

CATHOLIC MUTUAL... "CARES"

SCHOOL SAFETY

PLAYGROUND GUIDELINES FOR THE ELEMENTARY SCHOOL

The following information is designed to provide you with some assistance in the development of safe and appropriate guidelines for activities on school playgrounds.

General Safety Rules

1. All games should be approved and played in appropriate areas.
2. Any danger areas should be so designated. If play area doubles as a parking lot, the play area should be sectioned off by cones or other means to ensure vehicles are not allowed in the area.
3. All games should be appropriate to the grade level of the participants (for example, softball is not recommended below the fourth grade level).
4. Play area should be free of any tripping hazards (i.e. uneven concrete, rocks, or exposed roots).
5. Area should have good water drainage.
6. Playground equipment should not be used when it is wet.
7. All playground activities must be supervised.

Swings

1. Should never allow more than one child on a swing at a time.
2. Both hands must be in contact with the suspension chains at all times.
3. Should never allow children to jump off swing while in motion.
4. Should never allow children to walk in front of or behind a swing in motion.
5. Should not allow children to stand on the swings. They must remain in a seated position.

Rings

1. Rings are to be used for "traveling" and not for acrobatic stunts.



2. One child must get half-way around before a second child starts.
3. Only one child should be on the approach board at a time.

Bars

1. Children should grasp the bars with both hands using an overhand, reverse, or mixed grip.
2. Pull-ups, chin-ups, and twining the body over the bar are good conditioning activities.
3. Never allow children to stand on bars or attempt to jump off.
4. Upper grade children may perform other activities upon the approval of the physical education instructor involved in playground supervision.
5. Never allow children to hang by the knees or perform other stunts where the hands are not in contact with the bar.

Jungle Gym/Climbers

1. Never allow children to hang by the knees, stand on the top, or jump from the jungle gym.
2. Children should have both hands in contact with the jungle gym and should not interfere with other children while climbing.

Horizontal Ladder

1. Travel on the ladder should proceed in the same line of direction.
2. One child should be halfway across before a second child starts.
3. Children should not sit or stand on top of the ladder.

Slides

1. Only allow one child on the ladder at a time.
2. Children should slide down in a sitting position with feet forward.
3. Never allow children to climb up the slide.

Geodesic Domes

1. Use should be restricted to fourth grade and higher.

2. Children should not swing or drop from any spot above the fourth horizontal bar.
3. Games such as “chase”, “tag”, and “train” should not be permitted.
4. Children should not play on the surface under the dome.
5. Children should have at least two body parts (one of which is a hand) in contact with the dome at all times.

Bats and Balls

1. Volleyballs and basketballs should not be kicked.
2. Bat handles should be taped. Bats must be watched for cracks and worn places.
3. Bats should not be swung except in approved areas.
4. Bats should not be thrown. Children should be shown the proper way to drop the bat before running the bases.
5. Masks should be worn by the person catching or umpiring behind the batter.

Suggestions for Teachers

1. Everyone connected with the school (teachers, aides, visitors, recreation leaders, etc.) should follow the same safety rules.
2. Safety presentations are extremely beneficial. These should be scheduled on a periodic basis to review any new playground equipment and any new playground guidelines that are to be implemented.
3. Walk your class through a safety course on the playground.
4. Remember, the best safety policy is good instruction and constant review of playground guidelines and rules.

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