



Considerations for the Use of Tumbl Trak™ Equipment

Tumbl Trak™ is a spring-floor type gymnastic apparatus that is frequently used in gymnastic programs for participants to develop their tumbling skills. This equipment is a rebounding device and may be excluded on your insurance policy, which is something to be aware of prior to purchasing any equipment. The following suggestions include manufacturer's suggestions and have been developed to assist organizations in developing safe use practices.

Written Safe Use Practices

Each program should develop written procedures for the safe use of the equipment. These procedures should be communicated clearly and reinforced with staff so they are followed at all times. Safe use practices should be developed around the design and specific equipment that is in use. The manufacturer's recommendations as to set up, use, and storage should be followed at all times. The following information should be included in the written procedures.

Padding

The sides of the Tumbl Trak™ should be padded flush to the top level of the device. While the equipment is generally about 20" high (this may vary depending upon specific model), a thick pad or layers of padding stacked up will prevent any risk from falling from the height. Remember that these pads may slip if stacked on top of each other or if on a hard surface, so they should be secured in a manner to ensure that there is not a space or that they move upon a fall. Padding should extend out 5-6' to ensure that if there is a fall, the person does not fall to the padding and then off the padding to the floor. The manufacturer also recommends that the apparatus be set up with a dismount mat that is 18 inches thick. Mats are available that can be secured to the apparatus frame to prevent movement. If dismounting is performed into a pit, industry standards for pit specifications should be followed. The bottom and all sides of any dismount pit should be thoroughly padded.

Supervision

The Tumbl Trak™ should only be used under direct supervision of a trained staff member. Precautions should be put in place to prevent unauthorized or unattended use. Only one participant should use the apparatus at a time. Proper techniques for use of the apparatus and skills instruction are available in the manufacturer's DVD or at www.tumbltrak.com. Tumbl Trak™ equipment is not recommended for use in Parkour/Free Running related activities.

Participants

The manufacturer's recommendations should be strictly followed for determining when a participant is developmentally prepared to use the apparatus. A Tumbl Trak™ has more "spring" than most tumbling surfaces; all participants may need to start slowly when tumbling on the apparatus as there is the potential to over-power skills. The manufacturer suggests gymnasts start skills from a standing position and progress before going "all out." participants should be able to tumble in a straight line before using the apparatus. The Tumbl Trak™ should not be used as a landing surface for more difficult skills, it is more appropriate to take a progressive approach to the training of aerial skills.

Inspections

Staff should be familiar with the owner's manual and use materials available from the manufacturer. The manufacturer's inspection recommendations should be strictly followed. Equipment checks and inspections should be documented in writing. All of the equipment and padding should be inspected before and after each session. Any needed repairs should be addressed prior to the next use. The manufacturer recommends the following inspections.

Daily:

Check to see that the pads are securely in place on the frame of the Tumbl Trak™.
Check to see that the landing surface is set up for use in appropriate fashion.
Check to see that the runway and/or ramp is secured to the frame and to each other. (*If applicable*)

Weekly:

Check the bed of the once every week for wear. On some occasions the seam, near the edge where the D-rings are sewn, can show a stretch in the black polypropylene material. It is common to have a stretch of up to 1 inch. If there is a greater stretch, or any of the strands of material have actually torn, discontinue use and contact Tumbl Trak™ at 1-800-331-4362.

The manufacturer's recommendations and product warnings should be followed at all times.

More information is available from the manufacturer at: www.tumbltrak.com