

Playground Safety Checklist for Guardians

Playgrounds are a place for children to have fun, but they also can put children at risk for a concussion. As a child's guardian, you play a prominent role in keeping them safe on the playground. Use this checklist, provided by the **American Trauma Society, PA Division (ATSPA)** to ensure your child is safe on the playground.

- The child is on age-appropriate equipment.**
There should be a space for infants & toddlers (6-23 months), preschoolers (ages 2-5), and school age children (ages 5-12). Be sure your child plays on the proper equipment.
- The playing surface has appropriate materials.**
The play area should have sand, pea gravel, wood chips, shredded rubber, turf, or rubber surfacing that meets the depth requirement.
- The playground equipment is the correct height.**
Equipment should be below 8 feet for children ages 5-12.
- The child is wearing appropriate clothing.**
Children should wear closed-toe shoes while playing. Sweatshirts with drawstrings, scarves, or necklaces should not be worn on equipment.
- An adult is present at the playground.**
An adult should always be present at the playground when children are playing.
- The playground is clean and in good shape.**
The playground area should not have trash on the ground and the equipment should not have any broken parts.

For more information on how to keep your child safe on the playground, visit the National Program for Playground Safety website at: <http://playgroundsafety.org/>

This information was provided by the American Trauma Society, **Pennsylvania Division (ATSPA)**. The ATSPA is a non-profit organization committed to preventing traumatic injury and death through education.

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