**Perkins Playground Safety Guidelines**

 These guidelines should be followed ***at all times*** while on any Perkins’ playgrounds

**General Rules**

* Playground equipment is designed for climbing and balance purposes. Proper use can improve upper body strength (arms, shoulders, chest, back, and stomach) and can also improve balance and spatial awareness.
* At all times while climbing or hanging, hands should be holding on; especially when climbing over, hanging under, or rolling over bars.
* Mulch should be kept on the ground and under the equipment. It is there for safety, not digging or throwing.
* Climbing over the top of most equipment is acceptable practice. However, with the bars being round, students should never attempt to stand up or sit on top of equipment (free of hands).
* Fixed equipment should be used for climbing, not sitting and social visiting.
* Although there is mulch below, students should climb off equipment rather than jump.
* All equipment should be used with “one way” traffic only. Students coming from opposite directions can create accidents. There should never be “chicken fighting” or “King of the Hill” type challenges while on equipment.
* Students should always be aware of others around them, especially those below when climbing down.
* Tag type games (except Bus Stop) should never be played on or near the playground equipment, and should be kept to the playing fields at all times.
* Padded poles are there for safety purposes only.

**Equipment Specifics**

* **Climbing Ladder** - Climb up, over, and down. No Jumping from or sitting on top.
* **Parallel Bars** - Support weight on hands while moving across bars. Should exit off end or sides. No standing on top. Students need to be aware if others are playing Bus Stop.
* **Horizontal Ladders** (monkey bar) - “One way” Hang. Climb across, hands alternating. Always allow person in front of you room to swing. *Never* climb/sit on top.
* **Balance Beams** - Used to enhance balance. Travel in “one way” direction only. Be aware, beams can be slippery. Travel with care. Can sit on and jump from these.
* **5 Level Chin Bar** - Can pull up, turn over, or hang from. Hands must always be holding on. No sitting on, or jumping from top.
* **Bell climb** – Climb to comfort level. Students below should clear a way if student above needs to climb back down. Once at top, ring bell, slide down pole if bottom is clear of students.

***All Perkins’ students are instructed on playground use and safety. They should follow these guidelines AT ALL TIMES while playing on any Perkins Elementary playgrounds.***

***Have fun and play safe!***