



My Playground Rules

At my house we have playground rules that help keep us safe...

- 1. Wait your turn**
- 2. Slide down feet first**
- 3. Hold onto railings**
- 4. No pushing or shoving**
- 5. Sit down on swings and slides**
- 6. No bike helmets to be worn on the play structure**
- 7. No clothing with drawstrings (hoodies, jackets) allowed on the play structure**
- 8. Never tie anything like a skipping rope to the play structure**

Have fun!



Winnipeg Regional Health Authority
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PLAN YOUR HOME PLAYGROUND

What you need to know to make your home playground safer



HOW TO CHOOSE & INSTALL HOME PLAYGROUND EQUIPMENT

Choose safe home playground equipment

Do you have enough space for the equipment?

Play structures and swings should have soft surfacing material underneath to absorb the impact of a fall. For playgrounds intended for older children, protective surfacing should extend at least 6 feet in all directions from the equipment. For preschool playgrounds, the surfacing should extend 3 feet in each direction.

Is the equipment appropriate for your child's age and ability?

Play equipment is often designed for two different age groups: children younger than 5 years-old and children from 5 to 12 years of age. If your child is under 5 years of age, the equipment should be no higher than 1.5 metres (5 feet). Always follow the manufacturer's age recommendations.

Does the equipment have barriers or guard rails to prevent falls?

The Canadian Standards Association (CSA) recommends barriers on equipment higher than 30 inches (75 centimetres) if pre-schoolers will be playing on it, and on equipment higher than 4 feet (120 centimetres) for children 5 years and older.

Is the equipment free of gaps or hooks (for example, exposed bolt ends) where clothing could get caught?

Children can be at risk of strangulation when their clothes, strings from hoodies or mittens get caught. Check to make sure there is not a gap between the top of the slide and the platform.

Are the spaces between railings and steps either small enough or large enough to prevent a child's head from getting stuck?

All openings (i.e. spaces between ladder rungs and guardrails) should measure less than 3.5 inches (90 mm) or more than 9 inches (225 mm).

Are all moving parts covered with guards or caps, or inaccessible?

This will prevent crushed, or pinched fingers and toes.

Does the equipment have rounded corners and soft moving materials?

Children can be injured when they make contact with, or are hit by heavy or hard swing seats or sharp edges. Swing seats should be made from canvas or lightweight rubber or plastic, rather than wood, heavy plastic or metal.

Installing home playground equipment

Install deep, soft surfacing under all play equipment.

Surfaces under playground equipment should be at least 12 inches deep of energy-absorbing material, such as wood chips, mulch, sand, or pea gravel. Protective surfacing should extend at least 6 feet in all directions from play equipment for older children. For preschool play equipment, the surfacing should extend 3 feet in each direction. Place a ground sheet between the earth and protective surfacing material to prevent the hard clay underneath from mixing with the soft playground surfacing.

Make sure that the curb where the surfacing meets the lawn does not pose a hazard.

Use a soft plastic landscaping border or install the surfacing by digging down 12 inches so that the surfacing, curb and lawn are at the same level.

Always follow the manufacturer's instructions and warnings.

If you have any questions about the instructions or equipment, call the manufacturer.

Firmly anchor equipment into the ground.

Follow manufacturer's instructions for anchoring equipment to the ground.

Do not alter the equipment in any way that is not permitted by the manufacturer.

This includes attaching foreign objects such as ropes, strings, chains or any other similar items. Children can be strangled from these types of objects.

Inspect and maintain your backyard playground often.

Ensure that there are no missing, broken, loose or worn-out parts. Check the surfacing depth regularly and add more surfacing when necessary. Rake the surfacing to keep it loose and to remove toys, sticks and other debris.

