

# Backyard trampoline safety

Backyard trampolines are popular in Canada. However, using them can lead to serious injuries.



## Trampoline-related injuries

The [Canadian Paediatric Society](#) and [Parachute Canada](#) recommend against the use of recreational trampolines at home because of the potential for serious injury. Trampoline-related injuries can range in severity from minor to life changing. Possible injuries include:

- cuts and bruises
- dislocations and sprains
- broken bones
- back and neck injuries
- head injuries
- permanent disability and death

Trampoline-related injuries can happen from:

- landing the wrong way
- attempting flips and somersaults
- coming into contact with the springs or frame
- falling, jumping or being pushed off the trampoline
- jumpers colliding when more than one person is on the trampoline

Somersaults and flips can cause permanent spine injuries. Do not try these on a trampoline at home or in another recreational setting.

## Safety tips for trampolines



If you choose to use a trampoline, be aware of the safety risks and take steps for safer use. Before setting up your trampoline, read the manufacturer's instructions and follow all guidelines for safe set up and use.

### Location and set up

- Set up the trampoline on flat, level ground.
- Choose a location that's safely away from potential hazards like trees, play structures, buildings, fences, overhead powerlines and bodies of water.
- Allow at least 2 metres of clearance around the sides and 8 metres of overhead space.
- Use a trampoline safety net to help reduce the risk of injuries from falls off the trampoline.

**Trampoline safety nets** are designed to prevent jumpers from falling off the trampoline and hitting the ground. However, most trampoline injuries happen on the trampoline mat during jumping. While nets can reduce the risk of certain types of accidents, they don't prevent most trampoline-related injuries.

### Maintenance

- Before each use check that the:
  - frame is undamaged
  - springs are securely attached
  - leg braces are locked and secure
  - padding is securely fastened and intact
  - jumping surface is free of holes, tears and wear
- Replace any worn or damaged parts immediately.

## Supervision and safer use

- Make sure there is active adult supervision during use.
- Don't allow children under six years of age to use a trampoline.
- Make sure only one person jumps at a time.
- Keep toys and other objects off the trampoline and make sure the ground underneath is clear of any objects.
- Don't jump onto a trampoline from a higher place or use it as a springboard to jump onto something else.
- If using a trampoline with springs, make sure that it has shock-absorbing pads that completely cover the springs, hooks and frame.

## Stay informed

Before buying, check for product recalls at [Canada.ca/recalls](https://Canada.ca/recalls).

You can also report an incident involving a trampoline or other consumer product at [Canada.ca/report-a-product](https://Canada.ca/report-a-product).

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**Learn more:** [Canada.ca/product-safety](https://Canada.ca/product-safety)