

Naturally Kids Play

ACA WA 2016
Early Educations & Care
Conference

Kidsafe WA

 Non-government, not-for-profit organisation dedicated to the prevention of unintentional childhood injuries







- ☐ School Safety
- ☐ Research & Injury Surveillance



What is Nature Play?



Benefits of Nature Play

- Children who play regularly in natural settings are sick less often.
- Children who spend more time outside tend to be more physically active and less likely to be overweight.
- Children who play in natural settings are more resistant to stress; have lower incidence of behavioural disorders, anxiety and depression; and have a higher measure of self-worth.
- Children who play in natural settings play in more diverse, imaginative and creative ways and show improved language and collaboration skills.
- Bullying behaviour is greatly reduced where children have access to diverse nature-based play environments.
- Symptoms of Attention Deficit Disorder are reduced after contact with nature.



Australian Kids Take 2000 fewer steps per day than required to avoid being overweight or obese.





Impact of reduction in children's physical play activity

2008 study undertaken through Essex University and reported in the medical journal Acta Paediatrica.

Looked at the strength in a group of 10 year olds in 2008 compared to the same age group in 1998.

In 2008:

- Arm strength fell by 26%
- Grip strength declined by 7%
- 1998 -1 in 10 children could hold their own weight while hanging from monkey bars.
- 2008 only 1 in 20 could



Reduction in playtime accidents, injuries, bullying a UK Study 2008-2011

Tarmac & Turf Playground – 130 incidents over a 14 day period in 2008

(76 accidents, 1 bullying, 53 'other' incidents)
92 considered moderate on the severity scale, 37 slight and 1 severe

Nature Play Space - 8 incidents over a 14 day period in 2011

(6 accidents, 2 bullying)
All considered 'slight' on the severity scale

http://www.forestry.gov.uk/pdf/NaturalPlayStudyfull.pdf/\$file/NaturalPlayStudyfull.pdf

A longitudinal study of the Foresty Commission-Merrylee Primary School Glasgow City Council partnership 2008-2011



What is





Risk vs Hazard

- RISK (challenge) is something obvious to the child where he/she can determine their ability and decide whether to take that risk
- A HAZARD is something unseen or not obvious to a child that often results in injury!





Risk and challenges are part of everyday life, part of children's play, part of learning.



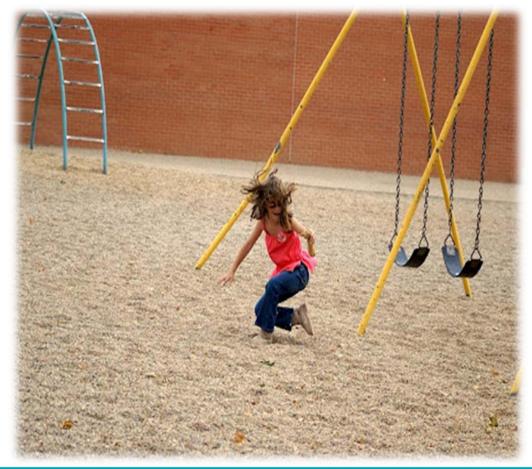


If we try to eliminate risk we inhibit a child's potential





More children aged 2 – 7 are getting injured in playgrounds because they don't know how to take a calculated risk





All children's play involves the risk of injury!





Too little challenge for a child can result in inappropriate risk taking behaviour

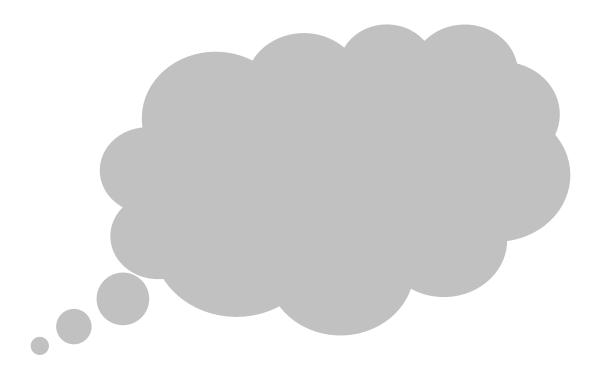




More boys than girls engage in risk taking behaviour







Where did you play?



What is Acceptable?



















Early Years Learning Framework

Spaces with plants, trees, edible gardens, sand, rocks, mud and water invite open ended interactions, spontaneity, risk taking, exploration, discovery and connection with nature.





National Quality Standards

Outdoor spaces include natural elements and materials which allow for multiple uses.





Aust Children's Education & Care Quality Authority

The ACECQA national Law states – under regulation section 167 –

'An approved provider must ensure that every reasonable precaution is taken to protect children from harm and hazard likely to cause injury – The service is to have policies and procedures in place to support the protection of children.'

The list is not exhaustive and services should use risk assessments to identify potential hazards –

The National Law does not require services to eliminate ALL risk and challenges from Children's play or environments.'





AS4685.2014 Part 1 Forward

Risk taking is an essential feature of play provision and of all environments in which children legitimately spend time playing. Play provision aims to offer children the chance to encounter acceptable risks as part of a stimulating, challenging and controlled learning environment.

Play provision should aim at managing the balance between the need to offer risk and the need to keep children safe from serious harm.



What about Safety??





Why do we have Australian Playground Standards?

Developed to provide guidelines for the:

- -Design
- -Installation
- -Maintenance
- -Operation

Not intended to provide 'risk free' environments





Quick Safety Tips

 600mm fall height requires safety surfacing

If moving equipment is less than 600mm high it **does** require IAS





Undersurfacing



- Loose fill should be at a depth of 300mm
- Acceptable undersurfacing is non compacting sand, mulch, pea gravel, synthetic grass, wet pour rubber

Quick Safety Tips

1800mm is the recommended height for climbing equipment for early childhood





Quick Safety Tips

3000mm is the recommended height for climbing equipment for ages 6 and up





Entrapments

Ensure there are no:

- Head entrapments
- Finger entrapments
- Whole body entrapments











Shade and Sun Protection

Provision should be made in each playground for areas of sun protection and shade, both for the children using the playground as well as for any caregivers present.





Tyres

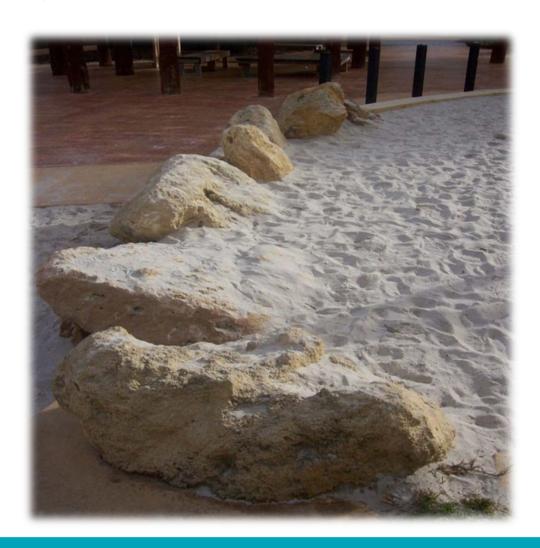
- Do not use if steel belting is exposed.
- Paint the inside of the tyres white
- Drainage holes are required
- Large tyres in a vertical position must be stabilised
- Recycling of tyres is beneficial to the environment





Rocks/Boulders

- Use smoother rocks
- Appropriate spacing
- Ensure Stability bury 2/3's





So what can we do??????

You are limited only by your imagination.....



Loose Parts







































Slides













Swings















Boats























Sand Play









Musical Play































Waterplay





















Bike Tracks



















Climbers



















Recycling Manufactured Equip













Tunnels











Mounds





Blackboards



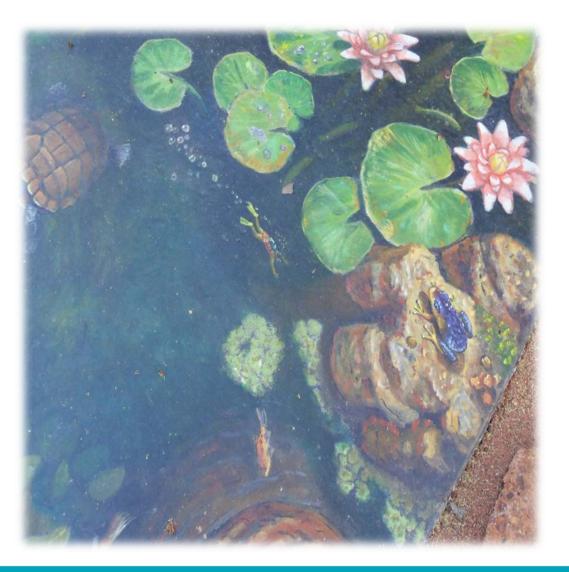




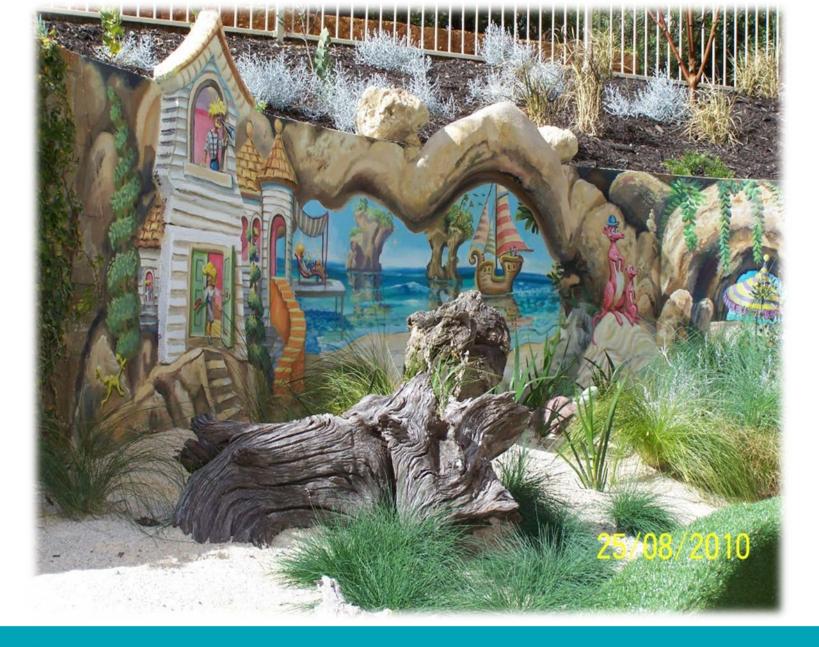




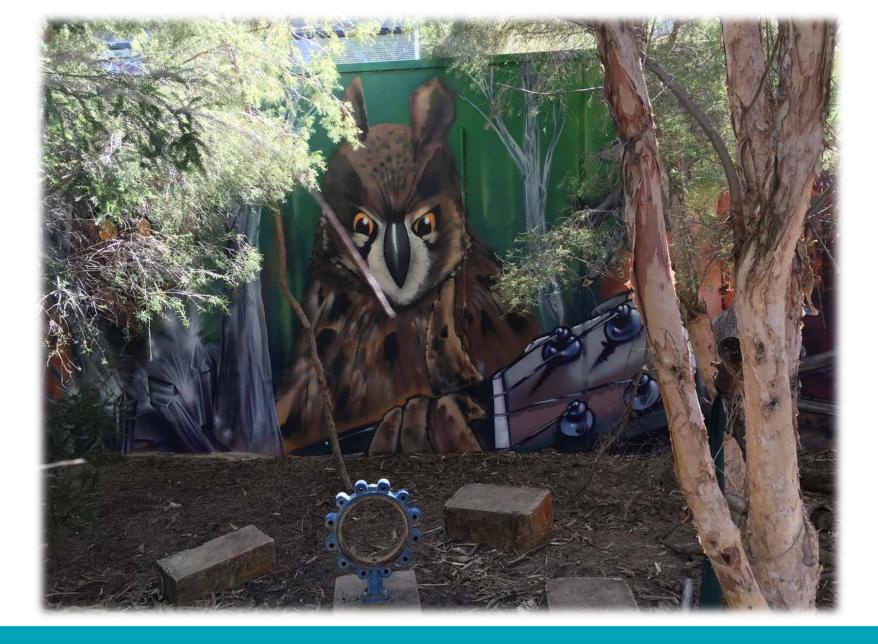
Murals





















Cubbies



















Balance































Tree Cookies













Tyres









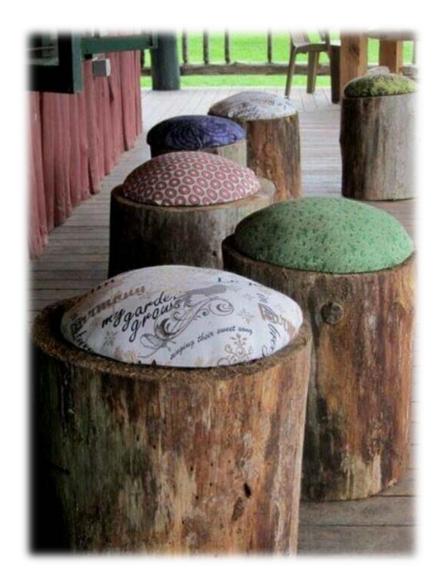












Seating











Rope Structures

















Climbing Logs















Landscaping

















Textured Paths



















Outdoor Kitchens





















Treehouses

















Creatures













Outdoor Classrooms

















M Bridge Log Steppers Mound **Climbing Log** Cubby Wire Igloo

W







- Whale Climber
- DinosaurMonkey Bars
- Mine Shaft
- Steppers

\$180,000









\$16,000

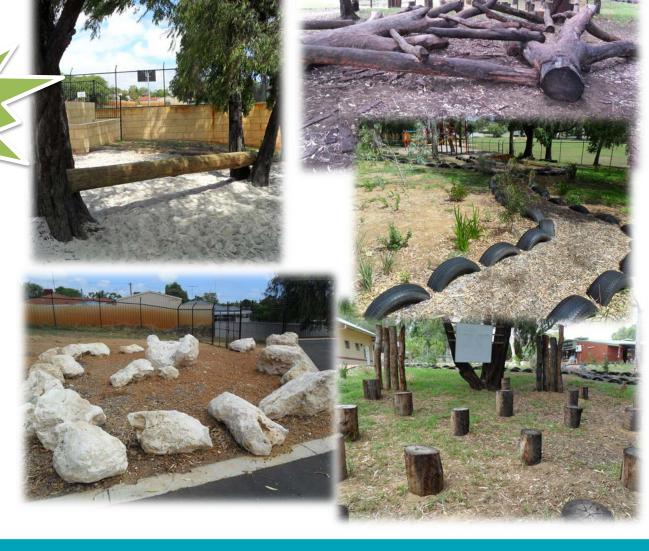
- Climbing Nets
- Balance Ropes
- Creek Bed
- Log Weave
- Steppers
- Treehouse Platform
- Outdoor Classroom



M A I D E N S

P A R K \$2,200

- Log Climber
- Tyre Path
- Balance Rocks
- Outdoor Classroom
- Balance Logs









K N R S

Cubby

Water Play

Bridge

Steppers







- **Balance Logs**
- Seating
- Fire Pit
- **Musical Wall**
- Abacus
- Water Play
- Herb Garden
- **Steppers**



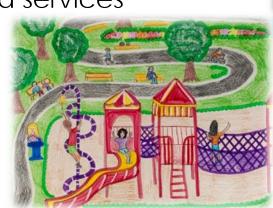
Where do we start??????

Consultation

With kids
With School/local community
With Industry Experts

- Gather your ideas
- Audit what you already have
- Get the kids to vote
- Check for underground/overhead services
- Investigate funding options
- Draw up a plan
 Can be in stages
 Doesn't have to be an architectural drawing
- Go for it!!! @@@@@







Kidsafe WA Playground Advisory Service

Tracy - 0428 875503 or tracy@kidsafewa.com.au

Presentations, workshops, training, consultations, playground safety audits



