



# TRAMPOLINES – NO SAFE WAY!

**Helen DeVos Children's Hospital and SAFE KIDS Greater Grand Rapids, in accordance with the American Academy of Pediatrics, DOES NOT recommend the use of home trampolines for kids or adults of any age.**

## FACTS

- In 2001 there were nearly 92,000 hospital emergency room-related injuries associated with trampolines.
- Most kids injured on trampolines are between the ages of 6-15.
- Most trampoline injuries and deaths are caused by the following:
  - Colliding with another person while jumping
  - Landing improperly while jumping or doing stunts
  - Falling or jumping off
- Almost 75% of injuries result when more than 1 person is on the trampoline at the same time.
- When 2 people are using the trampoline, the person weighing less is 5 times more likely to be injured than the heavier person.
- More than 50% of trampoline injuries happen under direct adult supervision
- What you need to know about your **homeowners insurance** & trampolines:
  - Many insurance carriers won't provide coverage for home trampolines
  - Many insurance carriers will cancel your policy if they find out you have a trampoline whether somebody is injured or not
  - If there is an accident on your trampoline and you don't have specific coverage for the trampoline, your homeowners insurance can be cancelled
  - Owning a trampoline can increase your homeowners insurance by up to 100%
  - Many insurance carriers that will cover your trampoline require very specific safety standards. If there is an injury on your trampoline and you were not following those guidelines your claim may be denied and/or your insurance cancelled.

*Information on this sheet provided by:  
American Academy of Pediatrics, Consumer Products Safety Commission &  
Several local insurance agents in Kent County*