

SUPERVISION OF SPECIALISED ACTIVITIES

RULES FOR CAMP ACTIVITIES: TRAMPOLINING

The Supervisor must be seated or standing next to trampoline at all times and have both trampolines in clear view...do not move the chair or benches into the area between the trampolines as they then become hazards!

A. Leader/Supervisor

1. Keep alert:
 - a) to what the current users are doing
 - b) that people around the trampolines are at a safe distance
2. Be strict with rules, especially at changeover time.
3. Use time lengths that are fair to e.g. a 2 minute rotation is appropriate.

B. Rules for Use

1. **One person at a time** on a trampoline mat.
2. **Socks to be worn** (not bare feet or shoes)
3. **Bounce in the middle of trampoline.**
4. **Don't exceed your capabilities.** Don't be influenced by friends to try something out of your range!
5. **Don't sit on the surrounds of trampoline.**
6. **Make sure the previous user is off before you get on and that you step off the trampoline at the end of your turn. (Don't jump off).**
7. **Must be supervised at all times by staff member or teacher who is familiar with the rules here.**
8. **No knee drops!**
9. **No flips!**

C. Safety

Note: Injuries normally result from an awkward landing *on the mat*. Be wary of people with weak knees or ankles or who are recovering from a skeletal or muscular injury. These tend to be prone to more frequent problems.

NB: If an injury occurs ensure that the person jumping on the other mat stops jumping and that all of the campers are safe before attending to the injured camper.

SUPERVISION OF SPECIALISED ACTIVITIES

RULES FOR CAMP ACTIVITIES: SWIMMING POOL

A. Leader/Supervisor

1. Never be distracted from watching the pool.
2. Must be standing at all times.
3. Be strict with the rules. Use time out as penalties.
4. Do not shout instructions from the grass area - people in the pool rarely hear. Use a whistle to attract attention and give instructions clearly.
5. Ensure swimmers read safety sign before entering the water.
6. Ratios: 1:12 or 2:20. Maximum of 20 campers.

B. Campers

1. No glass containers in pool enclosure please.
2. No diving, dunking, or bombs (the pool is too shallow).
3. No running on concrete.
4. No excessive splashing – keep water in the pool as much as possible.
5. No shoulder rides.
6. Be clean before entering pool.
7. No pushing people into the pool.
8. The pool is not a toilet.

NB: If an injury occurs ensure that all other campers get out of the pool and are not in any danger before attending to the injured camper.