

## ECELS Active Play Self - Learning Module Assessment and Implementation Questions

Name \_\_\_\_\_ Early Learning Program Name \_\_\_\_\_

Director Name \_\_\_\_\_ Early Learning Program Phone # \_\_\_\_\_

Director E-Mail \_\_\_\_\_

**Directions:** Please choose the letter that best answers the question or completes the statement. There is only one correct answer for each question. If more than one staff member is completing this module at the same time, it is acceptable to discuss this self-assessment, but each person should submit the self-assessment separately.

1) Young children should get 60 to 90 minutes of active play each day. The best way to provide this is:

- a) through one continuous 90 minute play period
- b) with one morning and one afternoon session to provide rest time
- c) by alternating one teacher-directed and one child-directed play period
- d) by giving opportunities for multiple 10 minute active bursts throughout the day

2) About how many children are injured seriously enough on playgrounds each year to visit hospital emergency rooms?

- a) 5000
- b) 50,000
- c) 200,000
- d) 450,000

3) A piece of play equipment that presents a risk of serious injury must be \_\_\_\_\_.

- a) identified as not available to the children so they can use other equipment
- b) more closely supervised by stationing a teacher close by
- c) used only by older, more physically skilled children
- d) removed or replaced

4) Teachers/caregivers must follow state regulations that sometimes differ from national standards for best practice. Caring For Our Children, 3rd edition, the national standards for out of home child care, recommend that children should not go outside when the National Weather Service reports \_\_\_\_\_.

- a) wind chill factor at or below minus 15 degrees Fahrenheit and heat index at or above 90 degrees Fahrenheit
- b) wind chill factor at or below minus 25 degrees Fahrenheit and heat index at or above

- 90 degrees Fahrenheit
- c) wind chill factor at or below minus 32 degrees Fahrenheit and heat index at or above 85 degrees Fahrenheit
- d) wind chill factor at or below minus 32 degrees Fahrenheit and heat index at or above 95 degrees Fahrenheit
- 5) Natural play environments are always safer than playgrounds because they do not include play equipment.
- a) True
- b) False
- 6) The major cause of injury on playgrounds is \_\_\_\_\_.
- a) inappropriate use of equipment
- b) inadequate supervision
- c) collisions between running children
- d) falls
- 7) The Fall Height Rating is \_\_\_\_\_.
- a) the height from which children are likely to be injured in a fall
- b) the distance between the highest part of play equipment a child can reach and the protective surface beneath it.
- c) the distance between the top of play equipment and the ground
- d) the maximum height allowed for playground equipment
- 8) Safety Surfacing can generally be divided into two types: \_\_\_\_\_.
- a) wood chips and pea gravel
- b) sand and wood chips
- c) synthetic surfacing and unitary surfacing
- d) unitary surfacing and loose-fill materials
- 9) Loose-fill surfacing is more affordable than synthetic surfacing but \_\_\_\_\_.
- a) it must be removed and replaced every month
- b) it lowers the Fall Height Rating for the tallest play equipment
- c) it is only effective when it is installed and maintained at the proper depth
- d) it requires professional installation
- 10) Using play equipment indoors is \_\_\_\_\_.
- a) never permissible
- b) a good way to enable children to be active when the weather is bad
- c) a good alternative when appropriate safety surfacing for the equipment is used
- d) a good way to create a balance between indoor and outdoor activities

- 11) ASTM International playground standards address how to serve three different age groups, which include:
- a) infants, toddlers and preschoolers
  - b) children 6 months to two years of age, two to five and five to twelve
  - c) infants to three years of age, three to five and five to eight
  - d) children between two and five years of age, five to eight and eight to fifteen
- 12) Which of the following pieces of equipment is unsafe in any group care setting?
- a) tire swings
  - b) portable climbers
  - c) bucket seat swings
  - d) trampolines
- 13) Crush and shearing injuries are most common \_\_\_\_\_.
- a) when children are improperly supervised
  - b) when the play area is overcrowded
  - c) on equipment with moving parts
  - d) on equipment raised high off of the ground
- 14) The best way to prevent entanglement injuries on playgrounds is to \_\_\_\_\_.
- a) make sure children aren't wearing clothing with strings, jewelry or items that can be caught in equipment
  - b) maintain the play equipment so that hazardous gaps aren't present
  - c) identify and restrict access to entanglement hazards
  - d) stay close enough to children to help them escape from an entanglement hazard
- 15) To prevent head entrapment, for children aged 2 to 12, openings on play equipment should be \_\_\_\_\_.
- a) at least 10 inches so that a child's head cannot get caught
  - b) no greater than 2 inches so that a child's head cannot enter the opening
  - c) less than 3 and one half inches or greater than 9 inches
  - d) less than 5 inches or greater than 12 inches
- 16) Which of the following are designed to prevent both unintentional and deliberate attempts to exit play equipment.
- a) guardrails
  - b) protective barriers
  - c) platforms
  - d) ramps
- 17) Which of the following provides the most challenging means of access for young children?
- a) ramps
  - b) straight stairs

- c) platforms
- d) arched climber

18) Teachers can determine when a child is capable of using more advanced play equipment by:

- a) referring to developmental milestones that identify skills by age
- b) talking with parents to understand their developmental expectations
- c) carefully observing children and noting their physical skill development
- d) encouraging children to use equipment beyond their current abilities so they'll learn new skills

19) Which of the following is NOT part of the recommended documentation that programs should keep on hand for their playground:

- a) contact information for families that may use the equipment off hours
- b) the instruction manual for the play equipment
- c) playground design layout prints
- d) inspection results

20) Refer to the America's Playground Safety Report Card to assess your active play areas, indoors and outdoors. Use the information from your completed checklist to address any hazards or areas that need correction.

If you want to look at the checklist, click on the links below or copy and paste them into your browser search box

- America's Playgrounds – Safety Report Card  
<http://cfoc.nrckids.org/WebFiles/AppendicesUpload/AppendixEE.pdf>
- Depth Required for Shock Absorbing Surfacing  
<http://cfoc.nrckids.org/WebFiles/AppendicesUpload/AppendixZ.pdf>

Write down any hazards identified, what is needed to fix the hazard, the person/s involved in correcting the hazard and the target date for completion.

Action Plan for Play Area Hazards

<i>Hazard to be Fixed</i>	<i>Action Needed to Fix Hazard</i>	<i>Person Responsible</i>	<i>Target Date</i>
<b>Example: More space needed for use zones</b>	<b>Move equipment and decide if any equipment needs to be removed</b>	<b>Asst. Director and playground designer or CPSI</b>	<b>1 month</b>

21) Resources: List three resources from the module you will use to improve active play procedures and policies into your program.

1.	
2.	
3.	

22) Parent Education/Family Engagement: List the information from the module that you will share with families.

1.	
2.	
3.	

23) Policy: Which policy will you use in your program?

1.	<input type="checkbox"/> Model Child Care Health Policies
2.	<input type="checkbox"/> Other policy – Compare to Model Child Care Health Policies and submit suggestions for improvement. Submit copy of policy and suggestions to ECELS by regular mail or email at <a href="mailto:ecels@paaap.org">ecels@paaap.org</a>

24) Please share your ideas for improving the Safe Active Play Self-Learning Module.


25) Please rate the content level of this module:

<input type="checkbox"/> Too easy
<input type="checkbox"/> Just right
<input type="checkbox"/> Too hard