



Trampoline Sanction Guidelines

For Freestyle Canada Sanctioned Ski Clubs

Purpose

Trampoline training is a recognized and approved tool for freestyle ski athletes when delivered in a controlled, supervised, and appropriately equipped environment. These guidelines set the minimum requirements for trampoline activities to be sanctioned by Freestyle Canada and considered for coverage under the Freestyle Canada framework. They also outline how approved shared-use environments with Canada Snowboard members must be managed.

Scope

These guidelines apply to trampoline training delivered, hosted, or sanctioned by Freestyle Canada, including club training, camps, dryland training, aerial skill development, third-party gymnastics or training facilities, approved shared-use sessions involving current Freestyle Canada members and current Canada Snowboard members, and Freestyle Canada Air Coach courses delivered in trampoline, airbag, foam pit, gymnastics, or dryland training environments.

General Conditions

- Trampoline use must be supervised on-site by qualified coaches at all times.
- Coaches supervising Freestyle Canada athletes must hold an active Freestyle Canada membership and the appropriate Freestyle Canada/NCCP Air Coach qualification for the skills being trained. Coaches may only supervise skills that are within their current qualification level.
- Only current Freestyle Canada members may participate in Freestyle Canada sanctioned trampoline activities. Non-members are not permitted to train alongside sanctioned members during a sanctioned Freestyle Canada activity.
- Approved shared-use sessions may include current Canada Snowboard members training in the same facility or trampoline space, provided the requirements in the Shared Use section are met.
- Athletes may only attempt inverted, twisting, double, or advanced aerial skills when approved by the supervising coach and when the facility is appropriate for the skill.
- All training must follow a progression-based approach appropriate to the athlete's age, ability, experience, and readiness.
- Unsupervised use, public drop-in use, or unapproved access is not permitted during sanctioned Freestyle Canada trampoline training.
- Coaches must inspect the trampoline area before each session and remove unsafe equipment or conditions from use immediately.

Shared Use with Canada Snowboard Members

Freestyle Canada members and Canada Snowboard members may train in the same facility and may share trampoline space where the shared-use arrangement has been approved and appropriate risk mitigation is in place. Shared use does not remove or reduce the responsibility of each organization, club, coach, and facility operator to meet its own membership, coaching, supervision, sanctioning, and risk management requirements.

- Freestyle Canada participants must be current Freestyle Canada members. Canada Snowboard participants must be current Canada Snowboard members and must meet Canada Snowboard's applicable participation and sanctioning requirements.
- Coaches from each organization must meet the membership, screening, Safe Sport, and certification requirements of their respective National Sport Organization for the skills being trained.
- Coaches must agree on athlete flow, trampoline assignments or zones, waiting areas, spotting responsibilities, permitted skills, and emergency procedures before the session begins.
- Coach-to-athlete ratios must account for all athletes in the shared environment, the number of trampolines in use, athlete skill level, traffic flow, and the complexity of the skills being trained.
- Where risk cannot be adequately controlled, Freestyle Canada may require separation by trampoline, time block, training zone, skill level, or athlete group.

Insurance Requirements

Sanctioned trampoline activities will be considered for coverage under Freestyle Canada's Commercial General Liability (CGL) insurance only where the following conditions are met:

- The activity has been sanctioned by Freestyle Canada.
- All Freestyle Canada participants are current Freestyle Canada members.
- All supervising coaches meet the applicable NSO membership and Air Coach qualification requirements for the activity being delivered and only coach skills within their current qualification level.
- Athletes have completed the required skill progressions and prerequisites as outlined in the Freestyle Canada Air Course Manuals.
- The facility, equipment, supervision, and operating procedures meet the minimum standards in this guideline.
- The club maintains facility information, coach qualifications, attendance records, inspection records, emergency procedures, and incident or near-miss reports.
- For shared-use sessions, records must identify the participating groups, athlete memberships, supervising coaches, session dates, trampoline assignments or training zones where applicable, and any facility-specific restrictions or controls.

Facility Standards

Sanctioned trampoline facilities must be suitable for athlete training and maintained in a condition appropriate for freestyle ski aerial skill development. Where a facility does not meet the full standard, Freestyle Canada may deny sanctioning or approve the activity with restrictions.

Equipment

- Trampolines must be commercial training-grade or FIG-certified equipment suitable for athlete development. Backyard or recreational-grade trampolines are not permitted for sanctioned Freestyle Canada training.
- Frames, springs, beds, pads, platforms, end decks, harness systems, spotting mats, crash mats, airbags, and foam pits must be appropriate for the intended use and maintained in safe condition.
- Damaged, incomplete, unstable, improperly tensioned, inadequately padded, or otherwise unsafe equipment must be removed from service immediately and may not be used again until repaired or replaced.

Ceiling Height and Overhead Clearance

- Facilities must provide a minimum clear vertical clearance of 8 m from the trampoline training surface to the lowest overhead obstruction, including beams, lights, sprinklers, ducting, signage, ceiling fans, or other fixtures.
- A clearance of 10–12 m is preferred for advanced aerial progression, inverted skills, doubles, or high-level air awareness training.
- Facilities with less than 8 m of clearance are not approved for unrestricted trampoline training. Freestyle Canada may consider restricted approval for basic, non-inverted skills only where measurements, photos, supervision plans, and proposed skill restrictions are submitted.

Clear Zones, Obstacles, and Traffic Flow

- Each trampoline must have a minimum 2 m clear and padded safety zone on all sides and ends, measured from the outside edge of the trampoline frame to any wall, post, hard object, stored equipment, spectator area, or traffic area.
- Safety zones must remain free of walls, posts, railings, doors, furniture, stored equipment, loose mats, bags, water bottles, spectators, and other hazards.
- Where a wall, post, or fixed structure is near the trampoline area, it must be fully padded to an appropriate height and Freestyle Canada may restrict permitted skills based on the risk assessment.
- Inverted or advanced aerial skills must not be performed where there is a foreseeable risk of contact with a wall, post, ceiling, or other fixed object.
- Athletes waiting for their turn must remain outside the trampoline safety zone unless directed by the coach.

Padding, Matting, and Landing Protection

- All trampoline frames, springs, exposed metal, surrounding floors, platforms, end decks, walls, posts, and hard surfaces within or near the trampoline area must be fully padded.
- Padding must be continuous, secure, shock-absorbing, and maintained in good condition. It must not expose springs or frame components, interfere with the trampoline bed, shift during use, or create tripping or entrapment hazards.
- Crash mats, spotter mats, landing mats, harnesses, airbags, or foam pits must be used where required by the skill being trained.
- Where a trampoline connects to a foam pit, airbag, or landing area, the transition zone must be fully padded, inspected before use, and clear of people and obstacles.

Emergency Infrastructure

- Facilities must have bright, even, non-glare lighting and adequate ventilation.
- Emergency exits, evacuation signage, first aid supplies, and AED location, where available, must be clearly identified and accessible.
- An Emergency Action Plan (EAP) must be created by the club or coach in charge and must be posted or readily accessible to all coaches and staff.

Operational Standards

Supervision and Coaching Ratios

- Qualified Freestyle Canada/NCCP Air coaches must be present and actively supervising during all sanctioned Freestyle Canada trampoline use.
- Coach-to-athlete ratios must reflect athlete age, ability, number of trampolines in use, traffic flow, and the risk level of the skills being trained.
- Freestyle Canada recommends a ratio of 8:1 and requires that ratios not exceed 10:1.
- Lower ratios must be used for inverted skills, new progressions, harness work, foam pit or airbag work, or advanced aerial training.
- Spotters, safety harnesses, airbags, foam pits, or other progression tools must be used where appropriate for flips, twisting, doubles, or complex aerial progressions.

Required Freestyle Canada Air Coach Qualifications

Freestyle Canada coaches may only coach trampoline skills within the limits of their current Air Coach qualification. The following minimum qualification levels apply:

- Air 1 Qualified coaches may coach trampoline progressions up to and including a front tuck.
- Air 2 Qualified coaches may coach all single inverted skills.
- Air Doubles Qualified coaches may coach all double skills and advanced skills beyond single inverts, provided the athlete, facility, equipment, spotting systems, and progression plan are appropriate for the skill being trained.
- Coach qualification does not replace the need for athlete readiness, proper progression, appropriate facility setup, active supervision, and risk mitigation. Freestyle Canada may restrict skills where the facility, equipment, athlete readiness, or supervision plan is not appropriate.
- For confirmation on coach qualifications, administrators can review all coach certification transcripts – with the coach's Last Name and NCCP # at <https://thelocker.coach.ca/access/account/public>

Operating Coach Courses

Freestyle Canada Air Coach courses delivered in trampoline, airbag, foam pit, gymnastics, or dryland training environments must be sanctioned by Freestyle Canada before the course takes place.

Freestyle Canada Air Coach courses must be delivered by an NCCP Certified Learning Facilitator who is certified to deliver the same course level being offered.

The following minimum Learning Facilitator requirements apply:

- Air 1 courses must be delivered by an NCCP Certified Learning Facilitator approved to deliver Air 1

- Air 2 courses must be delivered by an NCCP Certified Learning Facilitator approved to deliver Air 2.
- Air Doubles courses must be delivered by an NCCP Certified Learning Facilitator approved to deliver Air Doubles.
- Canada Snowboard participants may participate in approved Freestyle Canada Air Coach courses delivered in shared trampoline, airbag, foam pit, gymnastics, or dryland training environments.
- Canada Snowboard participants must be current Canada Snowboard members and must meet Canada Snowboard's applicable participation and sanctioning requirements.
- Coach participants from each organization must meet the membership, screening, Safe Sport, and certification requirements of their respective National Sport Organization for the skills being trained.

The Learning Facilitator, host club, and facility operator must ensure that appropriate risk mitigation is in place before and during the course. This includes managing participant flow, trampoline assignments or zones, waiting areas, spotting responsibilities, permitted skills, emergency procedures, and any facility-specific restrictions.

Skill Progression and Athlete Readiness

- Athletes may only perform skills approved by the supervising coach for that athlete and facility.
- Skills must progress from basic body control and landing mechanics to more advanced air awareness and aerial skills.
- Coaches must restrict or stop any skill when the athlete is not physically, technically, or emotionally ready, or when the facility setup is not appropriate for the skill.
- Athletes must wear appropriate training clothing, remove jewelry, secure long hair, and follow all coach instructions and facility rules.

Inspection and Maintenance

The coach or facility operator must complete a safety inspection before each session. The inspection must include:

- Trampoline bed, springs, frame, pads, mats, and bed tension.
- Surrounding clear zones, wall and post padding, floor matting, and landing areas.
- Ceiling clearance and overhead obstructions.
- Harnesses, spotting systems, airbags, foam pits, and other progression equipment, where applicable.
- Emergency access, first aid equipment, and EAP availability.

The facility operator must maintain written inspection and maintenance logs. Monthly or quarterly inspections by the facility operator or a qualified technician are recommended and may be required by Freestyle Canada as a condition of sanctioning.

Emergency Preparedness and Reporting

- Coaches and staff must know the EAP, including emergency exits, first aid supplies, AED location where available, emergency contact procedures, facility address, and the person responsible for emergency response.
- Coaches and staff must be trained in first aid, CPR, and emergency response procedures appropriate to the activity.
- All incidents and near-misses must be documented and reported to Freestyle Canada within 48 hours.

Club Responsibilities

To maintain sanctioning and insurance coverage, clubs must:

- Follow the Freestyle Canada Risk Management Manual and all applicable Freestyle Canada policies.
- Comply with all requirements of the ski resort, gym facility, PTSO, NSO, and any third-party facility operator.
- Confirm all Freestyle Canada participants are current Freestyle Canada members before participating in sanctioned trampoline training.
- For approved shared-use sessions, confirm Canada Snowboard participants are current Canada Snowboard members before they train in the shared environment.
- Verify that supervising coaches meet the required membership, screening, Safe Sport, and Air Coach qualification requirements for their respective National Sport Organization and for the skills being trained.
- Submit or retain facility information, including photos, ceiling height measurements, clear zone measurements, equipment descriptions, and any facility-specific restrictions.
- Maintain attendance records, coach certification records, inspection logs, maintenance records, EAP documentation, and incident or near-miss reports.
- Ensure the training environment complies with applicable policies, including membership, coaching standards, risk management, concussion safety, activity sanctioning, privacy, harassment, bullying, codes of conduct, officials and judge training, and competition management where applicable.

Sanctioning Restrictions

Freestyle Canada may approve trampoline activity with restrictions where the facility is suitable for limited training but does not meet the full standard for unrestricted aerial progression. Restrictions may include:

- Basic, non-inverted skills only.
- No twisting, doubles, or advanced aerial skills.
- Reduced coach-to-athlete ratios.
- Mandatory use of additional mats, spotters, harnesses, airbags, or foam pits.
- Specific athlete qualification requirements.
- Restrictions on the number of athletes or trampolines in use at one time.
- Restrictions on shared-use training, including separation by trampoline, time block, training zone, or skill level where required by the risk assessment.
- Requirement for additional facility documentation, inspection, or approval before use.

Annual Review

These guidelines will be reviewed annually by Freestyle Canada. Updates to recognized trampoline, gymnastics, coaching, insurance, or risk-management standards may be incorporated into future sanctioning requirements.