

**Old North State Council  
Policy for the Use of Hammocks on Council Property  
and at District/Council Sponsored Events**

Hammocks are more and more becoming a part of the camping experience at our Scout camps and during district and/or council events. The use of hammocks at outdoor activities can add a fun highlight to the outdoor experience. Hammocks, however, bring with them their own set of safety issues. **It is the policy of the Old North State Council that, for the safety of our participants, hammocks will be hung at a height no more than waist high of the user at the center point while empty.**

For your safety and to extend the life of your hammock, carefully follow the manufacturer's guidelines. Be sure to hang your hammock in a secure location and attach it only to a stable structure. Be sure to hang your hammock from structures that will support not only the weight of the hammock, but also the weight of the occupant. The most dangerous time when using a hammock is while getting into or out of the hammock. It is the time of greatest instability. Use great care!

Hammocks should not be stacked on top of each other.

One person at a time should be in the hammock.

Children should not be allowed to use a hammock unsupervised. Children can easily become ensnared in the hammock strings and sustain serious injury such as strangulation. Children may not have the balance to safely use hammocks independently of adult supervision. A hammock is not a toy.

**Resources:**

*Hammock Safety*, [www.hammock-hammocks.com](http://www.hammock-hammocks.com)

*How to Hang a Hammock*, [www.yardenvy.com](http://www.yardenvy.com)

Product Information, The Hammock Store, [www.onlineproductinfo.com](http://www.onlineproductinfo.com)

*Safety Do's and Don'ts*, [www.wolfriverhammock.com](http://www.wolfriverhammock.com)