**PLAYGROUND SAFETY RULES**

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| **1. General Thumb-Rule for Yourself**  Inform your parents or guardians before going to a playground. Have an adult or some friends accompany you and avoid going alone without informing anyone.   * Always try to land on your feet by bending your knees when you jump. Do not land on the ground on your knees. * Avoid playing on wet equipment as this will make it slippery, and you may have more chances of getting hurt. * Also, believe me, you don’t want to have skin burns. So if you’re out to play in the sun, apply sunscreen before heading out. If the equipment is too hot, don’t play on it. Maybe evening would be a good time to compensate. |  | **2. Safety Rules Involving Others**   * Do not get involved in violent fights, or verbal or physical abuse. Never push other kids and be careful you are not causing anybody harm. * If more kids want to play with the same equipment, be patient and wait for your turn. You can organize forming a line, so everybody gets their fair chance. * Keep your bikes, cycles and bags or any big stuff away from the play area as someone can stumble over it and get hurt. But keep your food and water nearby yet away from the play equipment in case you need it. |
| **3. Small Equipment Safety Rules**   * If you are playing with a ball or a frisbee, and it goes out of the playground, seek help from a grown-up in retrieving it. * When playing with hoops, ropes and such small equipment, keep yourself away from the big equipment and play areas for older kids. * Make sure the equipment you play with does not have sharp edges or splinters. * While playing with a skipping rope, make sure your shoelaces are properly tied and do not wear scarves or any piece of clothing that can come in the way and cause you to fall. |  | **4. Safety Measures of the Big Swing**   * Do not go very near to the swing and keep a safe distance if someone is swinging. * Hold on to the suspending chains with both hands. * Do not swing too high. * It is also dangerous to stand or kneel on the swing. * It is very unsafe to jump off a moving swing. If you want to get off it, first bring it to a halt slowly. * If you cannot start swinging by yourself, ask your parent or an adult to gently give you a push. |
| **5. Slide Safety**   * While climbing the ladder of the slide, hold the handrail and keep your feet carefully one at a time. Don’t try to skip the steps or you may get hurt. * In a queue, be a good kid and let the one ahead of you slide down before you go. Don’t push other kids. Give them enough room. * One of the important safety tips for slides is making sure no one is present at the end of the slide, or you might end up kicking or falling over them. |  | **6. School Playground Safety**   * Kids’ safety tips in the playground at their schools include playing under the supervision of a teacher. * While playing, understand and follow any instructions your teacher gives regarding equipment. * If you are playing in groups in a designated area, do not leave that area without the teacher’s permission. * Keep your water bottle and food away from the play area but within close reach. |
| **7. Seesaw Safety Tips**   * The spring type seesaw is recommended for preschoolers. * Choose to pair up with a kid about your own health and only one child should sit on a single seat. * Sit facing each other, not facing outside. * Keep a straight back and hold the holders with both hands, so you are balanced before you start playing. |  | **8. Safety Rules for Climbing Apparatus**   * If the climbing apparatus of any kind is already crowded, wait for a while until there is enough free space. * Use both hands while climbing and do not take the next step up unless you are balanced in your present position. * Keep distance from the person in front of you and give them enough leg space, so you don’t get a swinging leg. |
| **9. Fireman’s Pole Safety Rules**   * Hold the pole with both hands and wrap your legs around it as you slide down the pole. * Before sliding down always ensure that there is nobody at the bottom of the pole. * While sliding down, don’t make too much direct and extreme skin contact with the pole, apart from your hands and feet. Let your body slide down light and easy. * Bend your knees slightly and land on your feet on the ground. |  | **10. Merry-Go-Round Safety Tips**   * Merry-go-rounds are safer for kids aged 4 years and above. Younger children tend to fall off them more often. * Never have the rotation speed of the merry-go-round too fast, and out-of-control, neither before nor after you get on it. * Make sure your feet are away from the pinch zones of the equipment if there are any. Don’t put your feet down or you might have them scrapped. |