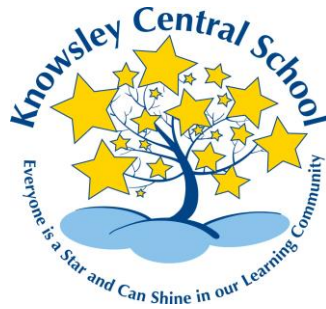


Knowsley Central School

Rebound Therapy Policy



Approved by:	SLT	Date: September 2023
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Last reviewed in:	December 2023
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Next review due by:	December 2024
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Everyone is a **Star** and can **Shine** in our Learning Community

What is Rebound Therapy?

Rebound Therapy is the use of a trampoline to provide opportunities for enhanced movement patterns, therapeutic positioning and exercise. All programmes and assessments have been designed specifically for students with additional needs.

Aim

Rebound Therapy is used within Knowsley Central School to facilitate movement, promote balance, promote an increase or decrease in muscle tone, promote relaxation, promote sensory integration, improve fitness and exercise tolerance, and to improve communication skills. Children's progress is recorded.

The benefits of Rebound Therapy include the Development and Improvement of:

Trust and confidence	Strength of limb	
Social awareness	Muscle tone	Stamina
Eye contact	Balance	Reaction speed
Self-image	Spatial awareness	Numeracy
Self confidence	Body awareness	Colour recognition
Independence	Co-ordination	Fun and enjoyment
Communication	Height and depth perception	Sense of achievement
Patience	Freedom of movement	
Turn taking	Relaxation	
Other benefits include:		
Stimulation of digestive system	Internal organ massage	
Improved bowel function	Clearing of toxins from the body	

At Knowsley Central School we have ten members of staff trained in Rebound Therapy who work with identified pupils. The staff have an understanding of each child's individual needs to ensure that they develop a personalised programme for them. Where appropriate, the staff use a wide range of resources to enhance the child's progression and experience. The Rebound Therapy staff at Knowsley Central School plan and assess to ensure the progress of the children. Our Rebound trampoline is situated outside Blossom class and sunken into the ground.

See Appendix 1 for Health and Safety procedures

Appendix One

Rebound Health and Safety

Procedure: All staff participating in Rebound Therapy must be familiar with this safety policy and adhere to its recommendations

Responsibilities The Head Teacher has the overall responsibility for ensuring the safety of users and staff engaged in Rebound Therapy.

User safety

- All users, including staff, must be screened for contra-indications before beginning to access Rebound Therapy (see appendix 2).
- All users must be risk assessed before beginning to access Rebound Therapy. The risk assessment will specify levels of support and supervision for each individual user. All users must be supervised in accordance with their risk assessment.
- Rebound Therapy sessions must be led by a member of staff who has successfully completed the recognised Rebound Therapy course. The identity of the “group leader” must be clearly established before each session begins. This person must not leave the activity without delegating responsibility to another person trained in Rebound Therapy.
- Users should not get onto the trampoline until the member of staff leading the session has directed them to do so.

Staff knowledge/training

- In every Rebound Therapy session at least one staff member must have successfully completed the recognised Rebound Therapy course.
- Any member of staff supporting a user to transfer on and off the trampoline must have received appropriate and relevant moving and handling training.
- Staff supporting children/young people during Rebound Therapy should be aware of their individual needs and should have received training to these needs (medication, behaviour, communication etc as appropriate to the individual)

Environment

- The trampoline is used in the area outside of Blossom Class.
- A first aid box must be taken outside during each Rebound therapy session.
- A first aid box is situated in the storage cupboard in the Sports Hall. There is a phone and an alarm bell in the hall to summons help if needed.
- The trampoline is kept chained up in the storage area when not in use.

Protocol for use of the trampoline

- The trampoline must be maintained in a satisfactory condition and checked regularly. Any defects should be reported immediately. The following must be checked each time the trampoline is used.
- Leg chains and anchor bars are sound and the frame is not damaged.
- The trampoline bed is under even tension and there are no tears in the webbing.
- All springs are properly connected with their hooks facing downwards
- All safety pads are securely in place and are not damaged.
- Users should not get onto the trampoline unless the member of staff leading the session has directed them to do so.
- During Rebound Therapy sessions children and young people not engaged in Rebound Therapy must be supervised by responsible adults who are not engaged in the rebound session.
- Whilst a Rebound Therapy session is in progress volunteers, students and visitors will only be allowed into the hall if accompanied by a member of staff.
- Shoes are not worn on the trampoline. Socks should be worn by all users.
- All jewellery is removed during Rebound Therapy. Coins and other hard objects should be removed from pockets before accessing the trampoline. Learners are not allowed to bring any item that could potentially cause injury or discomfort onto the trampoline.
- No food, drink or gum is allowed on the trampoline.

Reporting of accidents and incidents

- All staff should report accidents and incidents using the appropriate forms in line with the schools Health and Safety Policy and procedures. If anyone engaged in Rebound Therapy dies, or is seriously injured as a result of activities on the trampoline, the Head Teacher will immediately notify the enforcing authority, the Health and Safety Executive, by the quickest practicable means. This will be followed up within seven days by a written report on form F2508, obtainable from HMSO. The event will also be recorded as a Schedule 5 Notifiable Event
- Any defective equipment should be reported, recorded and taken out of use until repaired.

Moving and Handling procedure

- Users' handling needs will be assessed prior to inclusion of Rebound Therapy into their activity programme. Users will be moved and handled according to their individual needs and abilities
- Moving and handling equipment is made available, appropriate to individual's needs.
- Moving and handling is serviced and checked in accordance with LOLER regulations.

- Ambulant users will be given positive prompts and will be supervised whilst mounting and dismounting the trampoline
- All moving and handling equipment must be used in accordance with the manufacturers' instructions.
- Users may be manually lifted from the trampoline in exceptional circumstances only.

Emergency procedure

- In the event of a fire, the fire evacuation policy should be followed. Information re evacuation procedure is displayed by the fire exits. The hall should be evacuated via one of the two fire doors and staff and learners should assemble in the designated area.
- In the case of a medical emergency help can be summonsed using the phone. Should medical emergency help be required, the office staff once alerted will dial 999 and state emergency and give the school's address.
- If necessary, the 'ABC' procedure will be followed by a designated 1st aider and, if appropriate, basic resuscitation commenced and continued until the ambulance team arrives.