

JumpStars

Inclusive trampolining sessions

Who can attend? Sessions are open to children and young people with additional needs and their siblings and parents. Only families who are members of Sheffield Parent Carer Forum are eligible to attend. **Age restrictions:** The maximum age is 25 years. Children under the age of six must be accompanied in the jump area by an adult, and only children aged nine and over are allowed in the Performance Area (the large trampolines at the back). **Children must be able to follow simple safety instructions.**

Please note: This is quite a busy session and may not be suitable for some children. Trampolining is unsuitable for a number of conditions, including (but not limited to) **pregnancy, spinal rods, atlantoaxial instability, achondroplasia, brittle bones, and detaching retina.** It is your responsibility to ensure that it is safe for your child to take part in trampolining. If you are unsure, please ask your child's doctor.

How much does it cost? We are able to offer these sessions at a heavily discounted rate of just **£4** per participant (child or adult) – that's less than half the normal price. There is no charge for parents who just want to watch their children on the trampolines.

Cancellations: We are unable to give refunds. However, you can ask us to transfer your booking to any of our future sessions. We can only do this if you let us know **BEFORE** the start of the session you had booked to attend. Email enquiries@sheffieldparentcarerforum.org.uk or call 0300 321 4721.

Do parents need to stay? Yes. Although Jump Inc. staff are on hand to assist the children on the trampolines, parents must supervise their children at all times to ensure that they are adhering to the safety rules. Depending on your child, this may mean that you need to accompany them into the jump area, or can just watch them from the café area.

When are the sessions? Sessions take place on the third Tuesday of the month, (excluding August), at 6-7pm. Dates for 2019 are: 15 January, 26 February, 19 March, 16 April, 21 May, 18 June, 16 July.

Do I need to book? Yes. Sessions must be pre-booked and pre-paid via our website: www.sheffieldparentcarerforum.org.uk/events.

Where is the venue? The Jump Inc. trampoline park is on Vulcan Road, Sheffield S9 1EW. That's just before the main entrance to the Meadowhall car park, behind the Sainsbury's petrol station and opposite Next Home. There is plenty of onsite parking available.



When should we arrive? It depends on your child. Due to a public session running before our session, you will not be able to enter the jump area until precisely 6pm. If your child can tolerate a bit of waiting and the lights and music of the previous session, then it's best to arrive around 5.50pm to allow time for registration and to watch the safety video. If your child doesn't cope well with noise and waiting, then would be better to arrive just after 6pm. You can also wait in the Reception area, where it is quieter.

Health and safety: Please read the safety instructions on the Jump Inc. website (<https://www.jump-inc.uk/info/safety/>) before attending our sessions. Participants will also need to watch a short safety briefing video (approx. 1 minute) before every session. This will be shown on a rolling basis, including after 6pm. If your child is unable to watch the video, e.g. due to anxiety, please let us know, and a member of staff will brief you/them individually.

Some key rules to bear in mind:

- Only one person per trampoline
- No running anywhere in the park
- All children aged under the age of 6 MUST be accompanied by a participating adult
- For some of the activities, children must be at least 1.25m tall or at least 9 years old

Activities: Please be aware that the venue's high-risk areas (the Jump Tower, the step next to the Jump Tower and the Parkour area) will be **closed** during this session, and the dodge balls will be replaced with beach balls. Only children aged 9 years or over whose parents have signed a risk acknowledgement form will be allowed in the Performance area (the large trampolines at the back). We understand that this will be disappointing for some children, but it is a necessary precaution due to the wide range of needs and age groups of the children attending the session.

Accessibility: There will be no flashing lights and the music will be turned off. There is wheelchair access up to the jump area, but no hoist to transfer from a wheelchair to the trampolines. Most trampolines are at floor level. The Parkour area, which has several enclosed individual trampolines, will be cordoned off and reserved for children with physical disabilities. There is a disabled toilet, but it does not have a changing bench. There are baby changing facilities in the men's and ladies' toilets.

Socks: All participants must wear grip socks. You can purchase these on the night at a price of £1.50 per pair. Socks from other trampoline parks can be traded in, so if you have any, please bring them along.