

# Appendix P

## Sample List of Activities with Rules and Expectations for Playground Structures

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### **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, that is, 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 (that is, 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 (that is, causing the rocker to hit the ground).
- No crawling underneath the rocker

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