

Trampoline Permission
Elsass Academy North Central
831 Houston St.
Austin, TX 78756

Elsass Academy Summer Camp schedules weekly gymnastics at Crenshaw Athletic Club as part of the summer program. Gymnastic rotations include trampoline time. Trampolines are situated at ground level.

Trampoline Guidelines are as follows:

1. Safety mats surround each trampoline. Safety mats are routinely checked before each session to ensure they are in good condition.
2. Only one child is allowed on a trampoline at all times.
3. Children enter and exit the trampoline on the same side always.
4. Children are instructed and required to jump in the middle of the trampoline. An X is placed in the middle as visual aid.
5. Knee drops are not allowed in order to protect the back.
6. The trampoline rotation is typically 5 to 10 minutes. Children take turns jumping. Each child jumps approximately 5 minutes.
7. There are six trampolines and 3 to 4 coaches are supervising at any given time.

Child's Name: _____

(Please circle one)

I give / do not give permission for my child to use the trampolines at Crenshaw Athletic Club.

Parent Signature: _____ Date: _____