



St Hugh's School

Rebound Therapy Policy

The Purpose of Rebound Therapy

Rebound Therapy is the use of a trampoline to provide opportunities for movement, recreation and therapeutic exercise.

There are many benefits associated with Rebound Therapy; these include the development and improvement of: limb strength, communication, balance, muscle tone, body awareness, spatial awareness as well as fun and enjoyment. There are also benefits for the digestive system.

The use of the trampoline will give students a wider experience of movement and an opportunity to gain control over their bodies. It provides an opportunity for promoting relaxation, sensory integration and improving fitness and exercise tolerance.

Students will be encouraged to develop and practice communication skills through Rebound Therapy, with skills related to attending and responding, engagement, showing anticipation and developing, often individualised, communication systems. It can be an effective tool for building self-confidence, raising self-esteem and building trusting relationships. Rebound Therapy can also be used to meet the needs of students with sensory differences.

Implementation

Students will use the trampoline with 2 staff supporting at all times. One staff member will lead and direct the activity and one will be the support for the student. Separate staff will provide supervision at the side of the trampoline (spotters).

Individual objectives will be set for each individual student, for example development of gross motor skills or the development of language and communication skills.

Input into individual student programmes will be sought from the relevant professionals, for example, Physiotherapist, Speech and Language Therapist or Occupational Therapist.

Assessment

After each session students achievements against set objectives will be recorded and reviewed. Assessment will also take place against any relevant IEP objectives or Outcomes from Education Healthcare plans and on a cross curricular skills basis, for example, development of eye pointing to request more.

Photographs or filming of the sessions will be used in order to record student achievements and for analysis purposes. These will only be shared where consent has been given.

Health and Safety

Staff involved in the activity will be directed by a lead person who directs the Rebound Therapy activity.

All staff who are leading the Rebound Therapy sessions will have undertaken the relevant training; the minimum requirement is The Open Rebound Therapy Trainers qualification.

Staff will wear appropriate clothing for the session, e.g. T-shirt and tracksuit bottoms. Shoes will be removed when on the trampoline, socks will be worn with no bare feet. No objects in pockets or jewellery to be worn which can be a health and safety issue. Body piercing to be removed in line with school policy. Long hair to be tied back.

The open Rebound Therapy trampoline must not be left unattended.

The Rebound Therapy trampoline will be unfolded and erected by trained staff.

Appropriate aids will be used to erect and unfold the trampoline; the springs of the trampoline will be checked at the start of each session.

Manual handling plans will be devised as appropriate, for all students who need assistance to get onto and off the trampoline. The hoist will be used as needed. Any manual handling will be undertaken by trained staff.

Medical Issues

There are certain conditions which prevent some staff and students accessing Rebound Therapy. These include:

- Detached Retina
- Pregnancy
- Atlanto Axial Instability (Down Syndrome Pupils)
- Skin Irregularities
- Cardiovascular Defects
- Spinal Rods (medical advice needed)

Medical advice sought for:

- Epilepsy
- Brittle Bones
- Unstable Joints
- Severe Challenging Behaviour
- Gastrostomy
- Colostomy Bags
- Hernia
- Reflux
- Any recent illness

The list is not exhaustive - if in doubt seek medical advice.

Parents must be consulted before the sessions start and any medical issues must be investigated before students begin a Rebound Therapy programme. Written permission from parents/carers will be sought before the sessions start.