

# Outside the [sand] box

SAFE, CREATIVE  
PLAYGROUNDS



# OVERVIEW

- What is Kidsafe?
- Risk and challenge
- Playground injuries
- Australian Standards for playgrounds – ensuring compliance
- Best practice and innovation in nature playground design –  
**outside the [sand] box**

# What is Kidsafe?



To take a leadership role in child injury prevention through education, research, advocacy and strategic partnerships

**‘A Safer World for Kids’**

*Celebrating*

The main logo for Kodisafe's 40th anniversary. It features the word "Kodisafe" in its signature colorful font, with the 'K' shaped like a rabbit, the 'o' like a duck, the 'd' like a duck, the 'i' like a duck, the 's' like a duck, the 'a' like a duck, the 'f' like a duck, and the 'e' like a duck. To the right of "Kodisafe" is a large, grey, stylized "40". Below "40" is the word "Years" in a cursive font. Below the entire graphic is the text "Child Accident Prevention Foundation of Australia".

*Years*

Child Accident Prevention Foundation of Australia

# The 'R' word!

Challenges and hazards - both are **RISKS**

- **CHALLENGE** is something obvious to the child where he/she can determine their ability and decide whether to take that risk
- **A HAZARD** is something unseen or not obvious to the child that often results in injury



Image Source: SMH Jan 2004

# Playground injuries

- Approximately 6000 children 0-14 years were hospitalised as a result of falls from playground equipment in 2010-11.
- Bruises & sprains are the most common injury.
- Most serious injuries:
  - Head, facial injuries & fractures
  - 0 - 4 years of age: Head/Facial injuries
  - 5 -14 years of age: Upper Limb injuries

Source: AIHW: Pointer s (2013). Trends in hospitalised injury, Australia, 1990-00 to 2010-11. Injury research and statistics series no. 86 Cat. No INJCAT 162. Canberra: AIHW



# Types of equipment involved in injury

- Climbing Apparatus/Monkey Bars
- Trampoline
- Slides
- Swings
- Flying Fox
- Other



# Australian Standards for playgrounds

- Intention is to provide hazard-free environments
- Provide voluntary guidelines for best practice playgrounds with regards to:
  - Design
  - Installation
  - Inspection
  - Maintenance
  - Operation



# Relevant Australian Standards

AS 4685 Playground equipment and surfacing

- Part 0: Development, installation, inspection, maintenance and operation
- Part 1: General safety requirements and test methods

Particular safety requirements and test methods for:

- Part 2: Swings
- Part 3: Slides
- Part 4: Cableways
- Part 5: Carousels
- Part 6: Rocking Equipment
- Part 11: Spatial Networks

# Relevant Australian Standards

- AS 4422:2016 *Playground surfacing* - Specifications, requirements and test method
- AS 1428.1:2009 *Design for access and mobility* (Selected clauses)
- AS 8124.6:2014 *Safety of toys*  
*Swings, slides for domestic use*



# National Quality Standard

## Education and Care

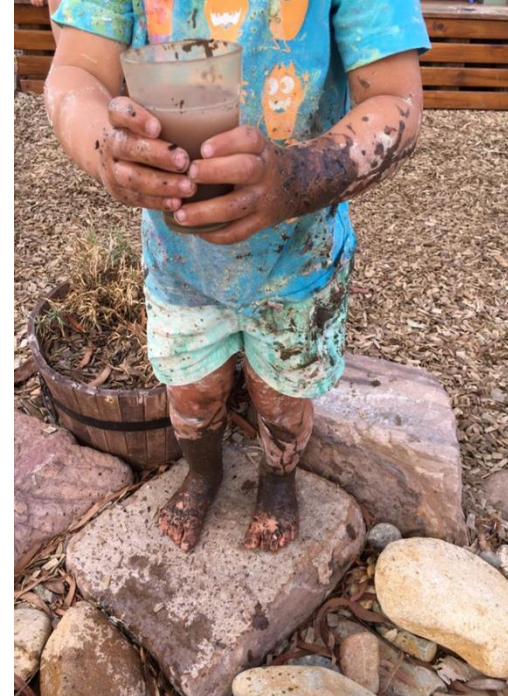
At all times, reasonable precautions and adequate supervision ensure **children are protected from harm and hazards**

(QA2 - 2.2.1)

Premises, furniture and equipment are **safe, clean and well maintained**

(QA3 – 3.1.2)

Revised National Quality Standard 1 Feb 2018



# National Quality Standard

## Education and Care

Outdoor and indoor spaces are organised and adapted to support every child's participation and to **engage every child in quality experiences in both built and natural environments.**

(QA3 – 3.2.1)

Revised National Quality Standard 1 Feb 2018



# Education and Care Services

## National Regulation 2011

Must ensure that the education and care service premises and all equipment and furniture are safe, clean and in good repair.

Part 4.3 Physical Environment, 102 (1)





# Playgrounds of yesterday



# Playgrounds of yesterday



# Playgrounds of yesterday





# Key changes

## AS 4422:2016:

- New definitions
- Testing

## AS 4685.0:2017

- New definitions
- Surfacing
- Site selection
- Safety Management System
- Inspection
- New appendices



# New definition AS 4685:2017

## **risk assessment**

The identification, evaluation, and estimation of the levels of risks involved in a situation and the likelihood of its occurrence, its comparison against benchmarks or standards, and determination of an acceptable level of risk.



# New definition

## AS 4685:2017

### **risk benefit assessment**

A tool to aid risk management that explicitly brings together consideration of the benefits as well as the risks of play in a single judgement.



# New Definition

## AS 4685.0:2017

### **nature play**

The elements of a playground consisting of **natural, non-manufactured items** that are incorporated into the playground, including items such as logs, boulders, living plant materials, surfaces, changes of level and other landscape elements.





Is this nature play?



Is this nature play?



Is this nature play?





Is this nature play?





Is this nature play?



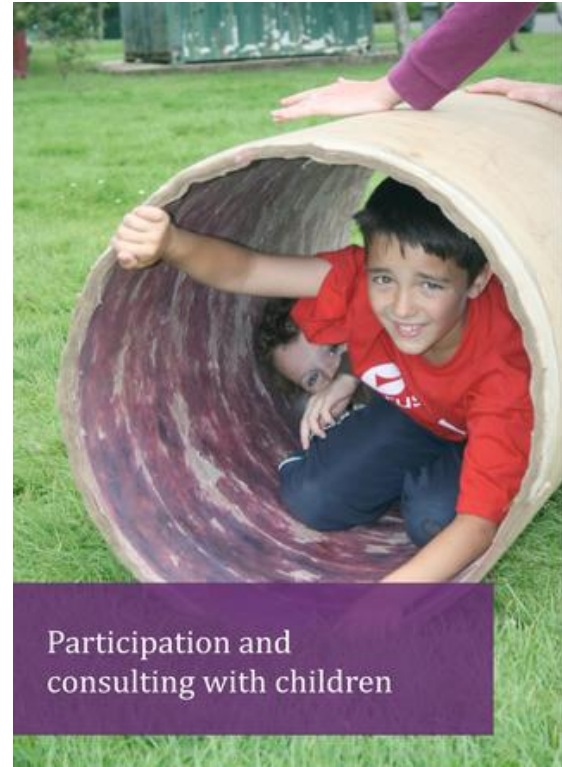
# Benefits (Challenge) of nature play?

- Nature brings the best out of children
- Stops the vanishing freedom
- Increases resilience and ability to negotiate risks
- Social benefits
- Physical and mental benefits
- Promotes 'smartness'
- Improves self confidence
- Improves nutrition, reduces obesity
- Improves health and reduces illness
- Reduces stress



# Consultation

- Children
- Educators
- Parents
- Community
- Committee
- Landscape Architect/Designer
- Relevant departments



Resource: Play Wales

[https://issuu.com/playwales/docs/participation\\_and\\_consulting\\_with\\_c?e=5305098/36520379](https://issuu.com/playwales/docs/participation_and_consulting_with_c?e=5305098/36520379)

# Ensuring compliance – is your playground safe?

- Select equipment compliant with AS 4685
- Regular inspections
  - Routine
  - Operational
  - Comprehensive
- Regular maintenance
- Maintenance budget
- Rules of play
- Supervision plan



# Risk benefit assessment

Where the contents of AS 4685.1 do not apply directly to natural elements, a risk benefit assessment may be required to determine the suitability of such elements.

## RISK-BENEFIT ASSESSMENT

<b>Activity:</b>	Tree Climbing	
<b>Date of assessment:</b>	9 <sup>th</sup> December 2012	
<b>Location:</b>	School Grounds – Pre Primary Area	
<b>Assessment undertaken by:</b>		
<b>Approved by:</b>		
<b>Signature:</b>		
<b>BENEFITS OF ACTIVITY:</b>	<ul style="list-style-type: none"> <li>o Building self confidence</li> <li>o Upper body strength activity</li> <li>o Physical motor skills</li> <li>o Problem solving skills</li> <li>o Learning about tree characteristics</li> <li>o Spending time in nature reduces cortisol levels</li> <li>o Children will learn strengths and limitations</li> <li>o Encourages scientific interests and discovery ( bugs, bark etc)</li> </ul>	
<b>Hazard</b>	<b>Precaution</b>	<b>Comment</b>
Dead Wood	<ul style="list-style-type: none"> <li>• Removes dead wood branches when found</li> <li>• Inform children of the fragility of dead wood – likely to break, encourage children to monitor.</li> </ul>	
Slippery Surfaces	<ul style="list-style-type: none"> <li>• Check condition of climbing surfaces prior to activity</li> <li>• Evaluate weather conditions linked to hazard</li> <li>• Inform children of the hazards and allow self-monitoring</li> </ul>	
Fall Heights	<ul style="list-style-type: none"> <li>• Children self-assess abilities</li> <li>• Children and staff monitor Landin surfaces for obstacles</li> <li>• Staff support children when required/requested-hand held etc</li> <li>• Use a marker as a height boundary.</li> </ul>	
Protruding branches	<ul style="list-style-type: none"> <li>• Children self-assess climbing location</li> <li>• Change climbing location or remove branches if deemed too high risk.</li> </ul>	

# Loose parts play

- Child initiated
- Team building
- Engaging
- Promotes physical and cognitive development
- Less injuries

Hyndman, B. P., Benson, A. C., & Telford, A. (2014). A Guide for Educators to Move Beyond Conventional early childhood Playgrounds: The RE-AIM Evaluation of the Lunchtime Enjoyment Activity and Play (LEAP) Intervention. *Australian Journal of Teacher Education*, 39(1).



# Loose parts play



# Playgrounds of today and tomorrow





# Playgrounds of today and tomorrow

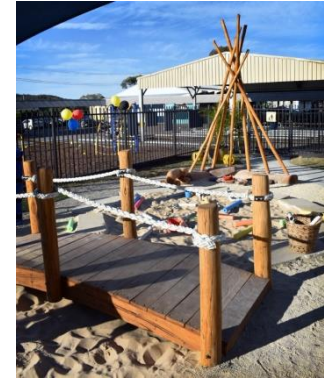




# Playgrounds of today and tomorrow



# Playgrounds of today and tomorrow





# Playgrounds of today and tomorrow



# Playgrounds of today and tomorrow





# Playgrounds of today and tomorrow



# Playgrounds of today and tomorrow



# Playgrounds of today and tomorrow





# Playgrounds of today and tomorrow



# Playgrounds of today and tomorrow





# Playgrounds of today and tomorrow



# Inspection Services

*Peace of Mind  
Best Practice  
Recommendations*





# Training



NATIONALLY RECOGNISED  
TRAINING

Delivering Training on behalf of Kidsafe WA  
National Provider Number 52376

- AHCPGD505 Conduct comprehensive inspection of park facilities
- AHCPGD305 Conduct operational inspection of park facilities
- AHCPGD206 Conduct visual inspection of park facilities



# Kidsafe playground advisory services

## Kidsafe NSW

P: 02 9845 0893

E: [schn-kidsafe@health.nsw.gov.au](mailto:schn-kidsafe@health.nsw.gov.au)

## Kidsafe NT

P: 08 8941 8234

E: [NT@kidsafent.com.au](mailto:NT@kidsafent.com.au)

## Kidsafe QLD

P: 07 3854 1829

E: [qld@kidsafeqld.com.au](mailto:qld@kidsafeqld.com.au)

## Kidsafe SA

P: 07 8161 6318

E: [enquiries@kidsafesa.com.au](mailto:enquiries@kidsafesa.com.au)

## KidsafeWA

P: 08 6244 4880

E: [kidsafe@kidsafewa.com.au](mailto:kidsafe@kidsafewa.com.au)

