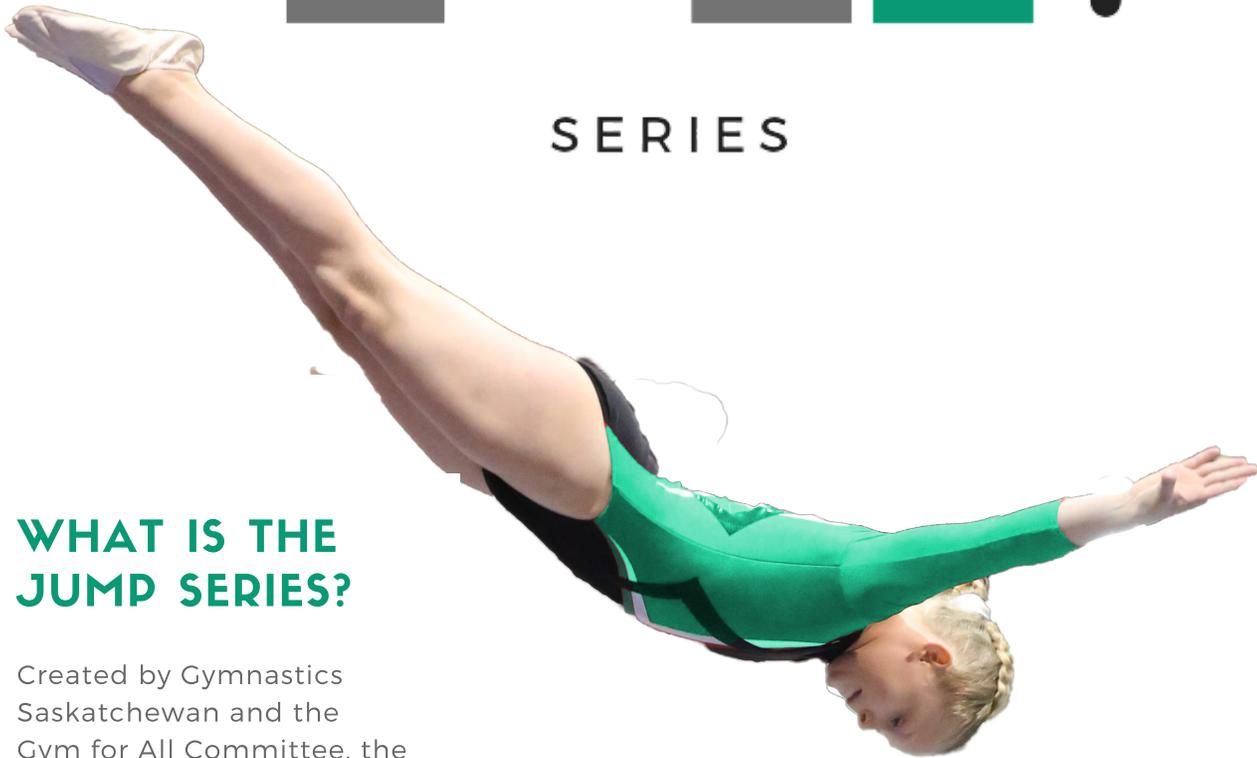


THE

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

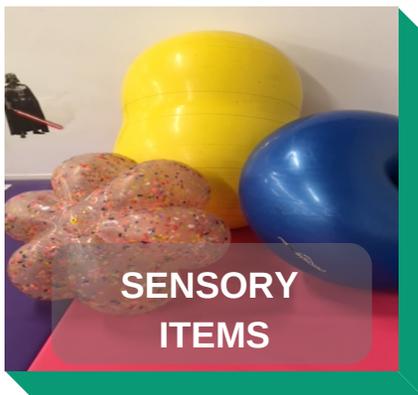
Over the next two editions, we will be presenting a variety of bouncing surfaces that can be utilized in your club's programming as an alternative to trampolines. We will be identifying these alternatives as well as providing some suggestions to spur ideation for how clubs could use these apparatuses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

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



This bouncy surface offers handholds for Active Start participants. The handholds allow for support while they:

- Attempt shape jumps - straight, tuck, jumping jacks.
- Move from low bounces to higher bounces.
- Move from support to support while bouncing the circumference of the tube.
- Sit between supports with feet on the floor, performing bum bounces.
- Challenge: Using the supports, lift feet off the floor and perform a series of bum bounces.



Special sensory items can be purchased specifically for participants with special needs and learning difficulties. They can be used in all Active Start programs. The level of athlete and shape of item will determine the appropriate one for use:

- Participants sit on each and raise their feet off of the floor until balanced; slightly bouncing will increase core strength.
- Participants lay, tummy on top of each, and try to balance lifting arms up and then legs and "fly" like an airplane.

(MORE ON NEXT PAGE)

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.



ALTERNATIVES (CONT'D)

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

20 Cm Landing Mats or Spring Bed Mattresses:

- Small jumps on the spot or travelling across the surface - forward, backward, sideways.
- Progressing to shapes - on the spot and travelling the surface.
- Animal walks and hops - bear walk, crab walk, bunny hop, frog leap, etc.
- Early progressions for tummy drops and back drops can be initiated - foam puzzle pieces can be used as the "center" point.



The above set up allows the participants to support themselves as they learn a variety of skills. The bars can be lowered or made higher to accommodate for the height of the participants in the group. It also ensures proper body position as skills are attempted and learned - head above shoulders -shoulders in line with hips.

- Stand on the ball, in center of bars, and bounce.
- Start with low bounces, proceed to higher bounces until in a cross support.
- Stand, facing one bar and jump to front supports: Challenge: turn to rear support.
- Shapes .- tuck, pike, star - participants can lift legs to desired shape - challenge: participants compete to hold each shape as long as they can.
- Bouncing - participants now bounce to desired shape - this design ensures participants stay on one spot bouncing - jumping jacks, split jumps, star jumps, etc.

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