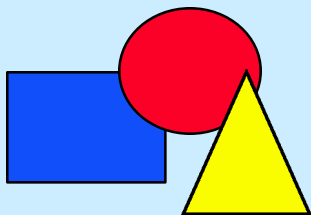


PLAY IT SAFE: ***Outdoors and On-the-Go***

**Snohomish Health District
Partners in Child Care**



Child Care Training and Resource Kit - Play It Safe Outdoor - Overheads

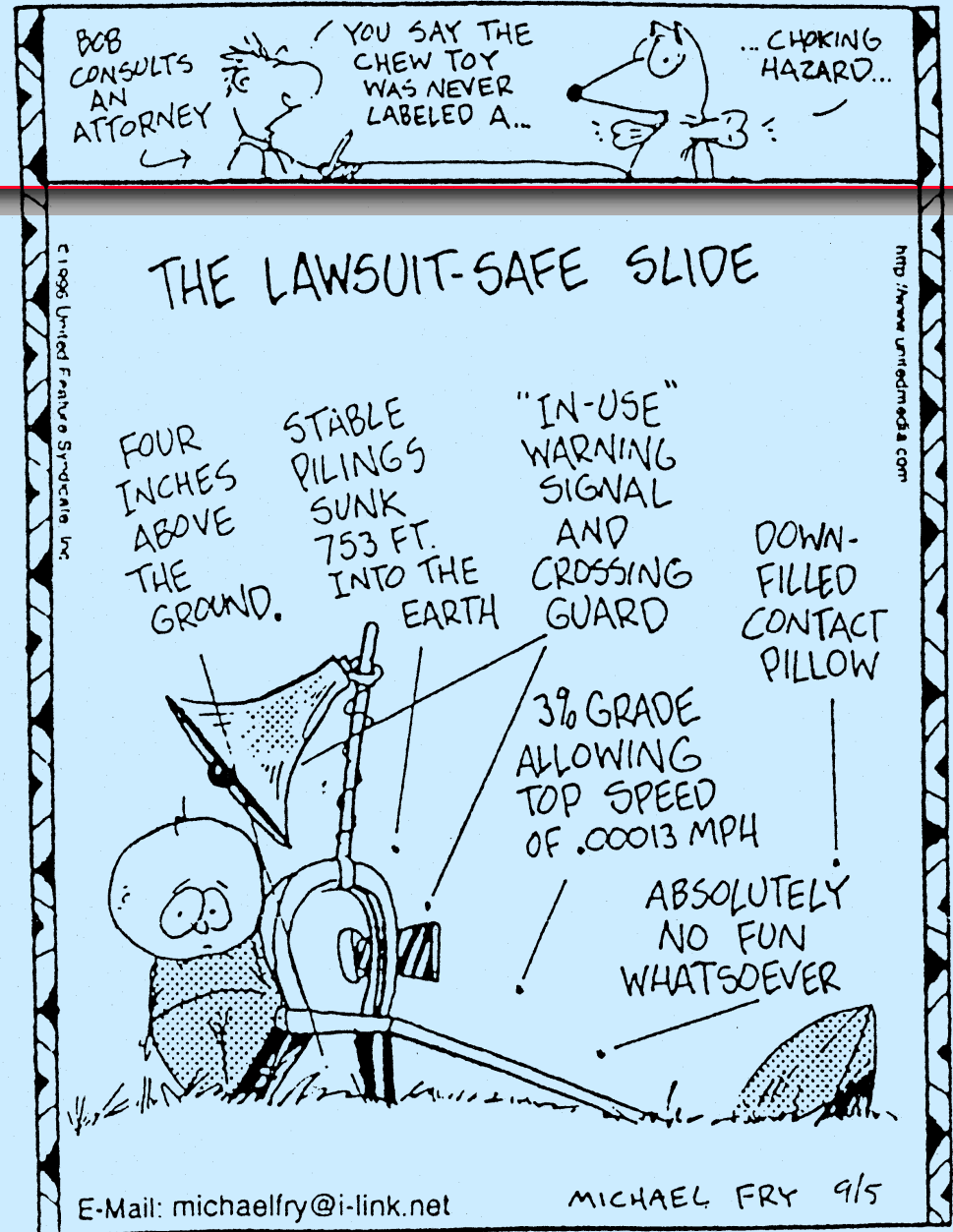
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**Make
Playgrounds
Safe
For
Children**

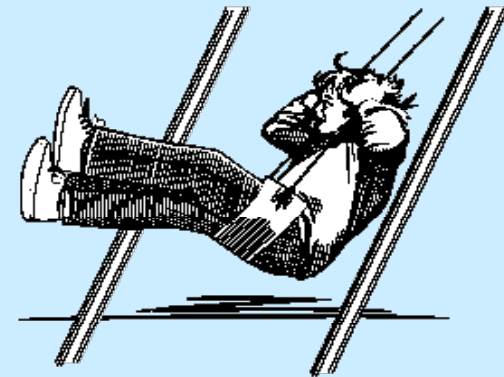
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OUTLINE

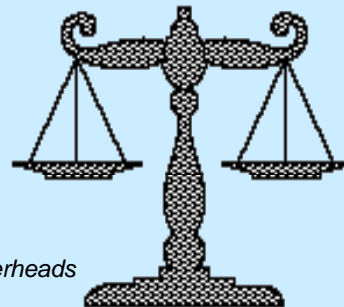
- Introduction - Risks Vs. Benefits
- Skills and Development
- Playground Design/Injury Control
- Supervision
- Field Trips
- Summary



Weighing the Risks

RISKS

- physical injury
 - broken bones
 - scrapes & bruises
 - head and neck injuries
 - serious injuries from falls
- fatality



BENEFITS

- physical development
- social development
- outlet for energy
- learn about the world

Skills and Development

- Master a skill, seek a greater challenge



- Age-appropriate equipment and developmentally-appropriate activities
- Know developmental skills

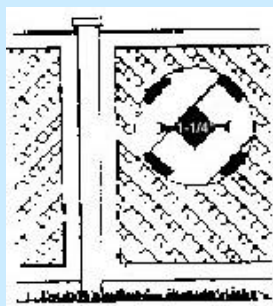
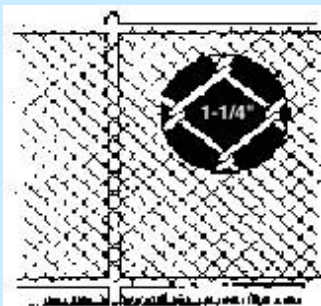
Play Zones

- **Nature:** plants, animals, garden, dirt
- **Adventure:** messy area, forts, construction
- **Active:** large muscle play, sports, playground equipment, riding area
- **Quiet Learning:** bring indoor activities outside (art, stories, puzzles), picnic table
- **Quiet Play:** gathering, withdraw, free play (benches, playhouse)

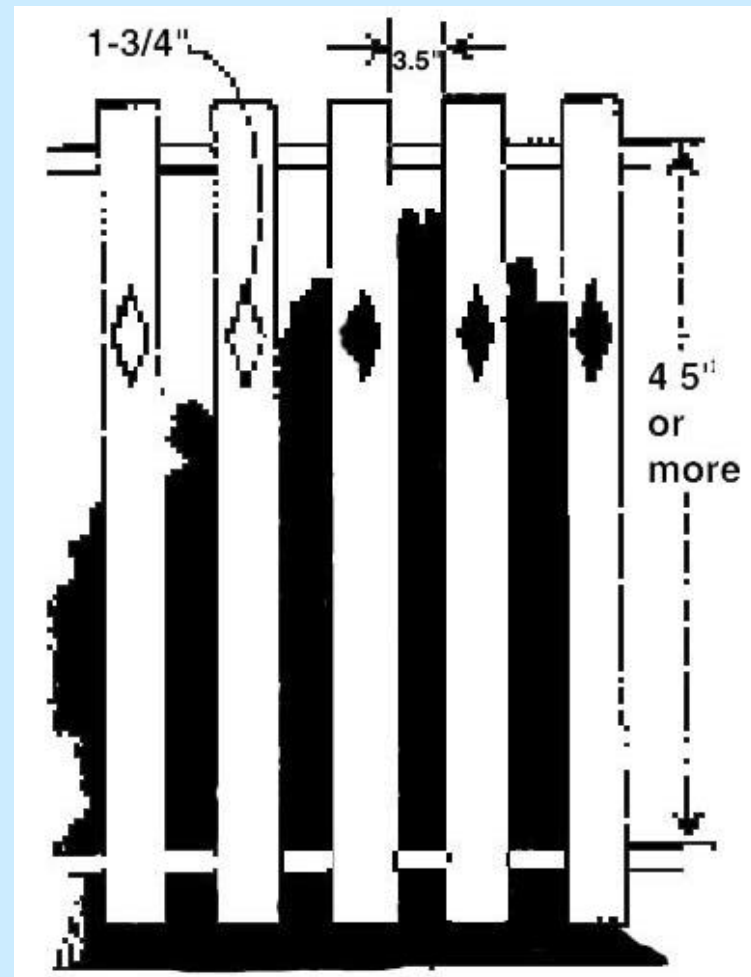


Choosing a Safe Area

- Proper fencing
 - Height
 - Climb-ability
 - Spacing boards
- Water hazards
- Gates



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Playground Design

- **Most serious injuries caused by**
-

Playground Design

- **Most serious injuries caused by**
FALLS

Playground Design

- Most serious injuries caused by

FALLS

- To minimize these injuries:

- ✓ Equipment Height

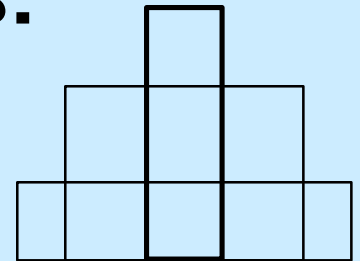
- ✓ Fall zones

- 6' or 8' with walkways

- ✓ Surfacing

- 9 to 12 inches

- dirt and grass are not okay



Playground Design

■ Additional Considerations

- ✓ Age grouping of equipment
- ✓ Overhead ladders, rings, teeter-totters
- ✓ Entrapments
- ✓ Entanglements
- ✓ Slides
- ✓ Swings
- ✓ Protrusions, sharp edges, corners, etc.



Assessing Playgrounds

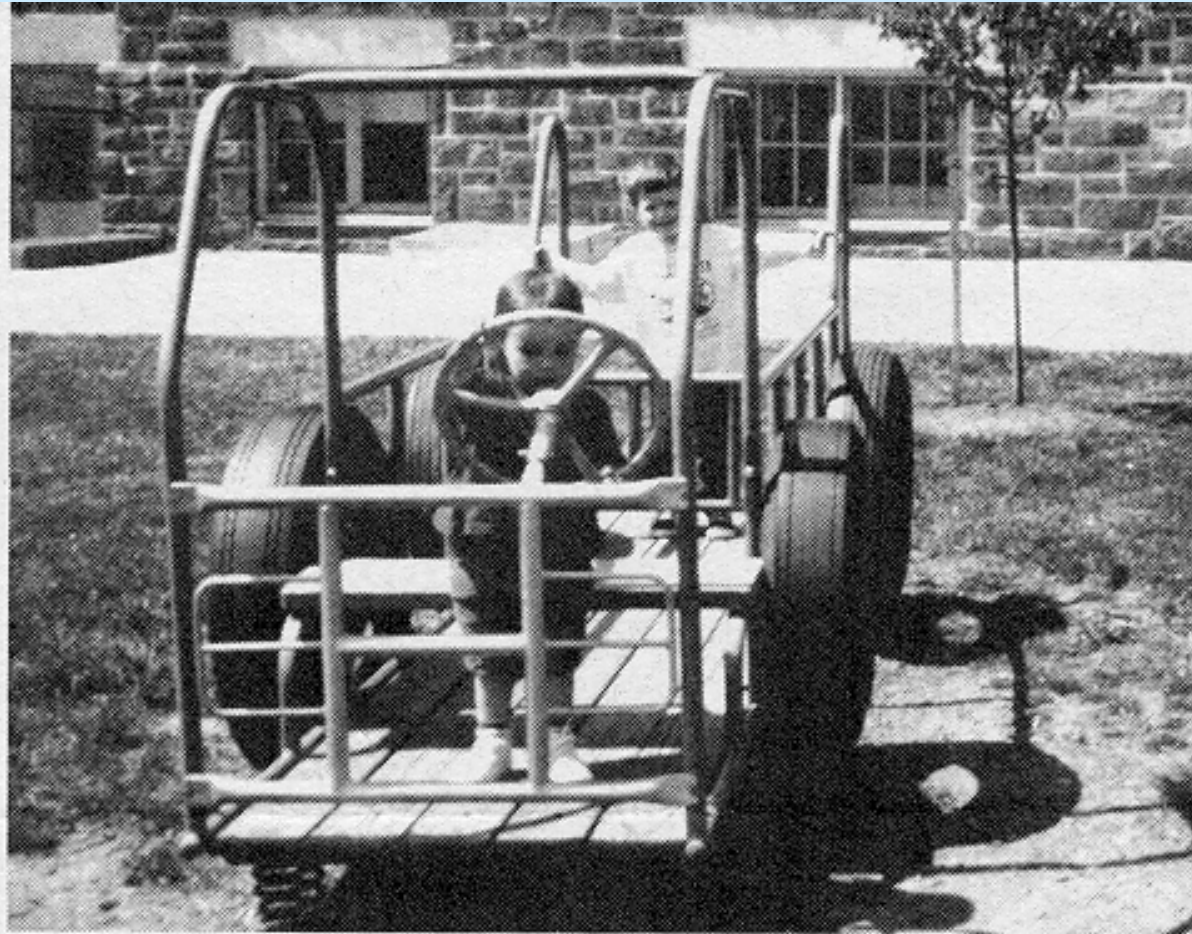
- Identify hazards
- Periodic safety/maintenance checks
- Purchasing new equipment or renovating existing playgrounds

What do you see?



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What do you see?



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What do you see?



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What do you see?

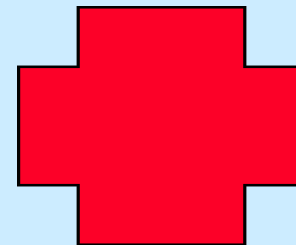


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Supervision

- Enough adults, properly positioned
- Set reasonable, appropriate rules
- Tailor outdoor play to the children
- First aid kits



Field Trips - Before

- Adequate transportation 
- Visit site before trip/hazard check
- Enough adults
- Review rules with children
- Bring child's emergency information
- ID labels with as little info as possible
- Signed permission slips

Permission Slips

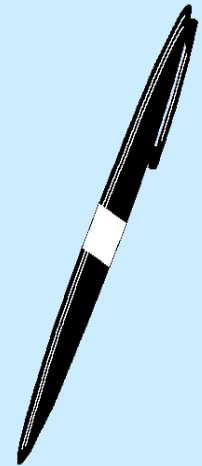
- Date
- Time
- Place
- Method of Transportation
- Could include an invitation to Parents

Permission Slip




CHILD'S NAME has my permission
to go to LOCATION on DATE at
TIME in the child care van.

Signature _____

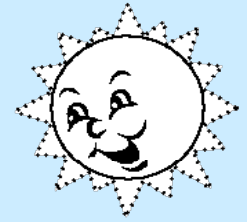
PARENTS ARE ENCOURAGED TO ATTEND.



Field Trips - During

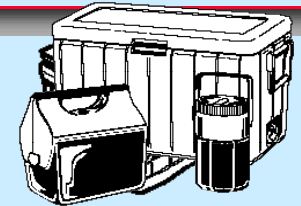
- First thing - check for hazards 
- Be aware of insects and toxic plants
- Station adults to see entire site 
- Frequent head counts 
- First aid kit/medications/extra water

Summer Safety



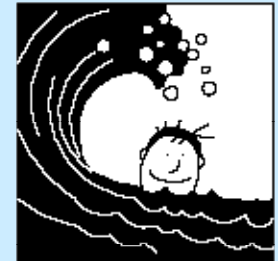
■ Food Safety

- Temperature control, handwashing



■ Sun Safety

- Sunscreens, hats, sunglasses

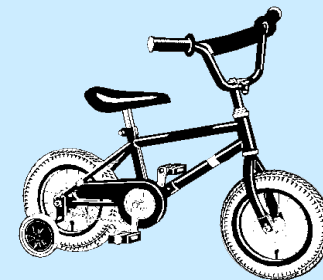


■ Water Safety

- Supervision, life vests, swimmer's itch

■ Bicycle Safety

- Helmets, supervision



Field Trips - After

- Know who is taking the child
- Get parent permission to release to someone else
- Always ask for identification



Summary

- Outdoor play is an essential, valuable part of childhood.
- Being aware of hazards and doing safety checks can reduce the number and severity of injuries.
- Make sure children can get up and try again.



Play it
safe

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