



Introduction - introduce self and Partners in Child Care program

Think about your playground sites, backyards, and field trips

Ask questions as you have them.

In U.S. every 2 minutes a child is seriously injured on a public playground.

Children depend on adults to make the playground safe.

COMMITTED / Michael Fry

**Make
Playgrounds
Safe
For
Children**

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THE LAWSUIT-SAFE SLIDE

BOB CONSULTS AN ATTORNEY → YOU SAY THE CHEW TOY WAS NEVER LABELED A... → ...CHOKING HAZARD... →

FOUR INCHES ABOVE THE GROUND. STABLE PILINGS SUNK 753 FT. INTO THE EARTH. "IN-USE" WARNING SIGNAL AND CROSSING GUARD. DOWN-FILLED CONTACT PILLOW. 3/8 GRADE ALLOWING TOP SPEED OF .00013 MPH. ABSOLUTELY NO FUN WHATSOEVER.

E-Mail: michael Fry@i-link.net MICHAEL FRY 9/5

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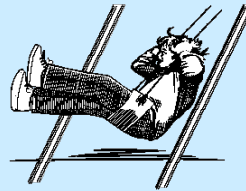
Comic strip- no federal regulations governing playgrounds
just guidelines on safety

Safe playgrounds driven by lawsuits or potential

Most important reason to make playgrounds safe is for
children whether in a backyard, school, cc center, park

OUTLINE

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



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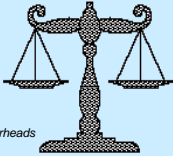
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Outline

Weighing the Risks

<u>RISKS</u>	<u>BENEFITS</u>
<ul style="list-style-type: none"> ■ physical injury <ul style="list-style-type: none"> • broken bones • scrapes & bruises • head and neck injuries • serious injuries from falls ■ fatality 	<ul style="list-style-type: none"> ■ physical development ■ social development ■ outlet for energy ■ learn about the world



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There are risks from playing outdoors. Risks of outdoor play are evident: Range from scrape --> death

So to protect children from these risks, should we not allow children to play outdoors

Of course not, highlight of day and there are obviously many benefits, Name some....

Need to reduce the risks so consequences are acceptable.

Mastering new skills and conquering new challenges.

When have you tried to master a new skill?

Consequence of a failed attempt should be a chance to try again.

Skills and Development

- Master a skill, seek a greater challenge
- Age-appropriate equipment and developmentally-appropriate activities
- Know developmental skills



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Think about what you observe when you watch children play....

Once the art of going DOWN a slide is mastered,
what's next? going UP, down head first, train

Need to use age-appropriate equipment and be provided with developmentally-appropriate activities to satisfy the need to conquer new challenges safely.

To determine what is appropriate, it is important to know the developmental skills of each age group:

what kinds of things can each age group do? examples - from own experiences

age birth-12 mo = touch, taste, suck, look; new skills very quickly

1 year olds = push/pull toys, ride-ons (no pedals), balls

2 year olds = climbing structures, balls, swings, slides

age 3-5 = testing their physical limits, not ready for competitive play, chance, social dramatize.

age 6-8 = interested in organized games, outdoor games

age 9-12 = team, sports, group activities, clubs, give goal and have them figure



out how to do it, trying all sorts of new things (band, dance, etc)

more structured (lessons rather than playing around w/instrument)

*** (HANDOUTS: *Child's Play handouts*)

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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) 

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Play zones - can set up at home or center but also consider it for field trips: what's available at each park? can use - don't need to have all; can have different zones at different outings too

*** (HANDOUT: *Play Zones and Loose Play Parts*)

Loose Play Parts -

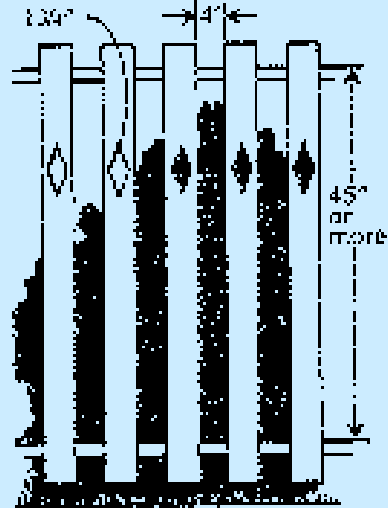
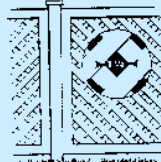
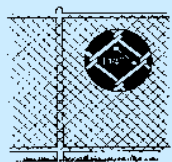
list of things that can be used to support your different areas

Look at this List.....Which do you already have access to? or - things you don't but would like to?

Children don't need every single item every day, keep it dynamic and interesting

Choosing a Safe Area

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



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Fencing has three primary functions:

- 1) to contain children in a designated area to enhance supervision
- 2) to inhibit children from entering the play area unsupervised
- 3) to protect children from extending play to hazardous areas (water, traffic, unsuitable terrain/foliage)

Proper fencing:

height - minimum of 4'; climb-ability - study showed common 2 1/2" chain link fence is easiest for children to climb - even children under 3 y.o.; 1 1/4" chain link is harder to climb- putting slats through the large diamonds decreases climb-ability; (measure chain link along the side of a diamond); lattice should be no more than 1 3/4" across the maximum space; slats in chain link should be attached at top and bottom;

spacing of boards - for a wooden or metal fence climb-ability depends on spacing - if the horizontal members are 45" apart, the spaces between the vertical members should be less than 3 1/2"; if <45" apart, then vertical members should be spaced no more than 1 3/4" apart to prevent a foothold.

Water hazards (& traffic) - serious consequences; Gates - latches should be self-closing and self-latching; latch shall be high enough or a type that can't be opened by small children (for water hazards the requirement is 54"; height 5' is adequate - some standards recommend 6')

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Playground Design

■ Most serious injuries caused by

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Fill in the blank? What do you think?

Playground Design

- Most serious injuries caused by **FALLS**

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CPSC estimates 150,000 children are seen in the emergency room each yr for injuries occurring on public playground equipment. Another 50,000 for injuries on home equipment. 70-80% of all injuries are result of falls and impacts. 1/2 cause head and neck injuries w/1 child death per month average.

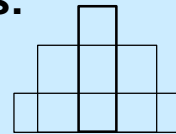
Playground Design

- 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



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- Height: toddler (24"); pre. (48"), K-3 (60"), grade 4-6 (80")
- Fall zones - 6' or 8' with walking area, add 2-3' for swings
- Surfacing: shock absorbing material (double-milled wood)
 - imagine a 12 ft fall onto a 10" depth of pea gravel
 - same impact as a 28" fall onto packed dirt and a
 - as 6" fall onto concrete or asphalt

Having good surfacing makes a world of difference
lots of different types of surfacing

Trampolines?

Playground Design

■ Additional Considerations

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



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AGE GROUPING

injuries not only happen when young children use equipment they are not physically able to use, but when older children use stuff designed for younger children (not always feasible for home)

OVERHEAD ladders and rings inappropriate for preschoolers (up body)

Also look for pinch and crush points

ENTRAPMENTS - 3-1/2" to 9" openings

ENTANGLEMENTS - open S-hooks, crevices (clothing, coat strings)

SLIDES - not a high use item but accounts for 16% of all injuries

level exit region to slow down slider (11" long)

exit region should be 8 to 15" off the ground

surfacing tends to be moved away from exit region

SWINGS -accounts for 23% of all injuries - most from jumps/fall, but 26% from being struck by seat/swinger; 18" apart; footings, put near edge of play area

Assessing Playgrounds

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

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Need to be able to identify hazards when they are present

*** (HANDOUT: *Playground Hazards: What can you find...*)

Use simple tools - ruler, small shovel, string w/knot, 6' yarn

Before visiting a play area you have never been to before....

Monitoring for hazards is a continuous job for your own play area.
A thorough safety check should be done at least Seasonally.

*** (HANDOUT: *Playground Safety Checklist*)

So if you find hazards, what can you do?

- On your own playground, get it fixed.
- Set priorities - big three (only go to facilities having these)
- Supervise high risk zones
- Get neighborhoods/parents involved in making necessary changes

If you have the opportunity to purchase new or renovate, this may be helpful.

*** (HANDOUT: *Buyers Guide to Playground Equipment*)

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What do you see?



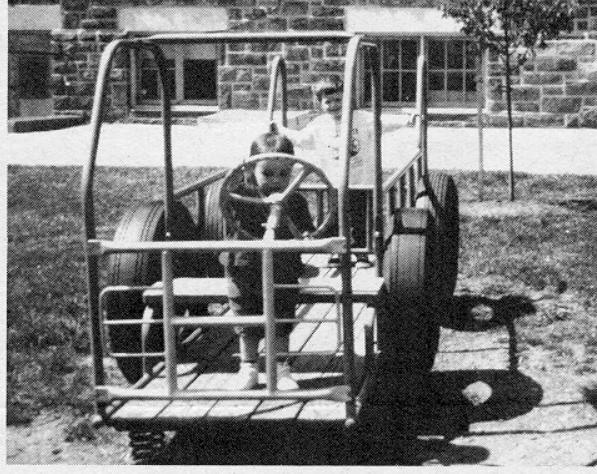
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Too high
no exit region
obstruction at end of slide
height of exit from ground?
surfacing questionable?

What do you see?



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- entrapments
- lack of appropriate surfacing
- possible pinch/crush points (steering wheel)

What do you see?

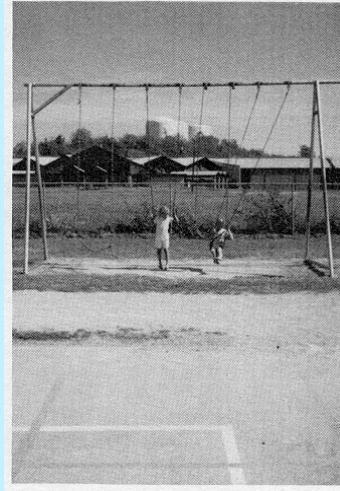


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- Pinch/crush hazards
- road behind play area (no fence)
- lack of surfacing
- older teeter-totter handles can be protrusions

What do you see?



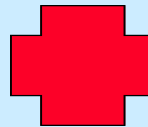
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too high
lack of surfacing beneath
concrete in front (inadequate fall zones)

Supervision

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



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Enough adults

- same ratio inside as out; not social time for adults, assign to risky areas

Rules

- keep them simple
- state in positive terms (slide down on your bottom only; or slides are one way toys -down)
- traditional playgrounds require more rules than those designed for safety (if no fence, can't go beyond this point)


Tailor to children

- balance outdoor with indoor play
- ask children what they would like to do outdoors
- age grouping (younger won't be as tempted to try things not ready for)
- vary activities and loose play parts available

First Aid

- keep kits available
- stock with gloves
- portable - fanny pack (can take inside, outside, or off-site - field trip)

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

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BEFORE -

Make sure you have adequate transportation

Age-appropriate safety restraints

Map to location for all drivers

Insurance coverage

Identify a site; visit the site (conduct a safety check)

Have enough adults

Review rules

Children's information (emergency numbers)

If you make ID labels for the children; as little info as possible

Signed permission slips for each child

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.



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PERMISSION SLIPS

Should have the following information

- date of the trip
- time of the trip
- location
- method of transportation

You may want to include an invitation to parents - more supervisory eyes never hurt.

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

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DURING -


Before releasing children into the play area, check for hazards which could include broken glass, bees nests, toxic plants, garbage, broken play equipment

Make sure that adults are stationed adequately to see entire site

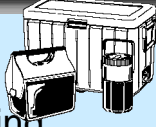



Count heads frequently

Always have your First Aid kit w/gloves, sunscreen, Rx, extra drinks;

Summer Safety



- Food Safety
 - Temperature control, handwashing
- Sun Safety
 - Sunscreens, hats, sunglasses
- Water Safety
 - Supervision, life vests, swimmer's itch
- Bicycle Safety
 - Helmets, supervision

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FOOD SAFETY -

*** (HANDOUT - Hot Days, Cold Foods - Ants aren't...)

Keep foods cold - use a cooler; or take foods that don't have to be kept cold (PB&J)

Use hand sanitizer if you don't have running water.

Never leave food out for more than 1 hr in hot weather

SUN SAFETY -

*** (HANDOUT - Fun in the Sun)

sunscreen - SPF, apply 1/2 hr prior, keep inaccessible

need parent permission, don't use under 6yo

hats, sunglasses, proper clothes, drink lots of water

WATER SAFETY -

nothing replaces supervision

BICYCLE SAFETY -

helmets should be worn, even for little ones

Field Trips - After

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



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AFTER -

know who is taking the child;

permission of parents;

Identification; custody information

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.

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Summarize, then The End

Any Questions?

**Play it
safe**

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The image shows an overhead slide with a light blue background. On the left side, there is a vertical decorative bar with segments of grey, yellow, red, and grey. The text 'Play it safe' is written in a large, bold, black, bubbly font with a white outline and a stippled texture. At the bottom left, there is small text: 'Child Care Training and Resource Kit - Play It Safe Outdoor - Overheads' and 'Snohomish Health District, Partners in Child Care'. At the bottom right, the number '24' is displayed.