



CANADIAN FREESTYLE SKI ASSOCIATION
ASSOCIATION CANADIENNE DE SKI ACROBATIQUE

SUITE 321, 1367 WEST BROADWAY, VANCOUVER, BRITISH COLUMBIA V6H 4A9
TEL.: (604) 714-2233 FAX: (604) 714-2232 E-mail: info@freestyleski.com

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Canadian Freestyle Ski Association
"Backyard" Trampoline Policy

1.0 Preamble

There has been a significant increase in clubs asking to have trampoline activities sanctioned in environments other than water ramps or secure gymnastic facilities.

Trampolines represent a significant risk to our members and, as such, if approval by way of sanction certificates are to be issued there must be strict guidelines in place to ensure that our members are using safe equipment, are being taught skills by competent coaches and are properly supervised.

This policy document has been drafted to define the conditions under which the Canadian Freestyle Ski Association (CFSA), the national governing body for freestyle skiing in Canada, will approve and sanction trampoline activities for CFSA members in these "other" environments.

2.0 Activities within the sanctioned area.

The CFSA will provide approval and sanctioning of trampoline activities in "other" environments under the following conditions:

1. Written authority to use the trampoline in environments other than secure gymnasia must be obtained from the owner of the property in question. A Copy of this written agreement must be supplied to the CFSA. Permission to use the trampoline may require the coaches and athletes to sign waivers or hold harmless agreements as a condition of use of the apparatus.
2. All training activities must be conducted under the supervision of a coach with the minimum appropriate training and certification from either the Gymnastics Canada Trampoline Coach Certification Program or as outlined in the CFSA "Air Manual".
3. Coaches are to follow the skill training progressions as outlined by the GymCan and CFSA coach training programs. (Basic upright skill - NCCP Level 1 Trampoline; and Introduction to Inverts - NCCP Level 2 Trampoline.)
4. Coaches must assess an athlete's skill level and determine if his/her skill level is appropriate for new tricks. Coaches should limit the athlete's skills if the athlete does not exhibit the appropriate skill level.

3.0 The Environment

The Apparatus must be set up in a way that there will be no risk to the athlete of striking anything in the immediate vicinity of the trampoline. I.e. the trampoline shall be set up clear of any wires, branches or structures and the area surrounding the trampoline shall be free and clear of obstacles that may impede the athlete, spotters or coach.

The Apparatus

- All trampolines and alternative spotting systems shall only be used as per their manufacturer's specification and instructions.
- There must be sufficient padding such that that no part of the trampoline frame or any metal or other hard surface within "striking distance" of athlete shall be exposed to the athlete.

4.0 Apparatus Inspection

If the apparatus is outside it will be susceptible to damage and deterioration from the elements (sun, wind, precipitation and changing temperatures).

The Coach must inspect the trampoline and peripheral apparatus prior to each training session to ensure it is safe for training.

The coach shall ensure:

- that the frame is properly set up and that all nuts, bolts, washers, support bars, shims and any and all other stabilizing equipment is in place, is tight and secure. The coach shall also check that there are no cracks in the frame or frame welds and that there is no excessive rust and that there are no sharp areas or burrs that may injure the athletes or spotters.
- the frame padding is secure and that all straps and Velcro or other padding retention system is in good condition.
- that, if end decks are in use, the decks are solid and that the necessary padding is in good condition and is held securely in place.
- the springs or bungees are in place, intact and in the case of springs that all spring hooks are placed downwards.
- that all frames, anchor points, pulleys, ropes, bungees, carabiners, and spotting belts for the overhead spotting system are secure and in good working order.
- that, if there are padded walls on the side(s) of the trampoline, the pads are in good condition and securely fastened to the walls.
- if there is a perimeter netting system that the netting, ropes, bungees, frame and padding is all secure and in good condition.

5.0 Apparatus Storage

The club must describe how the apparatus shall be stored in manner that will not allow it to be used when not being used for sanctioned training.

6.0 Spotting requirements

There must be a minimum of one spotter on each "open" side of the trampoline. (i.e. a side that does not have netting or a padded wall).

The spotting requirement shall be waived if the athlete is supported by an overhead spotting rig (coach/rope supported or bungee).

The person operating the spotting rig must be properly trained to spot an athlete while performing inverted maneuvers on the trampoline.

Summary of conditions for sanctioning

In addition to information normally required in the "CFSA Request for Activity Sanction", the club shall provide:

- Written permission from the property owner for use of the trampoline on the property.
- A list of coaches engaged to supervise the training including the coaches' respective levels of certification.
- Photographs of the apparatus and its overall environment
- A list of equipment including make and size of the trampoline, the height of the frame from the floor, and the date of manufacture, and the type and name (if different from the trampoline) of the manufacturer of the overhead spotting apparatus.

