**PLAYGROUND SAFETY RULE**

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| **General Playground Safety Rules:**   * Never go to a playground without informing your parents, caretakers, or guardians. Have an adult accompany you. * Develop a habit of being careful on the ground. * Check for cushioning playground surfacing around and below the equipment. Avoid playing if the cushioning isn’t there. * Never pull or push other kids and do not fight with them. Avoid running around while you are playing near the playing equipment. * Ensure that your shoes fit you well and the laces are not loose. Do not wear clothes with drawstrings and cords as they can put you in tangling hazards. * Playing with wet equipment could slip you off it. * Always bend your knees and try to land on your feet whenever you jump. * During summers, do not use playing equipment that is hot. |  | **2. School Playground Safety Rules:**   * Play under a teacher’s supervision. * Seek the permission of your supervisor on duty before going out on the playground or out of the school building. Don’t rush and run; walk carefully. * Follow your teacher’s instructions before playing with any equipment. * Keep some food, water, and clothes at a designated place away from the playground equipment; you may need them. * Always play in designated areas. Don’t try to explore new spots without your teacher’s permission and supervision. * Form a line while entering and leaving the playground. Do not rush into each other. |
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| **3. Slides Safety Rules for Kids:**   * Be patient while in a queue for sliding. Give the kid ahead enough room. * Hold the handrails with both the hands and take one step at a time while climbing on a ladder. Never try to haste up the slide. * Sit at the top and slide down with the feet touching the ground first and then the rest of your body. * While sliding, ensure no one is present in front of you. * After sliding, get away from the front end of the slide. * In the months of summer, check how hot the rods of the ladder are before using the slide. | **4. Swing Safety Rules for Kids:**   * Always sit in the swing’s center. Don’t kneel or stand on it. * Hold the suspending chains at the sides with both hands. * Bring the swing to a halt before getting off. * Always maintain a distance from moving swings by not getting in its way. * Only one kid should swing at a time. * Don’t twist the chains, jump out of the swings, or swing sideways. * If you cannot swing by yourself, seek help from an adult. * Never swing too high. |
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| **5. Seesaw Safety Rules for Kids:**   * Choose a counterbalanced, spring-type seesaw model. * Sit on an end of the seesaw straight, balanced, and facing each other. * Hold the holders tightly with both hands. * Ensure that your feet are out of the underneath board. * Inform your partner when you wish to get off from the seesaw and get off the swing by carefully holding the end. | **6. Climbing Apparatus Safety Rules for Kids:**   * While climbing ladders and bars, all kids should begin climbing from the same end and head in a particular direction. * Never push other kids on the climbing equipment and maintain a safe distance from other climbers. * Never make an attempt to reach for bars and ropes that are far away from where you are. * Avoid using the climbing equipment when it’s wet as it makes the surface slippery and makes your grip loose. * Don’t jump on the ground with your knees bent. Climb down carefully and land on both feet. |
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| **7. Fireman’s Pole Safety Rules for Kids:**   * Look down before sliding down from the top of the pole. * Never slide down if someone else is standing close to the bottom of the pole. * Hold the pole with both hands and enclose it by wrapping both your legs around the pole as you slide. * Carefully slide down, bend your knees slightly, and land on your feet. | **8. Track Ride Safety Rules for Kids:**   * Track ride playground safety for kids Save * Track ride is playground equipment, which gives a weightless feeling while gliding at a speed between the tracks, with the feet up in the air. * As a track ride needs upper-body strength, only school-going children and the older ones should play on it. It should not be present in play areas of preschoolers and toddlers. * No obstacles should be present along the track path, particularly on the landing and take-off areas. |