



DEPARTMENT OF THE ARMY
US ARMY INSTALLATION MANAGEMENT COMMAND
HEADQUARTERS, UNITED STATES ARMY GARRISON, FT MYER
204 LEE AVENUE
FORT MYER, VIRGINIA 22211-1199

REPLY TO
ATTENTION OF

19 Feb 13

IMMH-SO

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Joint Base Myer-Henderson Hall (JBM-HH) Policy Memorandum SO-8, Trampolines at Army Family Housing (AFH)

1. REFERENCES.

- a. U.S. Consumer Product Safety Commission, September 2000
- b. AR 385-10, The Army Safety Program
- c. Marine Corps Order 5100.30B, Marine Corps Recreation and Off-Duty Safety (RDOS) Program

2. PURPOSE. To establish a policy regarding trampoline use for all personnel residing in AFH and barracks.

3. APPLICABILITY. This policy applies to all residents of AFH and barracks in the JBM-HH community.

4. POLICY.

a. Trampolines may be authorized with the written approval of the Executive Management and Housing Directorate (EMHD) with following provisions:

(1) A responsible adult must supervise use of the trampoline at all times while in use.

(2) Trampolines should be set up and maintained in accordance with manufacturer's instructions. Protective fencing/netting must be used around the outer perimeter of the trampoline. The area above the trampoline should be free of obstructions for at least 20 feet, and the area surrounding the trampoline should be clear of obstructions for at least 10 feet. Ground under trampolines should be clear of objects and obstructions. Trampolines should be secured to ensure stability and to preclude injury to anyone in the vicinity. Additional safety recommendations are included in enclosure 1.

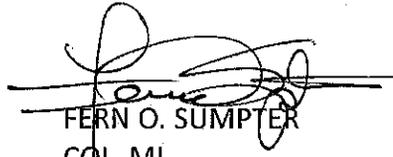
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b. Trampoline use in common areas is prohibited. Setup of these structures is limited to at least 30 feet away from common areas, i.e. buildings, trees and other play areas. The Joint Base Commander will direct immediate removal of privately-owned trampolines from common areas. Any unattended trampolines will be considered abandoned property and disposed of.

c. Failure to follow these policy requirements will result in termination of use of trampolines.

5. PROPONENT: The proponent and POC for this memorandum is the Director of Safety and Occupational Health, 703-696-6996.


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TRAMPOLINE USE IN ARMY FAMILY HOUSING

The U.S. Consumer Product Safety Commission (CPSC) reports that trampoline-related injuries have almost tripled since 1991. Children ages 6 to 14 comprise almost two thirds of the hospital emergency room injuries. Children under 6 were treated for about 15% of trampoline injuries in hospital emergency rooms. While infrequent, trampoline injuries can result in death. In fact, the CPSC has received reports of 11 deaths relating to trampoline use. Such injuries and death were caused by:

- Colliding with another person on the trampoline.
- Landing improperly while jumping or performing stunts on the trampoline.
- Falling or jumping off the trampoline.
- Falling on the trampoline springs or frame.

Most of the trampoline injuries occurred in private homes.

The following are measures that can be taken to avert serious injuries associated with trampoline use:

- Allow only one person on the trampoline at a time.
- Do not attempt or allow somersaults and stunts as these actions may result in landing on the head and/or neck causing paralysis.
- Do not use the trampoline without shock absorbing pads that completely cover its springs, hooks and the frame.
- Ensure trampoline is placed away from other structures, trees, and play areas.
- Children under the age of 6 years should not use full sized trampolines.
- Always supervise children who use trampolines.

Trampoline use should be an enjoyable experience for all who use them. While they are exciting play toys for both children and adults alike, trampolines are also extremely dangerous if not used as they were intended to be.

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