

# Log Cabin Camp

## ACTIVITIES INSTRUCTIONS

### TRAMPOLINES

#### DESCRIPTION

Using the two in ground trampolines is always a popular activity. Only limited by people's imagination's as participants challenge every muscle in their body. Leaders are invited to test the skills of participants with games and movements.

With trampolining strict adherence to the rules is always important. Rules are as follows:-



#### SAFETY GUIDELINES

- Only to be used under adult supervision.
- No shoes to be worn when trampolining.
- One participant per trampoline.
- Participants must not attempt dangerous moves they haven't tried before.
- Waiting participants should remain clear of the trampoline.
- At end of turn, **step off** the trampoline, **do not jump off**.
- No jumping after dark.

#### LOCATION

The trampolines are located to the east of the main hall.

#### AGE SUITABILITY

The activity is suitable for participants of general good health and participants jump at their own risk

#### RATIO

There must be at least one Instructor/Leader supervising the trampolines whenever in use.

#### INSTRUCTOR EXPERIENCE

Previous experience supervising small groups in recreation activities would be an advantage, but is not essential.

#### ASSISTING LEADERS EXPERIENCE

No previous experience is required for an assistant. An assisting Leader is not essential for this activity, but if one is available can be very useful.

#### PARTICIPANT EXPERIENCE

No previous experience in the activity is required.

#### INSTRUCTOR RESPONSIBILITY

The Instructor is responsible for camper supervision and behaviour at all times. The Instructor is responsible for ensuring that every participant has a fair turn on the trampolines and for adhering to Log Cabin Camps rules for the use of the trampolines.

**PARTICIPANTS RESPONSIBILITY**

Participants are responsible for adhering to the instructions of the instructor.

**PARTICIPANTS CLOTHING AND ACCESSORIES**

Sunscreen, sun hat, when necessary.

**FIRST AID REQUIREMENTS**

The location of the activity is on the campsite, so if any injury should occur the designated camp first aider should be consulted.

