Do not write your answers in this booklet as this will not be marked.
All answers should be written in the space provided on the question paper.
Trampoline Safety

Trampolines may not be everyone's cup of tea, but their popularity is rapidly increasing in the UK. They are a form of healthy exercise as well as being great fun. However, people should stop and think before they rush off to the shops. It's always best to consider the safety implications before buying one, as the current boom in trampolining has led to an increase in accidents. That does not mean that people should not buy trampolines. Indeed, trampolines can help prevent obesity and can greatly improve muscle tone. Trampolining can be enjoyed safely if a few simple guidelines are followed.

Advice

Ensure that the trampoline comes with safety pads that completely cover the springs, hooks and the frame. The pads should be a contrasting colour to the mat. Consider models that have safety netting as this will reduce the chance of falling off the trampoline.

- Approximately 75% of injuries occur when more than one person is on the trampoline.
- The person weighing less is five times more likely to be injured.
- Children under six years old are particularly likely to injure themselves.
- Injuries can occur to all parts of the body, but head and neck injuries are the most serious.

Positioning

Choose a clear area, free from hazards such as trees, fences, washing lines or other equipment. There should be a safe fall zone surrounding the entire trampoline of at least 2.5 metres. Place the trampoline on soft energy absorbing ground (i.e. soft and springy lawn, bark wood chip, sand, crash mats or cushioning materials).

Using the trampoline

Never allow more than one person on the trampoline at the same time and always supervise children. No somersaults should be attempted and always climb off the trampoline, never bounce off.
Doctor's trampoline warning

Accident and Emergency doctors in Warrington are warning of the dangers of injury to children from accidents involving garden trampolines.

Warrington Hospital already treats in excess of 100 children a year following accidents on trampolines, with the majority of cases during the school holidays. Hospital staff are seeing a stream of injuries since the schools broke up at the end of July.

Dr Dave Geggie, A&E consultant at Warrington Hospital, said:

"We are in to the second week of the summer holidays and we are already seeing one to two trampoline injuries a day in the department. These range from serious head and spinal injuries through to minor cuts and bruises."

"It is important parents follow the safety advice and regularly check the trampoline. Their trampolines should have a safety net and should be properly maintained," advises Dr Geggie. "It is vital that ripped padding should be replaced, metal springs are kept free of rust and if a trampoline has a rip or hole that it is professionally repaired. Safety netting should be changed every year if it is left out over winter. Common sense and maintenance could prevent many of the injuries that we are seeing."

Accident figures available from 2002 by the Royal Society for the Prevention of Accidents (ROSPA)* showed 11,500 people in the UK were treated in hospital after an accident with a trampoline – an increase of more than 50 per cent over a five-year period. Accidents on trampolines at home had increased almost fourfold in the same time, with 4,200 under-15s being hurt in 2002.

Three quarters of injuries occur when more than one person is on the trampoline. The person weighing less is more likely to be injured. Small children up to five years old are particularly vulnerable as they are often propelled high into the air and can land heavily on the ground.

Dr Geggie concludes:

"It is important that there is parental supervision. Have only one child on at a time. This will not guarantee that accidents will not happen, but at least parents can call for emergency care immediately."

*The 2002 statistics provided by ROSPA are the latest, as the government stopped collecting accident statistics after that year.
# Discussion topic: Trampolines

<table>
<thead>
<tr>
<th>Username</th>
<th>Message</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fred G</td>
<td>Does anyone know if planning permission is required for trampolines in a pub garden? I am not against kids enjoying themselves or having fun but the pub next door has just installed a very large trampoline with high safety netting right next to my garden fence. The sound of squealing kids and the sight of them bouncing up and down watching us has spoilt our garden for us, and we feel we cannot have any privacy now. We used to get on with our neighbours. Not any longer!</td>
</tr>
<tr>
<td>Skip</td>
<td>All I can say is that it's a good job you don't live next to me as we have swings and a trampoline. Luckily for me my neighbours don't have a problem with it. My daughter has as much right to enjoy her garden as the neighbours do theirs.</td>
</tr>
<tr>
<td>Jack the lad</td>
<td>If my local pub installed a trampoline I would stop going to it. I don’t want lots of screaming kids when I’m having a drink.</td>
</tr>
<tr>
<td>Alice the Badger</td>
<td>You could try planting a conifer hedge, as they grow very quickly and would totally block the view from the pub play area. You could also campaign against it by distributing leaflets about the dangers of trampolining.</td>
</tr>
<tr>
<td>Jonno</td>
<td>We recently bought a trampoline and it was one of the best things I have done for my children because they now spend so little time in front of a laptop or TV screen. When their friends come round they head straight into the garden. We have had one visit to hospital, though, so it's not all good.</td>
</tr>
<tr>
<td>Lawyer Ann</td>
<td>Planning permission is not needed for a trampoline or netting. However, the landlord should be aware that there is potential to be sued if anyone is injured on a trampoline. Try speaking to the landlord as he may not be aware of this fact. You could also tell him that the chances are his insurance costs will increase dramatically.</td>
</tr>
<tr>
<td>SteveK2</td>
<td>Our local restaurant had a trampoline but ended up getting rid of it. Old fashioned swing boats have been put in instead and they are just as popular. They also put up badminton and basketball nets. Much safer than trampolines.</td>
</tr>
<tr>
<td>Botany Beth</td>
<td>We used to have a lovely lawn, but putting the trampoline on it has turned it into a bare patch of mud. No sunlight, no lawn!</td>
</tr>
<tr>
<td>Mum45</td>
<td>Trampolines are just bad news. What’s wrong with sand pits or seesaws?</td>
</tr>
</tbody>
</table>
DALET & STREMFORD INSURANCE

Your first port of call for insurance

You are in > home > trampoline insurance

TRAMPOLINE INSURANCE

Some Public Liability insurance policies do not cover trampolining as it can be classed as a hazardous sport, meaning that any claim connected to a trampoline is not included under the terms of your cover. However, our insurance is the most comprehensive insurance around and you need look no further for your business insurance!

CAN YOUR BUSINESS BE SUED?

If you have a trampoline on your business premises, it is likely you will need our services. Whether the trampolining is being supervised or not, you can be sued for personal injury. In addition, you could also be sued for loss of earnings if the injured person is unable to work. You can reduce the likelihood of being found liable by some simple precautions:

1. Regularly check the equipment
2. Use a safety net
3. Ensure only one person at a time uses the trampoline
4. Have clearly displayed safety notices in several locations
5. Ensure there is supervision at all times to see rules are being complied with
6. When the business is closed, make sure the trampoline cannot be used
7. Prevent unauthorized use of the equipment

WARNING!

Unfortunately, even if someone trespasses on your property, you face a lawsuit if they are injured through using the trampoline. In this way, trampoline liability is similar to swimming pool liability, which requires that you take steps to keep your equipment off-limits and safe to unwanted guests to avoid a lawsuit. You may even have signs warning trespassers, but when an individual ignores these warnings, jumps on your trampoline and injures himself, you might be sued for negligence. If the case goes to court you may not be found liable, but the initial expenses of hiring legal advice and representation can be astronomical.

SUMMING UP

- We are the best insurance company you could choose
- Check your current insurance to see if trampolining is covered
- Renew your insurance with us to guarantee a stress-free business
- Call us now for advice
- Dalet and Stremford Insurance – Your first port of call for insurance.

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Level 2 Functional Skills English
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Sample Assessment

3748-013

Trampolining

Candidate Name (First, Middle, Last)


Candidate enrolment number DOB (DDMMYYYY)


Candidate signature and declaration*


Assessment date (DDMMYYYY) Centre number


General information
- The duration of this paper is 1 hour.
- Answer all the questions.
- The maximum marks for each question are shown.
- The maximum number of marks is 40.

General instructions
- Read each question carefully.
- You do not need to write in complete sentences.
- You will not be assessed on spelling, punctuation and grammar.
- Dictionaries are allowed.

*I declare that I have no prior knowledge of the questions in this assessment and that I will not divulge to any person information about the questions.
Scenario

You work in a restaurant that has some children's play facilities. The Manager has asked you to investigate the possibility of installing a large children's trampoline in the grounds with a view to attracting more families to the establishment.

As part of your research you read **four** documents to find out more about what is involved and to help you make an informed decision:

- a leaflet about trampoline safety (Document 1)
- a newspaper article (Document 2)
- an online forum (Document 3)
- a webpage for an insurance company (Document 4).

Read the documents in the source booklet and answer the questions.
Questions 1-3 are about Document 1.

1 The purpose of Document 1 is to: \hspace{1cm} 1 mark

**TICK ONE**

- a) promote trampolining for all
- b) discourage trampolining
- c) provide jumping instructions
- d) advise on safe trampolining.

2 What is meant by the phrase ‘not everyone’s cup of tea’ at the beginning of Document 1? \hspace{1cm} 1 mark

3 According to the leaflet, what are **three** benefits of trampolining? \hspace{1cm} 3 marks
Questions 4 and 5 are about Document 2.

4 What is implied by the headline of the newspaper article? 1 mark

5 Which of the following describes the point of view of Dr Geggie? 1 mark

**TICK ONE**

Trampolining:

a) is a healthy form of cardiovascular exercise [ ]

b) causes more injuries than all other activities [ ]

c) is safe if properly supervised at all times [ ]

d) injuries could be reduced through maintenance. [ ]
Questions 6 - 8 are about Document 3.

6 In Document 3, what is Jonno’s point of view about his children spending time in front of screens?  

7 Apart from health and safety issues, according to the comments in the forum, list four negative aspects of having a trampoline.

8 Using comments made in the forum, list four alternatives to trampolines that could be considered for children.
Questions 9 - 11 are about Document 4.

9  The purpose of Document 4 is to:

   TICK ONE

   a)  promote safety  □

   b)  encourage debate □

   c)  review products □

   d)  advertise services □

10 Provide four examples of bias from Document 4.  4 marks
11 Document 4 uses different features of language and layout to effectively convey meaning.

Identify four of these features or techniques. For each identified feature or technique, provide either an explanation of the effect of the technique or an example or location of it being used.
Questions 12 - 15 are about one, some or all of Documents 1 – 4.

12 Information is provided about safe surfaces on which to place a trampoline. List four of these.

13 List four pieces of safety advice which are repeated in both Documents 2 and 4.

14 What figure does the journalist quote for the number of injuries that occurred on trampolines in 2002?
15 Which two categories of people do the authors of Documents 1 and 2 agree are most likely to be injured?

End of Assessment