

Child Care Training and Resource Kit
Play It Safe Outdoors
Lesson Plan

PLAY IT SAFE: OUTDOORS AND ON-THE-GO LESSON PLAN

Submitted by: Partners in Child Care, Snohomish Health District

Course Length: 1 hour

Objectives: Participant will:

- List the benefits of safe playgrounds.
- Describe age-appropriate features of playground areas and structures based on typical child development.
- Identify proper surfacing and fall zones.
- Define entrapments and entanglements.
- List hazards most common to playground structures and most common injuries.
- Describe recommended playground maintenance and supervision.
- Demonstrate assessing a site for hazards and identify dangers associated with field trips.

Public health staff in Washington State has provided all of the materials in the Child Care Training and Resource Kit. The only materials included are those where copyright could be located and permission to use was received. In all cases the copyright owner has requested to receive credit for the use of their materials. Please do not use these materials in any other way without getting your own copyright release.

How to use the Child Care Training and Resource Kits: Each lesson contains:

- **Lesson Plan** file, with the general directions for the lesson.
- **Overhead file** with the overhead materials. Those files on the CD are in color.
- **Teacher Notes** file which outlines the points of discussion for each overhead.
- **Handouts file** includes pages related to the overhead for those learners who like to take notes as well as other materials for the learner to take with them. Occasionally, some materials you must request yourself from the vendor. Instructions on how to get these materials are included in the lesson plan file. Some materials you must download from the Internet and the web address is included in the lesson plan file.
- **Teacher Enrichment** - In some cases the lesson developer may have included materials for teacher enrichment. Where possible, those materials are included here. If permission to print could not be obtained then the citation is included below for you to obtain.

Overheads: See the Overhead file.

Teacher Notes: See the Teacher Note file.

Handouts:

- Playgrounds: Safe & Sound by Janet McCracken 1990 NAEYC #552, National Association for Young Children, <http://www.naeyc.org/resources/catalog/item-detail.asp?docID=360>
- Sun Protection is For Everyone: **Child Health ALERT**, June 1996, <http://www.childhealthalert.com/newsletters/jun96.htm>
- Stay on Top of It: Children's Drowning Prevention Line, 206- 368-4990
- Growing Up Buckled Up: Safety Restraint Coalition, Kirkland, WA, 1800-BUCK-L-UP
- Is Your Child Ready for a Seat Belt?: See the Handout file.
- Never Put Children's Climbing Gyms On Hard Surfaces, Indoors Or Outdoors: US Consumer Product Safety Commission, CPSC Document, #5119, See the Handout file.
- Playground Maintenance Checklist: See the Handout file.
- Playground Safety: See the Handout file.
- Fun in the Sun See Handout file.
- Outdoor Play: Notice to Parents: See the Handout file.
- Wear Bike Helmets On Bicycles - Not On Playgrounds: Consumer Product Safety Commission, CPSC Document #5121, See Handout file.
- What's New in Bike Helmets?: This is a brochure that can be ordered from the Consumer Product Safety Commission, <http://www.cpsc.gov/cpsc/pub/pubs/bike.html>

Editor's Note: The source for the handout provided by this lesson provide, "No Matter What You Pilot – Wear Your Helmet" could not be provided. We have offered you two other possible materials, "Wear Bike Helmets on Bicycles – Not on Playgrounds" and the brochure "What's New In Bike Helmets?"

Materials Needed:

- Overheads or power point presentation+
- Different types of playground surfacing

Instructor Enrichment:

- American Public Health Association, American Academy of Pediatrics, and National Resource Center for Health and Safety in Child Care. Caring for Our Children: National Health and Safety Performance Standards: Guideline for Out-of-Home Child Care Programs. 2nd Ed. Arlington VA: National Center for Education in Maternal and Child Health: 2002.

<p>Activity: Interactive Lecture:</p>	<p>Process: Interactive Lecture: Using overheads or power point presentation, present material with discussion and activities as listed in the teacher notes.</p>	<p>Time: 1 hour</p>	<p>Materials: Interactive Lecture: Handout packet, appropriate audio-visual equipment, and other materials as listed above.</p>
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