

Appendix N

Sample List of Activities with Rules and Expectations for Playground Structures

General Rules and Expectations

Students must:

- Use playground structure only when the teacher is present.
- Listen and follow instructions from the teacher.
- Wear appropriate shoes/boots that are secured/tied
- Tie back long hair.
- Travel safely when near the playground structure i. e. they must walk, not run when on the structure.
- Take turns.
- Keep their hands to themselves at all times.
- Keep their feet on the structure. Climbing or sitting on the railings is not permitted.

Students must not:

- Wear garments with loose drawstrings, bicycle helmets or backpacks.
- Jump from unsafe heights (i.e. any height higher than their chest).
- Eat while on the playground structure.
- Play tag games near or on the structure.

Specific Activities Rules and Expectations

Climbing Structure - Steps:

- Walk (not run) and hold the hand rails.

Climbing Structure - Platform:

- Walk at all times.
- No jumping from the platform to the ground. Use the steps, slides or ladders.
- Keep your feet on platform at all times. Do not attempt to climb onto the railings.

Climbing Structure - Pole:

- Two hands on the pole at all times. Feet first down the pole. Once at the bottom, move away.

Slides:

- Wait your turn. Keep your hands to yourself. No pushing or shoving at the top of the slide.
- No sliding headfirst, lying down or backwards.

- Check that no one is at the bottom of the slide before sliding down.
- Once at the bottom of the slide move away.
- No walking/running up or down the slide bed.

Ladders:

- Wait your turn. Keep your hands to yourself.
- Hold onto the rung in front or railings when climbing the ladder.
- Once at the top of the ladder, move away.

Swings:

- Hold onto the swing with both hands.
- Do not stand on the swing seat.
- Only one person on a swing at a time.
- Stand/walk a safe distance from a swing - front and back
- No under-doggies.
- No jumping from the swing - remain seated until the swing has stopped.
- No twisting the swings' chains.
- No climbing the support structures or swing supports.

Teeter Totters (Seesaws):

- No crawling on the plank.
- Only one person on each end.
- No bumping the bottom of the teeter totters on the ground.
- No getting off while another child is in the air.
- Be sure the other person has their feet on the ground and is aware you are getting off.
- No standing on the seat or bar between the seats.
- No tucking legs, feet or hands under the teeter totter.

Merry Go Round:

- The merry-go-round must be stationary before climbing on or jumping off it.
- Hold on tight to hand rail/handgrips when moving.
- No dangling arms or legs or heads over the edge of the merry go round while it is moving.
- Each participating student must have room to hold the hand rail/hand grips.

Monkey Bars:

- No climbing on top of monkey bars, if above chest height.
- Keep a safe distance from one another.
- When dropping off the rung, drop feet first and bend knees when landing.

Spring Rockers:

- No leaning too far forward or backward (i.e. causing the rocker to hit the ground).

- No crawling underneath the rocker
- Keep hands away from the spring.
- No jumping to rock harder.