

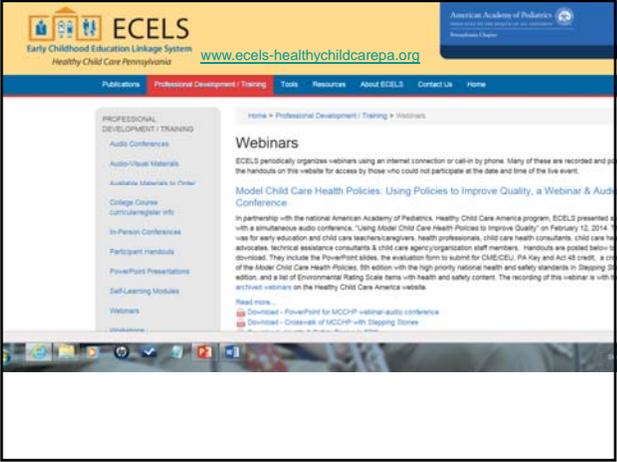


Active Play – Reducing Risk and Promoting Health

Thursday, October 30, 2014
1:00 to 2:30 PM
ECELS-Healthy Child Care Pennsylvania Webinar



Moderator
Susan S. Aronson, MD, FAAP
ECELS Pediatric Advisor and
Child Care Health Consultant



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Webinars

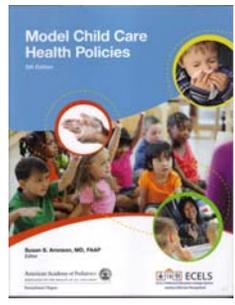
ECELS periodically organizes webinars using an internet connection or call-in by phone. Many of these are recorded and the handouts on this website for access by those who could not participate at the date and time of the live event.

Model Child Care Health Policies: Using Policies to Improve Quality, a Webinar & Audio Conference

In partnership with the national American Academy of Pediatrics, Healthy Child Care America program, ECELS presented a simultaneous audio conference, "Using Model Child Care Health Policies to Improve Quality," on February 12, 2014. It was for early education and child care teachers/trainers, health professionals, child care health consultants, child care health advocates, technical assistance consultants & child care agency/organization staff members. Handouts are posted below to download. They include the PowerPoint slides, the evaluation form to submit for CME/CEU, PA Key and AG-48 credit, a copy of the Model Child Care Health Policies, 8th edition with the high priority national health and safety standards in *Stepping Up* edition, and a list of Environmental Rating Scale items with health and safety content. The recording of this webinar is with archived webinars on the Healthy Child Care America website.

Read more:

- Download - PowerPoint for MCHCP webinar audio conference
- Download - Checklist of MCHCP with Stepping Stones

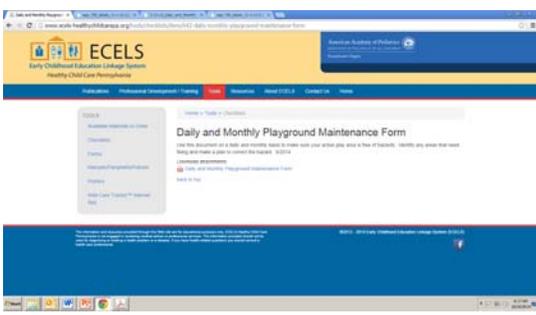


- Encouragement of large muscle play
- Daily routines, equipment and settings
- Required clothing and footwear, supervision, teacher participation
- Types and plans for active play
- Appendix O: Daily and Monthly Playground Inspection and Maintenance Form
- Appendix P: a form to schedule staff supervision for active play

www.ecels-healthychildcarepa.org/publications/manuals/health/policies

ECELS Resources

www.ecels-healthychildcarepa.org/tools/checklists



Daily and Monthly Playground Maintenance Form

Use this form to check your playground for safety hazards. Check for safety hazards on your playground and a list of factors. Identify any safety hazards and make a plan to correct the hazards. 8/2014

Download attachment:
Daily and Monthly Playground Maintenance Form

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Betsy Caesar
MEd, CPSI
President of Playcare, Inc.



Tyrone M. Scott II,
Community Services
Manager at DVAEYC



Objectives

- Explain the importance of active play to support social-emotional, cognitive and physical development of young children
- Describe a variety of active play experiences for young children
- List hazards that cause the most common injuries in active play environments and how to correct them
- Implement a play for active play maintenance

The Importance of Active Play

ECELS- Betsy Caesar Presenter
President, Playcare, Inc

Children's Work is Play

- Strong connection between the mind and the body. Young children primarily learn by doing; nearly always in motion
- Small motor manipulation or gross motor activity
- Actively exploring their world
- Caregiver role: support and enrich creative exploration.

Focus of this portion of the webinar: How children learn and grow through gross motor activity

Play Throughout the Day

- Children are driven to move
- Movement helps to stimulate developmental growth
- Integrate active play throughout a child's day
- Indoor activities (e.g. circle games or jumping in place) allow children to experience freedom of movement
- Use indoor active play areas, not only on days when the weather prohibits outdoor activity

Outdoor Active Play

- Playgrounds sometimes described as "Freedom with a fence around it"
- A good outdoor play area: provides children a safe place to move, explore and create in an unstructured, open ended manner
- Caregivers supervise to support, not interrupt free play
- Sometimes creative intervention is required (as seen in next slide)

OUTDOOR PLAY

A chance for children to:

- move freely
- make their own choices
- breath fresh air
- feel the wind and experience all weather conditions
- interact with natural materials and animals
- make things big
- make a mess

The Dirty Dozen: 12 Playground Hazards



Tyrone Scott II, MBA, CPSI

Hazard One: Improper Protective Surfacing

- Almost 80 % of playground injuries result from falls
- Must protect children, especially their brains from falls from heights
- ASTM F1292 explains requirements to be considered appropriate

Unacceptable Surfaces

- Concrete
- Blacktop
- Grass
- Packed Earth (Dirt)
- Carpet



Acceptable Surfaces

- Engineered Wood Fiber
- Wood Chips
- Sand
- Pea Gravel
- Shredded Rubber
- Tiles and Poured-in-Place Rubber



***** Loose fill materials should be maintained 12 inches deep and be free of standing water.*****

Hazard Two: Inadequate Use Zone

- The use zone is the area around and under a piece of playground equipment where a child might fall
- Typically this area should be covered by a safety surface extending 6 feet in all directions from the edge of the equipment.
- Slides and swings need larger use zones

Inadequate Use Zone



Hazard Three: Protrusions and Entanglements

- Protrusions are pieces of equipment that stick out and that are capable of impaling or cutting a child
- An entanglement is a protrusion that can catch clothing, possibly strangling a child

Protrusions and Entanglements



- Bolts that extend more than 2 threads past the nut
- Open "S" hooks
- Hardware that leaves gaps (especially dangerous in slides)



Hazard Four: Entrapment in Openings

- Openings between 3.5" and 9" are potentially dangerous
- The higher the opening, the more dangerous

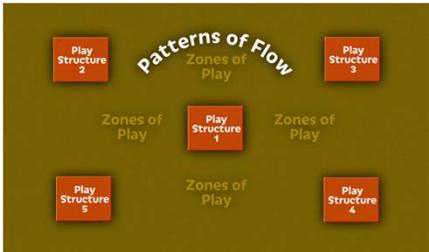


Photo credit to Associated Press

Hazard Five: Insufficient Equipment Spacing

- Equipment < 30" can share a 6 ft use zone
- Equipment > 30" must have 9 ft use zones
- Slide exits, swings, merry-go-rounds and other equipment that build momentum may not overlap use zones
- Merry-go-rounds and swings should be located away from other equipment

Insufficient Equipment Spacing



Hazard Six: Trip Hazard



- Exposed concrete footings
- Abrupt changes in surface elevation
- Tree roots and stumps
- Rocks
- Cords
- Unsecure carpets

What Do You Think?

Hazard Seven: Lack of Supervision

- About 40% of injuries are a result of poor supervision
- Early educators must engage children on the playground to ensure their safety
- Sight and sound are not enough!

Hazard Eight: Age-Inappropriate Activities

The U.S. Consumer Product Safety Commission does not recommend the following for children less than 5 years of age:

- Free standing arch or flexible climbers
- Chain and cable walks
- Log rolls
- Track rides
- Sliding poles

Hazard Nine: Lack of Maintenance

- No missing or broken components
- All hardware should be secure
- All parts should be stable and not be deteriorating
- Surfacing must be maintained
- Check for vandalism

Hazard Ten: Crush, Shearing and Sharp Edge Hazards

- Sharp edges can cut children
- Moving components can pinch children or even crush a finger



Hazard Eleven: Platforms with No Guardrails

- A guardrail helps a child stabilize while playing
- A barrier keeps a child from accessing a dangerous point or falling or jumping off of a point too high for a guaranteed safe landing

Platforms with No Guardrails

- Preschool children need:
- A guardrail on platforms >20"
 - A barrier on platforms >30"
- School-age children need:
- A guardrail on platforms >30"
 - A barrier on platforms >48"

Platforms with No Guardrails

Barriers should not allow children to "escape"



Barriers should contain children and guide them



Hazard Twelve: Equipment Not For Public Playgrounds

- Heavy swings (animal swings)
- Multiple occupancy swings
- Free swinging ropes
- Trapeze bars
- Exercise rings

Child Development

The playground supports all aspects of child development.....

Child Development

The playground supports all aspects of child development.....

- Social

Child Development

- Emotional

Child Development

- Intellectual - Cognitive

Child Development

Physical

- Children physically rejuvenate themselves while in active play
- Using muscles and breathing deeply brings added oxygen into all body parts
- During active play children's bodies produce endorphins that have a positive effect on their mood and activity levels

Crawling to Running

- Crawling, toddling, walking, running, hopping skipping and drifting.....
- #1 favorite activity on playgrounds = tag
 - Children are natural runners, bursting with energy
 - Develop the playground so that children can run freely without bumping into other children or physical obstructions
 - At least 1/3 of the playground should be open space.

Climbing

- Climbing is 2nd favorite activity on playgrounds is climbing
- Provide age-appropriate climbing opportunities as children develop their strength, balance and agility

Sliding

- Sliding provides the sensation of free fall while children are developing full body balancing skills

Swinging

- Swinging can be either high and fast or gentle and soothing
- Children develop the ability to pump - a great way to develop coordination and control their own level of activity

Spinning

- Spinning stimulates vestibular development by stimulating fluids in the ear canal
- Helps to develop the child's sense of balance

Balancing

- Balance beams provide a real challenge to young children as they learn to control their entire body in the process of achieving success

Rocking

- Rocking, like swinging can be gentle or fast. It too helps develop the child's sense of balance

Active Play without Commercial Play Equipment

- Children can do many activities outside that don't require commercial play equipment
- Since children grow and learn through creation, some of the best playground materials are loose parts.

Construction Play

- Any kind of building material allows children to create their own worlds while being engaged in active play

Working with Tools



Investigating the environment while using safe "grown-up" tools

Ball Play

- Develops hand eye coordination and agility
- Balls should be available to all ages of children so that they can run after them, bounce them, throw them and learn to play cooperative games with them

Parachute Play

- Develops arm strength, hand eye coordination and cooperative learning skills

Tricycle Riding

- Going fast while using leg muscles to pedal is one of the favorite early childhood activities

Relaxation

- At the end of the play period children have expended their pent up energy and are ready for a to focus on more sedentary cognitive/intellectual activities.

Q&A - Comments



ECELS Resources

www.ecels-healthychildcarepa.org/tools/posters



Wrap-Up

- For University of Pittsburgh CME credit, by 11/13/2014 fax your completed evaluation form to ECELS at 484-446-3255. Form is on ECELS website at www.ecels-healthychildcarepa.org in the webinar listing
- Send by email any unanswered questions or comments you'd like to share with ECELS or the presenters: ecels@paaap.org