



# Blair Castle and Blair Castle Caravan Park Adventure Playgrounds

**Age 6-16**

## **Why Is Playground Safety Important?**

Playgrounds and outdoor play equipment offer children fresh air, friends, fun, and exercise. But it's important to make sure that faulty equipment, improper surfaces, and unsafe behaviour don't ruin the fun.

Each year, more than 200,000 children in the UK are treated in hospital for playground-related injuries. Many of these accidents can be prevented with careful supervision.

We can make the playground entertaining and safe for children by checking equipment for possible hazards and following some simple safety guidelines.

Teaching children how to play safely is important: If they know the rules of the playground, they're less likely to get hurt.

## **Adult Supervision Is Key**

Adults can help prevent injuries by making sure children properly use playground equipment. If an injury does happen, an adult can help the child and give any needed first aid right away.

Children should always have adult supervision on the playground. Keep vigilance on young kids (and sometimes older ones) because they can't always be sure of distance and may not expect dangerous situations. Older children like to test their limits on the playground, so it's important for an adult to keep them in check.

## **Teaching Children About Playground Safety**

Another key part of playground safety: children must know how to be safe and act responsibly at the playground.

Children should know to:

- Never push or roughhouse while on equipment.
- Use equipment properly — slide feet-first, don't climb outside guardrails, no standing on swings, etc.
- Always check to make sure no other children are in the way if they're going to jump off equipment or slide, and land on both feet with their knees slightly bent.
- Leave bikes, backpacks, and bags away from the equipment and the play area so that no one trips over them.
- Always wear a helmet while bike riding, but take it off while on playground equipment.
- Never use playground equipment that's wet because moisture makes the surfaces slippery.

- Check playground equipment in the summertime. It can become uncomfortably or even dangerously hot, especially metal slides, handrails, and steps. So use good judgment — if the equipment feels hot to the touch, it's probably not safe or fun to play on.
- Wear clothes without drawstrings or cords. Drawstrings, purses, and necklaces could get caught on equipment and accidentally strangle a child.
- Wear sunscreen when playing outside even on cloudy days to protect against sunburn.

## Safe Equipment Guidelines

Swings, slides, and climbing equipment have different safety concerns.

### Swing Safety

Swings are the most common source of childhood injuries from moving equipment on a playground. But a few simple precautions can help keep kids safely swinging:

- Children should always sit in the swing, not stand or kneel. They should hold on tightly with both hands while swinging, and when finished swinging, stop the swing completely before getting off.
- Children should stay a safe distance from others on swings, being careful not to run or walk in front of or behind moving swings.
- Children should never ride with more than one child to a swing. Swings are designed to safely hold only one person.

### Slide Safety

Slides are safe if children are careful when using them. Guidelines to keep in mind:

- Children should take one step at a time and hold onto the handrail when climbing the ladder to the top of the slide. They should not climb up the sliding board itself to get to the top.
- Children should always slide down feet-first and sitting up, never headfirst or on their back or stomach.
- Only one child should be on the slide platform at a time, and kids shouldn't slide down in groups.
- Children should always check that the bottom of the slide is clear before sliding down. When they reach the bottom, they should get off and move away from the end of the slide so it's clear for other kids to slide down.

### Climbing Equipment Safety

Climbing equipment comes in many shapes and sizes. It's usually more challenging for children than other kinds of playground equipment.

Be sure your children are aware of a safe way down in case they can't complete the climb. The highest rate of injuries on public playgrounds are seen with climbing equipment. Adult supervision is especially important for younger kids.

Climbing equipment can be used safely if children are told to use both hands and to stay well behind the person in front of them and beware of swinging feet. When they drop from the bars, kids should be able to jump down without hitting the equipment on the way down. Remind children to have their knees bent and land on both feet.

With all the running, climbing, and exploring kids do, it's no surprise that falls are common. Many falls cause only mild bumps, cuts, and bruises. But some can be serious and need immediate medical care.

## What to Do

Call **999** and quote post code **PH18 5TL** for emergency help and do not move your child if they:

- may have seriously injured their head, neck, back, hipbones, or thighs
- are unconscious
- have trouble breathing
- aren't breathing (**start CPR if you know how to do so**)
- have a seizure

If your child isn't vomiting and doesn't have any of the symptoms above call the castle office on 01796 481207 and then:

- Comfort your child and look for any injuries.
- Ask for a cold compress or ice pack for any bumps or bruises.
- Give ibuprofen for pain if your child is alert.
- Let your child rest, as needed, for the next few hours.
- For the next 24 hours, watch your child closely for any unusual symptoms or behaviour.

## Get Medical Care If Your Child:

- becomes very sleepy or is hard to wake up
- is very fussy or upset and can't be comforted
- vomits more than once
- complains of head, neck, or back pain
- complains of increasing pain anywhere
- is not walking normally
- does not seem to be focusing their eyes normally
- has any behaviour or symptoms that worry you