



PLAYGROUND SAFETY

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Procedures

Introduction

The playground is a fun-filled place. However, with the dramatic increase in playground-related injuries over the past two decades, it is also a place that requires adult supervision. United States Consumer Product Safety Commission (CPSC) statistics estimate that nearly 200,000 playground-related injuries occur each year requiring emergency room visits. Nearly 40 percent of those injuries are related to inadequate supervision.

Although teachers and supervisors are not expected to be trained playground inspectors, they can visually inspect the playground for safety problems and make sure that children do not play on unsafe equipment.

The following tips offer key points to remember when supervising children on playgrounds.





Supervision Means...

...Stay Alert and Attentive.

- Move through the playground area, stationary persons only help children nearest to them. Avoid staying on outskirts of playground area.
- Stay involved with the children on the playground, do not use playground time as a time for socializing with other adults or for doing paperwork.
- Observe all children and the "secret" places where they could hide.
- Realize a child can wander into a hazardous situation in less than a minute.
- Use direct eye contact with children to help prevent inappropriate behavior.
- Ensure you have an adequate number of adults supervising for the number of children.

...Being Aware of Age Appropriate Equipment.

- Equipment should reflect the physical, social, emotional and intellectual differences of its planned users.
- All playground equipment is not appropriate for all ages of children. All KPBSD playground equipment is designed for ages 6-12.
- If equipment is not labeled or separated, for specific ages, direct children to equipment appropriate to their ages and development.

...Evaluating Hazards.

- Evaluate the playground for potential hazards that could cause serious or fatal injuries to children.
- Watch for foreign objects such as glass, nails, and pop tops that are hard to see.
- Ensure all animal feces are removed from area.
- Watch for hazards like loose or protruding nuts or bolts, broken parts, exposed concrete, and shallow protective surfacing that occur through the children's regular use of equipment.
- Surface material should be no larger than 1/2" material.
- If you spot problems that you can remedy yourself, like picking up trash, correct the problem. If you observe other safety problems like broken equipment, or inadequate

amount of surfacing material, contact the administrator and request that it be fixed, or taken out of service.

- Children's clothes should be inspected for safety. Remove any loose clothing, hoods or strings that might catch on playground equipment.
- Equipment that is deemed a safety issue should be taken out of service immediately.

...Observing.

- Keep an eye out for any unsafe behavior such as climbing up a slide or sliding down a slide backwards.
- Make sure children keep moving on equipment and keep their hands and feet on supports at all times.

...Knowing Safe Playground Rules.

- Teach children the safety rules of the playground.
- Agree on rules before children are allowed on equipment to prevent confrontations on the playground.
- Realize school age children can remember up to five rules, while preschoolers should have only three or less.
- Remind children that they are never to leave the playground area without permission from a supervising adult.
- Instruct children to keep their hands to themselves-no hitting, pushing, punching, kicking or biting.
- No sand throwing
- Snow stays on the ground. Prohibit throwing of snowballs.

... When Inappropriate Behavior Occurs ...

- Warn children verbally about inappropriate behavior; intervene between fighting children immediately to prevent injury.
- Enforce rules firmly and consistently; Pushing, throwing objects, and hitting other children can lead to serious injury.
- Reinforce safe playground behavior on public playgrounds by following through with appropriate measures.

...Being Prepared.

- Keep a first aid kit stocked and easily available in case an injury occurs.
- First aid kits should be maintained by nurse/office staff and include latex gloves.
- Try to ensure at least one playground supervisor is certified in first aid and CPR.

Pieces of Equipment Most Likely to be Associated with Injuries

Type of Equipment	Injury Total	Victim <6	Victim >6
Climbers	32%	18%	40%
Slides	29%	43%	21%
Swings	26%	22%	28%
See-saws	6%	7%	5%
Other	7%	10%	6%

Most Common Injuries by Hazard	
Falls to surface	58.10%
Falls, other	16.50%
Impact, moving equipment	13.10%
Other	6.90%
Impact, static equipment	5.40%

Injuries by Type of Equipment	
Climbers	31.90%
Slides	29.10%
Swings	26.00%
See-saws	6.00%
Merry-go-rounds	3.60%
Other	3.40%

Statistics from 1996 National Parks and Recreation Association's National Playground Safety Institute.

Playground Accident Procedures

If an accident occurs on the playground, the following procedures should be followed:

1. Keep other children away from the area.
 2. Check for injuries and secure proper medical assistance.
 3. Always suspect a neck and back injury with head injuries, until proven otherwise.
 4. DO NOT MOVE THE STUDENT IF YOU HAVE ANY DOUBTS. However, if the injury is not of a serious nature, help the student to the clinic or office.
 5. If the accident is due to defective equipment, make sure that the other students stay away from the equipment until it is repaired or replaced.
 6. Notify the administrator of defective equipment.
 7. Obtain the names of all witnesses.
 8. Complete a "Report of Accident" as soon as possible if:
 - Student left school or activity for medical treatment
 - Ambulance is called
 - Parent was notified
 - Injury involves weather conditions
 - Injury may have been caused by physical condition of facility.
 - Injury involves the head, neck, or spine
 - Injury was competitive sports related
- If the form is to be filled out by the school nurse, be sure you obtain all of the necessary information in order for the form to be filled out completely.*
9. Send COMPLETED form to the Planning and Operations Department.
 10. If equipment is determined to be a safety issue, have administrator contact the Risk Management Department for repair. Secure defective equipment and take pictures if a major injury has occurred. Phone the Risk Manager at (907) 262-8612.

The following form is available at all schools. Please be sure to use the current version and fill in all information as completely and accurately as possible.

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

STUDENT INJURY/INCIDENT REPORT

1. Student's Name _____
Student ID# _____ D.O.B. _____ Male [] Female []

School _____
Grade _____

Father's Name _____
Mother's Name _____

Home Address _____
Phone Number _____

2. Date of injury/incident _____
Time of injury/incident _____

3. Location where injury/incident occurred:

- Bus/bus stop Cafeteria Chemistry lab. Classroom
- Football field Gym Hallway Home Economics
- Ice Rink Locker room Parking lot Play ground
- Restroom School grounds Shop-Wood/Auto Stairs
- Other: _____

4. Type of injury:

- Abrasion Amputation Burn Laceration Puncture Scratches
- Poss. Concussion Poss. Dislocation Poss. Fracture
- Poss. Sprain Other: _____

5. Part of body injured: (indicate right by R and left by L on the item checked, when appropriate)

- Scalp Head Face Eye R L Nose
- Mouth Tooth Neck Chest Arm R L
- Elbow R L Hand R L Wrist R L Finger R L Abdomen
- Back Leg R L Knee R L Foot R L Ankle R L
- Other: _____

6. Activity student involved in at the time of the incident and cause of injury: (be specific about event resulting in injury)

7. Description of incident by supervisor: Describe how the accident happened, what the student was doing, location of the student, unsafe acts and/or conditions, and specific safeguards used & amount of supervision.
8. Description of injury/incident by the injured student:
9. Description of injury/incident by witness: (include the name of the witness)
10. Description of first aid given by supervisor/teacher (other than by nurse-Section 10 is to be completed by the nurse)
11. Disposition:
 Home Physician Emergency room Returned to class Other:
(explain) _____
12. Who was notified:
 Mother Father Guardian Emergency contact Other:
(explain) _____
13. Notification made by:
 Telephone Note: File a copy in the student's cum. Health folder.
14. Student transported to:
 Home Physician Emergency Room Other:
(explain) _____
Time: _____
15. Student transported by: Parent Ambulance
 Other: _____
16. Additional follow-up:

This Section to be completed by the school nurse, if directly involved in providing emergency care.

(Be sure to include follow-up notation, especially when not available for emergency care).

17. NURSES ACTION: Time/Date_____ Nurse Available [] Yes [] No

(Subjective) Student states:

(Objective) B/P_____P_____R_____

(Assessment)

(Plan)

(Please Print)

Form Completed by:

_____ Date _____

Teacher or Supervisor:

_____ Date _____

School Nurse:

_____ Date _____

Principal:

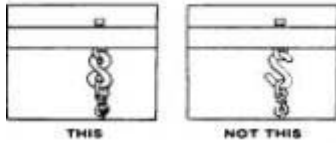
_____ Date _____

Original To: School District

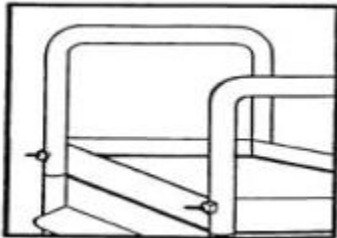
Copies To: School Office and School Nurse

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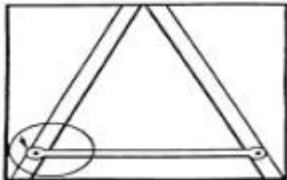
Common Playground Equipment Dangers



"S" Hooks: Open-ended hooks, especially the "S" hooks on swings that can catch skin or clothing, should be avoided. Contact Maintenance to close open "S" hooks.



Exposed Screws and Bolts: Most sets include protective caps to cover screws and bolts. When protective caps are not in place, tape over all exposed screws and bolts, including those that appear to be out of the reach of the children. Call Maintenance for repair.



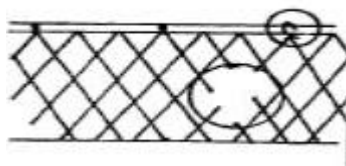
Sharp Edges: Some sets have sharp edges on points where the parts fit together. Tape over these areas with heavy tape and call Maintenance for repair.



Improper Anchoring: Support legs can be set in concrete for stability. All types of anchoring devices should be buried below ground level to avoid a tripping hazard or a hard fall.



Inadequate Surfacing: Keep surfaces underneath swings and slides even and with a minimum depth of 6 inches. Keep surfaces raked to fill in holes.



Protruding Wire: Serious injuries can result from exposed wire from broken fences and backstops. Wire should be bent back or cut so that the edge is not exposed. Call Maintenance.



Splintering: Wooden logs, due to weathering, can result in the wood splintering. Report splintered wood to maintenance.

Playground Usage Guidelines

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 on the playground should be so designated. These danger areas may include, for example, a softball diamond if a game is in progress. Children should be instructed to stand clear of these danger areas and the participants in the softball game should also be given safety instructions including "Do not throw the bats!"
3. All games should be appropriate to the grade level of the participants.
4. All playground activities must be supervised.
5. The best safety policy is good construction and instruction!
6. No tackle football, ice hockey or other high hazard sports during recess.

General Apparatus Guidelines

1. Do not carry objects while climbing on equipment.
2. Bars and rings are for children who can reach them without help.
3. At least one hand must be in contact with the apparatus at all times. Hands are the last part of the body to leave the apparatus.
4. Apparatus should be dry when in use.
5. Children should be taught to hang and drop, bending the knees upon landing, as the proper method to dismount from the apparatus.
6. Do not sit on the apparatus.
7. Do not play under the apparatus.
8. Use warm water to release skin from metal during freezing temperatures.

Rings



1. Rings are to be used for "traveling"; never for acrobatic gymnastic 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.

4. Children should drop from ring to sand or approved surface below when their turn is completed. They should not swing out

over the blacktop or other concrete surfaces and release their grip.

Bars



1. Grasp the bars with both hands. Use overhand, reverse, or mixed grip.

2. Pull-ups, chin-ups, and twining the body over the bar are good conditioning activities.

3. Never stand on bars or attempt to jump off.

Jungle Gym/Climbers



1. Never 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. Climb up the ladder, one step at a time and one child at a time.
2. Slide down in a sitting position, feet forward.
3. No straddling slide, going down backwards, or on side.
4. Bottom should remain on slide at all times.
5. Metal slides should be checked to assure a safe surface temperature during hot weather.

Geodesic Domes



1. Use should be restricted to fourth grade and higher.
2. Games such as "chase", "tag," and "train" should not be permitted.
3. Children should not play on the surface under the dome.
4. You should have at least three body parts in contact with the dome at all times, such as two arms and one leg.

Bats and Balls



1. Volleyballs and basketballs are not to be kicked.
2. Bat handles are to be taped. Bats must be checked for cracked or worn places.
3. Bats are not to be swung except in approved areas.
4. Bats are not to be thrown. (Show students the proper way to drop the bat before running the bases.)
5. Persons catching or umpiring behind the batter should wear masks.

Swings

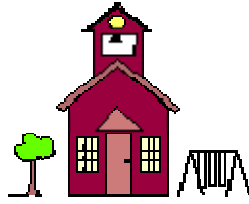


1. Children must maintain a sitting position while the swing is in motion. No jumping from swing while it is in motion.
2. There should be only one child per swing.
3. Motion of the swing should only be forward or backward. No twisting or twirling.
4. Peers should not play near swings when they are in motion.

Tire Swings



1. Children must maintain a sitting position while the swing is in motion. No jumping from swing while it is in motion.
2. There should be only one child per swing.
3. Peers should not play near swings when they are in motion.
4. Report defects to Maintenance immediately.



Suggestions for Playground Supervisors

1. Everyone connected with the school (teachers, aides, visitors, recreation leaders, etc.) should follow the same safety rules.
2. Assemblies on safety 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 the class through a safety course on the playground the first day of the school year.
4. **Remember;** the best safety policy is good supervision and instruction, as well as constant review of playground guidelines and rules.

Changes or Additions to Playgrounds

Schools do not have the authority to independently perform alterations, modifications, upgrades or maintenance to their playground equipment without first coordinating with Risk Management. Additional playground equipment must be acquired from an approved vendor, with Risk Management approval.

Safety Concerns or Issues

The Kenai Peninsula Borough School District strives to maintain safe playgrounds for the students. If you have safety concerns that cannot be addressed through the facility administrator, please call Risk Management at (907) 262-8612.



Wind Chill Factor...

Wind Chill refers to the evaporation of moisture from exposed skin. Wind Chill Factor, is a measure of the cooling effect of wind. In cold weather a person loses more heat when the wind is blowing than when it is calm.

Equivalent Wind Chill Temperature Chart

wind speed MPH	Temperature (Degrees F)																		
	45	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
0	45	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
5	43	37	32	27	22	16	11	6	1	-5	-10	-16	-21	-26	-31	-37	-42	-47	-53
10	34	28	22	16	10	4	-3	-9	-15	-22	-28	-34	-40	-46	-52	-59	-65	-71	-77
15	29	22	16	9	6	-5	-12	-19	-25	-32	-39	-45	-52	-59	-66	-72	-79	-86	-93
20	25	18	11	4	-3	-11	-18	-25	-32	-39	-47	-54	-61	-68	-75	-82	-89	-96	-104
25	23	15	8	1	-7	-15	-22	-30	-37	-45	-52	-60	-67	-74	-82	-89	-97	-104	-112
30	21	13	6	-3	-11	-18	-26	-33	-41	-49	-56	-64	-72	-79	-87	-95	-102	-110	-117
35	19	11	4	-5	-13	-20	-28	-36	-44	-52	-59	-67	-75	-83	-91	-98	-106	-114	-122
40	18	10	3	-6	-14	-22	-30	-38	-46	-54	-61	-69	-77	-85	-93	-101	-109	-117	-124
45	17	9	2	-7	-15	-23	-31	-39	-47	-55	-63	-71	-79	-87	-95	-103	-111	-119	-127

Equivalent Wind Chill Temperatures*

To determine wind chill, find the outside air temperature on the top line, then read down the column to the measured wind speed (MPH - Miles Per Hour.) For example: When the outside air temperature is 0 degrees F, and the wind speed is 20 MPH the rate of heat loss is equivalent to minus 39 degrees F when there is no wind (zero up to 4 mph.)

The area shown in **green** corresponds to Little Danger. The area shown in **yellow** corresponds to Increasing Danger where flesh may freeze within 1 minute. The area shown in **red** corresponds to great danger where flesh may freeze within 30 seconds.

* National Weather Service

The following information reflects current guidelines for the Kenai Peninsula Borough School District and restates a 1991 discussion concerning cold weather recess:

Periods of prolonged outdoor time for students should not occur when the temperature is -10 degrees Fahrenheit or below. This figure should include a wind chill factor. Prolonged outdoor activities are, recess, PE, class walks, etc. When applying this guideline, please take into consideration the medical needs of children with special conditions or who are recuperating from illness.

Helpful telephone numbers for temperature information on the Kenai Peninsula are 262-6500 and 235-6101.

Examples:

- 28 degrees - Conditions comfortable when properly dressed.
- 18 degrees - Conditions no longer pleasant for outdoor activities on overcast days
- 9 degrees - Conditions no longer pleasant for outdoor activities on sunny days.
- 1 degree - Freezing of exposed skin begins for most people depending on the degree of activity and the amount of sunshine
- 31 degrees - Conditions for outdoor travel, such as walking, become dangerous. Exposed areas freeze in less than one minute for the average person.
- 50 degrees - Exposed flesh freezes within a half minute on the average.



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A Safe Place to Learn and Work