



Playing It Safe At Forbes

Playscape and Playground Safety Rules



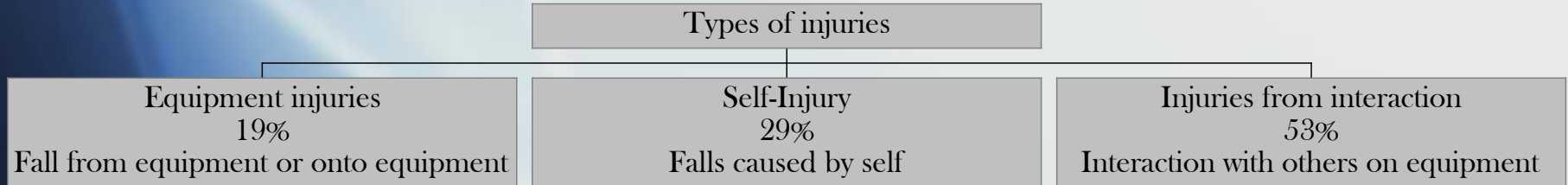
Supervision

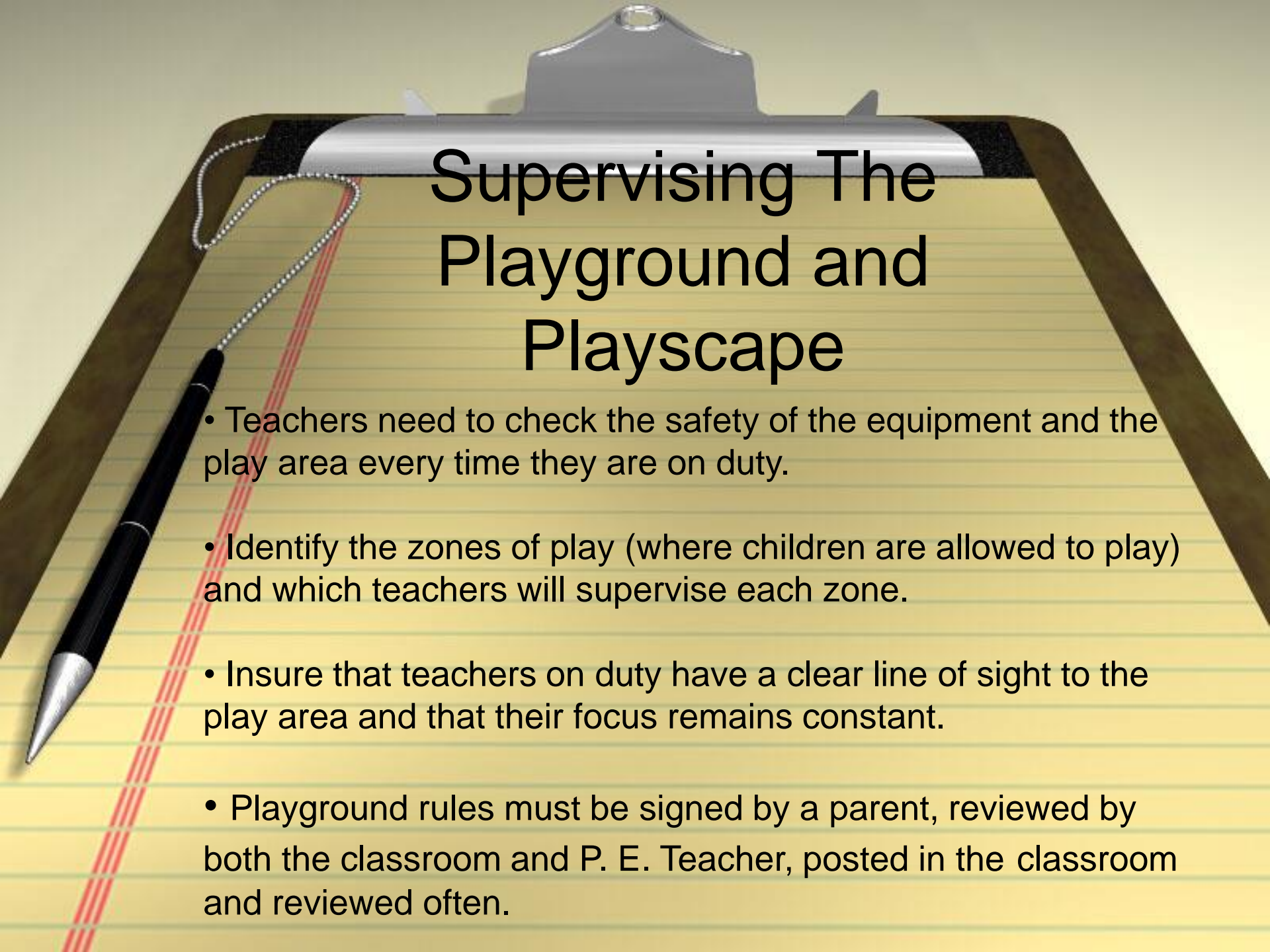


Facts about Safety

- Over 200,000 children are injured on playgrounds seriously enough to be sent to the hospital.
- 80% of all injuries occur on the playground.
- About 40% of all playground incidents occur due to poor supervision.

Where Do Injuries Occur?





Supervising The Playground and Playscape

- Teachers need to check the safety of the equipment and the play area every time they are on duty.
- Identify the zones of play (where children are allowed to play) and which teachers will supervise each zone.
- Insure that teachers on duty have a clear line of sight to the play area and that their focus remains constant.
- Playground rules must be signed by a parent, reviewed by both the classroom and P. E. Teacher, posted in the classroom and reviewed often.

Age Appropriate

- This climber can be used by all grade levels.
- Grades 4 & 5 can go over the top and down the other side.
- No more than 2 at a time.
- Balls and other playground equipment should not be used on the playscape.
- No running through the playscape area.



Our Slides

- × All grade levels may use the slides
- × Do not walk up and down the slides.
- × Slide down only in an upright seated position, one at a time.
- × Keep all other equipment away from the slides and playscape area.



The Corkscrew

- × Grades 4 & 5 may use this piece of equipment to walk up or down like a ladder.
- × It can also be used to sit on and spiral down to the landing surface.
- × Students must step on and off safely.



The Wavy ladder *The Horizontal ladder*



- × The wavy slide on the left is open to all grade levels- always one way travel for safety.
- × On the right is our red horizontal ladder that everyone calls the monkey bars.
 - × Cross one at a time moving in the same direction.
 - × You may move forward one hand at a time; alternate hands; skip bars; place hands on outside bars.
 - × Do not travel underneath when the ladder is in use.
 - × Remember when you drop down to cushion the landing by bending both knees.



More Ladders



- × The tan mountains can be used by grades.
- × No one is allowed to jump off the platform to the ground.
- × The stationary stepping stools are for all grade levels and should be used for one-way travel to get on or off the upper platform.



The Steering Wheel



Track Riders



- × All grades can use this equipment, no more than 2 on it at a time. If you can't reach it you can't use it.
- × There are two track to be used by both grade levels.
 - × Students must hold on with both hands at all times
 - × Do not jump to reach the handle
 - × Do not sit on top
 - × Do not push others on the track rider



Wonder Window



- × This window can be used by all grade levels as a window to their imagination
- × Look through it and pretend, do not sit in the window.

Chain Ladder



- × Grades 4 & 5 can go up and down the ladder.
- × All students need to hold the chain to go up or down. They can also use the hand grips to go up and down.



Pull-Up Bars

Balance Stools



- × The low bar on the picture on the left - can be used to perform an apple turnover - where they rest their stomach on the bar and turn forward around the bar.
- × They can also hang by their knees - **ONLY** from the low bar.
- × No one can stand on the low bar or climb the pole to use the high bar.
- × Students must jump to use the high bar and then only use it for pull-ups.
- × No swinging.

- × The balance stools may be used by all grade levels to bounce on.
- × One student per stool.
- × Do not jump from stool to stool.
- × This piece of equipment and the entire playscape cannot be used if wet or ice-coated.



Chain Bridges



- × All bridges and ladders must observe one-way travel.
- × No more than 3 people should be waiting for a turn at any piece of equipment.
- × The foot chain bridge requires the student to hold on to either one or both sides.
- × The hand chain bridge can only be used by students in grades 4-5 who can demonstrate that they can cross the horizontal ladder (monkey bars without assistance).
- × The drop to the ground for the hand chain bridge is well over 7' and students must use safety when dropping to the ground by bending both knees to cushion the landing.



Hand Wheel



Tic-Tac-Toe



- × This hand wheel is open to all grade levels and it is only for hands to work your arms.
- × The Tic-Tac-Toe board can be used while waiting for a turn or as a separate challenge.



Running Laps At Recess



- × All classes start recess by running laps.
- × 4-5 run two to three laps or for five minutes.
- × No passing on corners or cutting corners.
- × Follow the perimeter of the field.
- × Do not count the laps as part of the 15 minutes for recess.

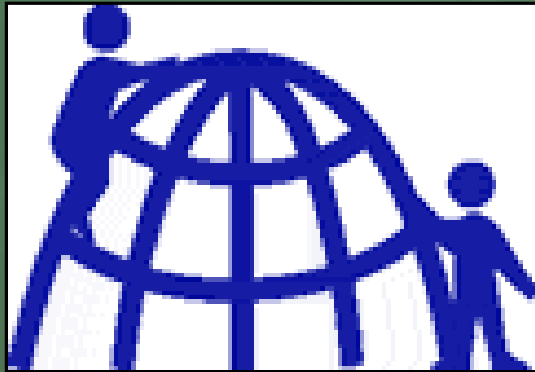


Games and Activities

- × Select someone to be in charge of your recess equipment. Rotate this job weekly.
- × Team activities should be your grade level plus one.
 - × Example grade 5 would be 6 vs 6
- × Four square will always be 4-5 per grid.
- × Borrow equipment if you play an activity like Capture The Flag.
- × Tag games should always be two finger safe touch.



Safety Tip Reminders



- 📞 Appropriate footwear and clothing required
- 📞 Functioning walkie-talkie
- 📞 Use equipment for its intended purpose.
- 📞 Playscape must be supervised by a certified staff member.
- 📞 All teachers must have students in their line of sight.
- 📞 Stay focused on appropriate play and redirect activities when necessary.
- 📞 Do not allow students to leave the playground unsupervised.
- 📞 If you can't reach it you can't use it.

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Safety First

Courtesy of the Forbes P.E. Department