

# Trampoline Safety Guide

Clear safety rules, care advice, and professional maintenance guidance for Australian families.

**Important safety notice:** Trampolines can cause serious injury if used incorrectly. This guide provides general safety information only and does not replace the manufacturer's instructions for your specific trampoline model.

## Quick Safety Rules

- **Adult supervision** is required at all times.
- **One jumper only** on the trampoline.
- **No flips or somersaults** at any time.
- **No jumping on or off** the trampoline.
- **Zip or door must be closed** before use.

## 1) Everyday Trampoline Safety Rules

- Only one person on the trampoline at a time.
- Constant adult supervision is required.
- No shoes, jewellery, toys, food, or pets on the trampoline.
- Always jump in the centre of the mat.
- Do not attempt flips, somersaults, or risky tricks.
- Enter and exit carefully — never jump on or off.


## 2) Weather, Wind and Security

- Do not use the trampoline during strong winds, storms, or wet conditions.
- Secure or anchor the trampoline as recommended by the manufacturer.
- Remove the ladder when the trampoline is not in use to prevent unsupervised access.
- Inspect the trampoline after storms or extreme weather before allowing use.

## 3) Trampoline Care and Maintenance Tips

- Install and maintain the trampoline in the correct location, following the manufacturer's manual.
- Check the trampoline before every use (net, zip, padding, mat, springs/rods, and frame).
- Follow the manufacturer's recommended weight limit at all times.
- Keep the trampoline clean and free of leaves, dirt, and debris.
- Perform seasonal care checks, especially after long periods of non-use.
- Replace worn, damaged, or missing parts immediately using approved replacement parts only.

## 4) Professional Safety & Maintenance Checks

- Have your trampoline professionally inspected by a qualified trampoline technician every **six months**.
- Professional checks should include frame integrity, structural alignment, fixings, nets, padding, mat condition, and anchors.
- A professional inspection is strongly recommended after severe weather, relocation, or extended heavy use.
- Using a professional service helps extend trampoline life and reduces the risk of injury due to hidden wear 

## Trampoline House Rules

1 jumper at a time only  
Adult supervision required  
No flips or somersaults  
No jumping on or off  
No shoes or jewellery  
Zip/door closed before use

For professional assembly, inspections, or maintenance, contact [TrampolineAssembly.com.au](https://TrampolineAssembly.com.au)