

PE1818/C

Scottish Gymnastics submission of 25 November 2020

Background

The petitioner is concerned about the use of trampolines in people's gardens because of noise and privacy issues for neighbours. She proposes a licensing system, with conditions of use and consent of neighbours as requirements.

Physical activity at home has never been more important than it is in 2020. This is likely to continue into 2021 with leisure facilities and sports clubs still unable to reopen due to financial implications of ongoing Covid-19 restrictions. Many may never reopen. People need to be able to exercise and take part in as many fun physical activities as possible at home. This is crucial to their mental and physical health.

Trampolining is an Olympic Games discipline of gymnastics. Research has shown the sport has many health benefits not just for children and young people, but for adults of all ages. It can strengthen muscles, tendons and ligaments and improve bone density.

We do not think it appropriate to licence a piece of equipment that encourages people to be active or take part in physical exercise and enjoy doing so. We would hope that if they are having so much fun and making a lot of noise, they would consider their neighbours. Other activities and equipment in or outside the home can also cause disturbance.

However, we would urge caution to those with a trampoline at home to be careful as injuries do happen outside regulated environments without proper safety considerations. We would encourage anyone wanting to trampoline, whether for sociable, recreational exercise or to compete in an Olympic sport, to do so in a Scottish Gymnastics-registered club if possible, where suitably trained coaches can help them learn and enjoy the sport safely.