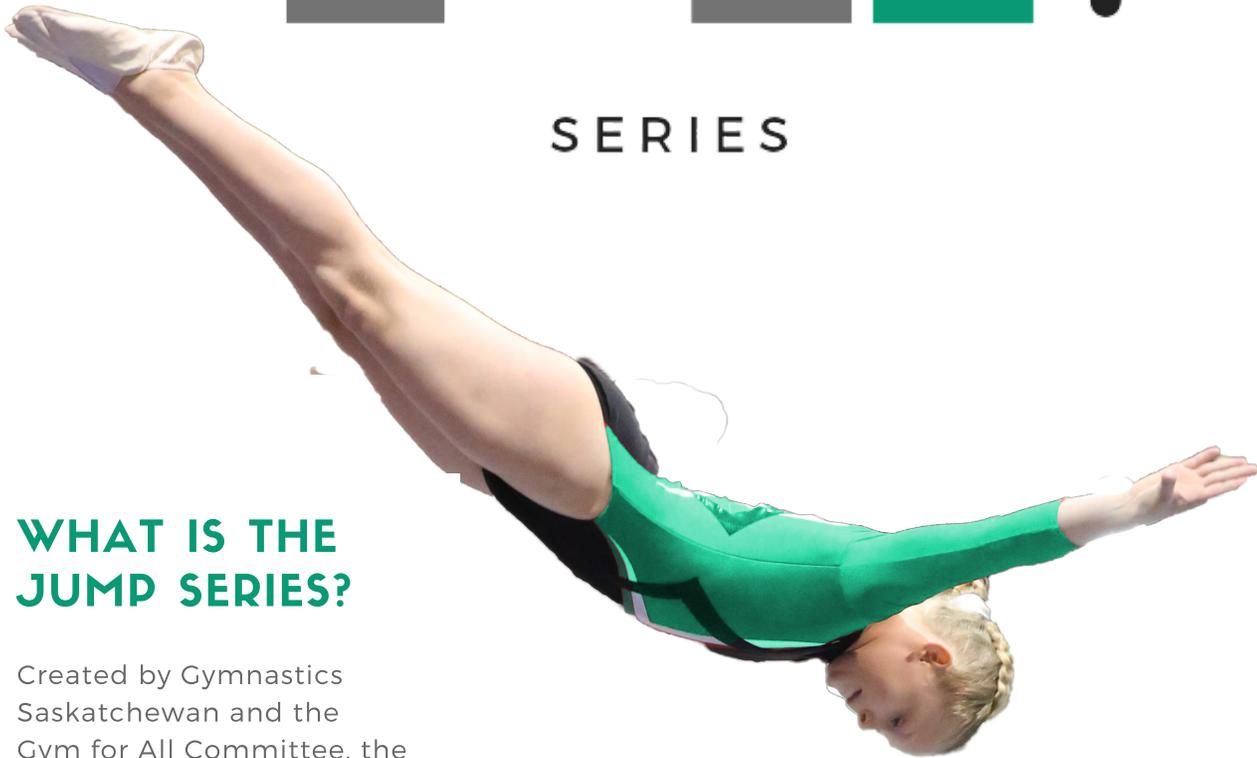


THE

J U M P !

SERIES



WHAT IS THE JUMP SERIES?

Created by Gymnastics Saskatchewan and the Gym for All Committee, the Jump Series is a resource for clubs to help navigate the impending insurance limitation changes to trampoline use.



OUR GOALS:

- Provide information about insurance changes.
- Stimulate ideas and solutions for recreational programming without the use of trampolines.





ALTERNATIVES

- BEAT BOARDS
- AIR TRACK
- INNER TUBES
- SPRING MATTRESS
- LANDING MATS

Over the next two editions, we will be presenting a variety of bouncing surfaces that can be utilized in your club's programming as an alternative to trampolines. We will be identifying these alternatives as well as providing some suggestions to spur ideation for how clubs could use these apparatuses in their gym.

Special thanks to Brenda Lanois for her contribution to this edition!



Inflatable Air Tracks can be used in a variety of ways for skill development:

- Jump long distances
- Perform series of 2-foot jumps moving forward, backward, sideways
- Shape jumps (straight, tuck, jumping jack to star, star to straddle, pike)
- Turns (2 foot 1/4 turns, half and full)
- Animal walks (crab, bear, frog jumps, spider hops, etc)
- Challenging locomotions (skipping and running - forwards and backward)
- Challenging jump rope (once mastered on the playground or floor)



Beat boards come in a variety of sizes and spring strengths. In order to work on bouncing skills, place feet on marked spot and:

- 2 foot jump on the spot
- 2 foot jump off the board
- Add shapes (straight, tuck, star, etc)
- Donkey kicks (feet on the board and hands on the floor)
- Place hands on block for height
- Donkey kicks (jump with hips above the head).
- Add a run
- Straddle on
- Tuck on



Inner Tubes can be utilized in numerous variations to introduce gymnasts to a bouncy surface:

- Sit astride tubes, with one foot on each side, use hands to help bounce the circumference of the tube.
- Lay on tummy and, using hands and feet with little bounces, move around circumference of tube to complete the circle.
- Fill tubes with foam and (with aid of parent or coach) bounce on tube and jump into the pit landing in cannonball and progressing to shapes (straight, tuck, star, etc).

Gym Sask has received confirmation that our insurance provider has agreed to an extension to the upcoming insurance limitations for trampoline with an amendment:

REGISTERED RECREATIONAL GYM SASK MEMBERS (not Drop in or Birthday or Casual) WILL CONTINUE TO BE COVERED UNTIL JUNE 30, 2019, BUT MUST HAVE A NCCP LEVEL 1 CERTIFIED (GYMNASTICS FOUNDATIONS) TRAMPOLINE COACH PRESENT.