**PLAYGROUND SAFETY RULE**

|  |  |  |
| --- | --- | --- |
| **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.
 |
|  |  |
| **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.
 |
|  |  |
| **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.
 |
|  |  |
| **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.
 |