More Information

Would you like to have your trampoline checked for safety?

Then contact the TÜV Association.

Click the following link:

[HERE](#).

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Even more ways to stay active at home...

Powerversum: Take a look at our short videos with Fero! You'll find great exercise tips for kids that can easily be incorporated into everyday life.

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Podcast "Hör Dich Fit": In Season 2, five exciting episodes focus entirely on the topic of physical activity. Perfect for listening and joining in together!

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Would you like to learn more about children's health?

Then follow us on **social media**.

Best regards,

The RAKUNS Team



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Stiftung Kindergesundheit
c/o Dr. von Haunersches Kinderspital
Lindwurmstr. 4
80337 München
+49 89 356 479 09
rakuns@kindergesundheit.de

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