

# Double Bouncing

## **Introduction**

Double bouncing is the use of a trampoline by two people at a time. During double bouncing it is likely that the actions of one trampolinist will affect the rebound of the other. While this may be an enjoyable and valuable learning experience, it can lead to an increase in the risk of immediate injury, when compared to single participant bouncing.

It is therefore important to carefully control the use of double bouncing and place limits, in order to balance the risks with the benefits.

## **Double bouncing for coaching purposes**

It is not recommended that more than one trampolinist jumps on a trampoline at once, except when a qualified coach is supporting/assisting for coaching purposes, or training supporters (in this case three people could be bouncing). In this situation, supporters may need to wear non-slip footwear (including clean trainers if necessary), should the slope of the bed cause them to slip.

Kipping is the deliberate control of the rebound of the trampoline (potentially making the trampolinist “go higher”). Typically the kipper will be standing still on the trampoline once the trampolinist has been kipped. Learning to kip is an important part of training an older and experienced trampolinist or prospective coach to assist the qualified coach as a second supporter. The qualified coach must take care to ensure that the enthusiasm of the person responsible for kipping does not lead to the trampolinist exceeding his/her level of competence. In particular, the trampolinist should not be kipped to heights significantly exceeding those with which they are familiar. A trampolinist should not be kipped when on his/her feet until competent at all basic body landings (seat, back, hands and knees and front), except by a qualified coach.

## **Double bouncing for trampolinists**

In general double bouncing, each trampolinist may continue jumping while kipping or being kipped, intentionally or otherwise. While it is recognised that this may provide a valuable learning experience of unexpected landing surfaces and of kipping in general, as well as being a fun and cooperative activity, it is believed to be associated with a significantly increased risk of injury, compared to single bouncing. Double bouncing does not appear in any British Gymnastics programme of activity or the Trampoline Proficiency Award Scheme, and there is no requirement for a coach to include it in his/her lesson plans at all. Also, double bouncing does not appear in the competitive training environment.

Where trampolinists require ‘occupying’, a good long-term solution is often a new attention to detail in improving trampolinists’ form in existing skills, providing the challenge on which they thrive. Combinations of skills in different orders, and then routines, builds experience and provide direction and variety for the group.

Should a coach wish to include double bouncing in a balanced programme, with a well behaved class, they should consider the potential risks and the competence and experience of their trampolinists, as well as the enjoyment and the possible learning opportunities.

### **Factors which increase the risk of injury when double bouncing include:**

- 4x4mm, 6x4mm and 6mm beds - these afford substantially increased potential for heights to be achieved by unskilled participants and also provide a less stable landing surface than 13mm (1/2 inch) beds
- Repeated foot landings - this allows substantially increased heights to be achieved compared to repetition of body landings
- Skills involving somersault or substantial twist, especially where participants are inexperienced at these skills
- Front landings, due to the increased deformation of the bed
- Attempting heights or skills beyond the experience of either trampolinist

### **Factors which might reduce the risk of injury include:**

- Trampolinists face each other
- For inexperienced trampolinists, maintain adequate distance between each other. This reduces possible unwanted deformation of the bed as well as the kipping effect.
- Where a coach decides to permit double bouncing, they should treat it in the same way as any other trampoline skill. Careful progressive development of the skill is required, balancing the risks with the benefits
- Careful pairing of trampolinists. Different trampolinists will develop competence at different rates. Use trampolinists of similar weight and experience
- Ensure trampolinists are competent in all body landings
- Overall competence to the British Gymnastics Trampoline Proficiency Award Scheme level 7 is a reasonable minimum for double bouncing with height
- By jumping closer to the end decks maintains maximum separation, limits the effect of the kipping action and also reduces the deformation of the bed due to the other trampolinist. Although this reduces the risk of collision, it increases risks associated with close proximity to the edge of the trampoline
- Check and re-check the environment for safety