

**Council Approval:** Required

**Activity Permitted For:** B J C S A

**Activity Not Permitted:** Daisies



### About Indoor Trampolines

Indoor trampolines make for a fun and exciting activity. Indoor trampolines are typically offered in an enclosed gymnasium-like space with several different trampolines of varying sizes and shapes. Sometimes a facility is equipped to connect trampolines and turn an entire room into one massive trampoline. Indoor trampoline courts are contained, low-impact, and adjustable to the size and skill level of participants.

Indoor trampoline parks have padded walls and soft (sometimes foam) pits and landing areas and feature huge trampolines divided into sections for individual bouncers. Most offer other activities, such as pits filled with foam cubes to jump into, and trampoline basketball courts.

There should always be a trained staff member around to monitor the group size and ages to make sure proper grade levels are kept where they belong. Trained staff members will also monitor the safe behavior and the overall well-being of participants. If possible, check ahead of time to determine that the facility maintains clean and sanitary equipment, particularly equipment used regularly and often by young children.

The American Academy of Orthopedic Surgeons specifically states that trampoline jumping is unsafe for the skeletal frame of children six years old and younger. For this reason, Daisies are not permitted to participate in indoor trampoline activities. Also, there are a high number of incidents and significant injuries associated with outdoor or make-shift trampolines that are set up on temporary stilts or a metal frame. For this reason, both outdoor trampolines and personally owned trampolines are not permitted.

#### Learn More:

- [International Association of Trampoline Parks](#)

### Making Activities Accessible

In order to make your activity accessible to girls of all abilities, it's important to communicate with all girl attendees and their caregivers to learn about and accommodate their varied support needs. For resources and information on accessible sport and adventure activities, visit [Move United](#).

## Equity

In addition to physical and social-emotional disabilities, consider the history, culture, and past experiences of the girls in your troop that could affect a girl's ability to equally participate in an activity. Work with girls and families to understand how an activity is perceived. Ensure that all girls and their families feel comfortable that they have access to whatever is needed to fully participate, such as the proper equipment, prior experiences, and skills needed to enjoy the activity.

## Safety Activity Checkpoints

**Standard Safety Guidelines.** Refer to the "Standard Safety Guidelines" in the [Introduction to Safety Activity Checkpoints](#) which apply to all Girl Scout gatherings and activities. When the adult-to-girl ratio, or other safety parameters, are stricter for a specific activity than in the Standard Safety Guidelines, always follow the stricter parameters in the activity chapter.

**Coronavirus Safety in Girl Scouts.** Health and safety in Girl Scouts are always our highest priority. Although California's State of Emergency is over, COVID-19 has not gone away. Members of our Girl Scout community continue to contract COVID-19.

GSNorCal continues to update the latest COVID-19 guidelines specific to the topics that touch our lives in Girl Scouts, e.g., troop meetings and activities, camping, day trips, and domestic and international travel. The GSNorCal website is the first place to go for health and safety practices in Girl Scouting. You can access the latest guidelines here: [GSNorCal COVID-19 Guidelines](#).

Another excellent source of guidance to follow when planning camping trips is the American Camp Association's [COVID-19 Resource Center for Camps](#).

There is also more on coronavirus safety in the Camping Safety Activity Checkpoint. [ [insert embedded link](#) ]

**Emergency Action Plan (EAP).** Review and document your Emergency Action Plan (EAP) ahead of time before taking girls out for this activity. Think through scenarios of what can go wrong such as an accident, physical injury to a girl or adult, missing girl, sudden illness, or sudden weather or water emergencies.

**Safeguard valuables.** Do not leave personal belongings and valuables unattended in a public place. Most indoor trampoline facilities provide a locker area for personal belongings. Check with the facility ahead of time about cost and availability of the facility's storage amenities.

**Ensure girls learn how to trampoline safely.** All participants will be given instruction in safety and jumping rules. All legitimate centers provide instruction; it is up to the adult organizing the activity to ensure it takes place. The operator must ensure that each participant receives instruction (in-person or video training) about potential risks and safety guidelines. Participants/guardians will sign a waiver that they have received the training.

**Obey rules.** There should be clearly posted rules that prohibit roughhousing, double bouncing (when two jumpers land close to each other at the same time), and clothing that could be dangerous, such as belt buckles and studs, and loose objects like key chains and dangling earrings.

**Check equipment.** Padding should completely cover all trampoline springs. There should be a system of nets below the trampolines. If the park has a foam pit, it should have a trampoline bed underneath it.

**Review the [GSNorCal Approved Vendor List](#)** for indoor trampoline vendors approved for use.

### Learn and follow common safety rules for indoor trampoline:

- Nothing (including gum or candy) should be in mouths while on the trampoline court.
- Pockets should be emptied entirely.

- Girls should not sit or lie on the court. To rest, exit the court.
- No pushing, running, racing, or horseplay of any kind.
- No touching or hanging on the top pads on the court.
- Be in control of your body at all times.
- Jumpers should be separated by size to the greatest degree possible.
- Be aware of those around you and jump with people of similar size.

## Girl Scouts of Northern California's Approval Process for going to an Indoor Trampoline Park

Going to an Indoor Trampoline Park is considered a high-adventure activity and must be pre-approved by the council.

- **Trip or High-Adventure Approval Form:** Submit the online [Trip or High-Adventure Approval Form](#) to council at least 4-6 weeks prior to your activity. Gather the following information to complete this form:
  - Confirmation that your chaperones are registered members of Girl Scouts of Northern California, have a current background check, completed the troop chaperone course and troop driver course (if transporting girls), and completed the [California State Mandated Reporter Training](#). Troop Leaders can find this information in their [Volunteer Toolkit](#).
  - Name of First Aider and a copy of their current CPR/First Aid certification card. Certification needs to be renewed every two years. If you are hiking or backpacking farther than 30 minutes from a medical facility, please have the information of the member, who is certified in Wilderness First Aid, accompanying your troop.
  - Confirm that the necessary online and in-person courses have been completed for this trip. You can find more information or register for these courses in your [Volunteer Learning Portal](#) in the section called Trip & Outdoor Advisor.
    - The **Trip & Outdoor Advisor Course** is required for all overnight and [high-adventure activities](#).
    - The **Camp Out course** is required for all camping trips that involve advanced outdoor cooking or camping trip with girls to a campground or other non-GSNorCal outdoor facility for longer than 1 night without indoor plumbing and electricity. Girls should have already had practice sleeping and cooking outdoors.
    - The **Extended Trips course** is required for troops traveling three (3) nights or more.
    - The **Backpacking course** is required before you take girls on an overnight backpacking adventure.
- **High-Adventure Approved Vendor List:** GSNorCal troops must select a high-adventure vendor from the [High-Adventure Approved Vendor List](#), which consists of organizations that meet Girl Scouts safety and insurance requirements for the activity. For the safety of our members, before a troop uses a high-adventure site/vendor for a troop or service unit event, the council must approve the high-adventure site/vendor. This process is designed to ensure a safe experience and protect the council's and volunteer's legal interests.