Dear Parents,

Playgrounds and outdoor play equipment offer kids fresh air, friends, fun, and exercise. But it's important to make sure that faulty equipment, improper surfaces, and unsafe behavior don't ruin the fun. Teaching kids how to play safely is important: If they know the rules of the playground, they're less likely to get hurt. **Most important….kids should only use equipment designed for their age group.**

Another key part of playground safety: Kids must know how to be safe and act responsibly at the playground. Kids should not do gymnastics outside of the gymnasium, where they are spotted and supervised. Kids should know to:



Never push or roughhouse while on jungle gyms, slides, seesaws, swings, and other equipment.

Use equipment properly — slide feet-first, don't climb outside guardrails, no standing on swings, etc.

Always check to make sure no other kids are in the way if they're going to jump off equipment or slide, and land on both feet with their knees slightly bent.

Leave bikes, backpacks, and bags away from the equipment and the play area so that no one trips.

Wear proper footwear. Sandals, Crocs and flip flops are not permitted on equipment.

Always wear a helmet while bike riding but take it off while on playground equipment.

Never use playground equipment that's wet because moisture makes the surfaces slippery.

Check playground equipment in the summertime. It can become uncomfortably or even dangerously hot, especially metal slides, handrails, and steps. So, use good judgment — if the equipment feels hot to the touch, it's probably not safe or fun to play on. Contact burns can happen within seconds.



Wear clothes without drawstrings or cords. Drawstrings, scarves, purses, and necklaces could get caught on equipment and accidentally strangle a child.

Wear sunscreen when playing outside even on cloudy days to protect against sunburn.