

# REGULATION

## MONTGOMERY COUNTY PUBLIC SCHOOLS

---

**Related Entries:** EBH-RA

**Responsible Office:** Curriculum and Instructional Programs

### The Use of Trampolines in Physical Education Classes

#### I. PURPOSE

To publish procedures about trampoline instruction as a part of the physical education program and outline procedures defining staff responsibilities

#### II. PROCEDURES

- A. The principal, or designee, is responsible for assuring that students are permitted to participate in trampoline activities only with written parental consent. (MCPS Form 345-77: *Permission for Student Participation in Trampoline Activities*)
- B. The physical education teacher who gives trampoline instruction is responsible for:
  1. Having professional preparation in the teaching of trampolining
  2. Instructing students in (a) the normal sequential progressions of stunts; (b) spotting techniques (where appropriate) and safety precautions in the use of trampolines; and (c) requiring strict observance of safety rules
  3. Supervising directly all trampoline activity. (Supervision means direct teacher observation of the activity including the use of trained spotters around the trampoline.)
  4. Prohibiting a student from participating in trampoline instruction who does not have written parent/guardian consent and providing an appropriate alternative program. Teachers will inform students of this option prior to the instruction. (Note: The substitution of an activity in lieu of trampoline instruction is to have no adverse effect on the student's physical education grade.)
  5. Providing preplanned emergency care for injuries

6. Reporting accidents in accordance with MCPS Regulation EBH-RA: *Reporting Student Accidents*
  7. Making necessary provisions for security against unsupervised use of the trampoline. The trampoline must be locked or stored in a locked room when not in use.
  8. Ensuring that the somersault is only permitted with the teacher spotting and by students who have, through the normal progression of stunts, demonstrated skill appropriate for this advanced level of performance. If special opportunities exist in the physical education program for advanced students with demonstrated proficiency, the foot-to-foot somersault and its progressions may be taught if a safety harness is used and if the objective clearly is not to wean the student away from the harness to execute skills involving the somersault. The safety harness must be controlled by persons trained and capable for this task.
- C. Teachers have the option of not teaching trampoline activities if they so choose.
- D. The Employee and Retiree Service Center is responsible for keeping the coordinator of physical education informed of reported accidents in physical education classes and organized athletic programs.
- E. The coordinator of physical education is responsible for reviewing reports of accidents in physical education programs and for planning with school staffs possible preventive measures to preclude recurrence of accidents.
- F. Use of the minitrampoline is forbidden in all physical education classes and afterschool activities.
- G. Outside groups/agencies are not permitted to use MCPS trampolines.
- H. Students who have reached the age of majority (18 years of age or older) or are married do not require parental approval.

*Administrative History:* Formerly Regulation No. 505-8, February 8, 1980; revised May 2, 1988; revised July 19, 2004.