Eugene School District Guidelines for Use of Mini-Trampolines in the Classroom

Mini-trampolines are to be used ONLY by students for whom a school-based physical or occupational therapist has made the recommendation. There must be written instructions (see below) provided by the physical or occupational therapist. Qualifying students may use the mini-trampoline only when DIRECTLY supervised by the therapist or classroom staff who have been trained and authorized by the therapist (see below).

Mini-trampolines may NOT be used:

1. By a student who does not have a signed recommendation (below)
2. By a student when not directly supervised
3. By any student or staff for recreational purposes (i.e. acrobatics)

Therapist's Recommendations for Mini-Trampoline Use

Student Name: _____ Location of Trampoline: _____

I recommend this student use the mini-trampoline for the following benefits:

___ Improve muscle tone ___ As a calming strategy ___ Increase alertness

___ As a sensory break ___ Improved muscle strength ___ Improve cardiovascular endurance

___ Improve motor coordination

Frequency: _____
(i.e. daily, 3X day)

Duration: _____
(i.e. 5 min., "no more than 10 min. at a time")

Additional Instructions (ie. Student holds on to safety bar, two foot jumping only)

_____

The following classroom staff members are authorized to supervise this student on the trampoline:

Teacher	Other Staff	Other Staff
Therapist's Printed Name	Therapist's Signature/credential	

Trampoline Safety Check

To be conducted at least once a year

Trampoline has rubber feet or is placed on a non-slip surface when in use ___yes ___no

Trampoline is stable when in use ___yes ___no

Trampoline is in good condition (i.e. no exposed springs or hardware) ___yes ___no

I would feel safe jumping on this trampoline ___yes ___no

_____ _____

Therapist Signature Date

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