PLAYGROUND HANDBOOK

2022-2023

GENERAL STANDARDS FOR ON CAMPUS BEHAVIOR

1. To show Respect for Ourselves, Others, and Our School, please use only positive language. Profanity, putdowns, and teasing are not positive language and are prohibited at Hidden Trails.
2. For your safety:
   a. Fighting, play-fighting, wrestling, and "rough-housing" are prohibited.
   b. There is absolutely **NO** throwing of rocks, dirt, sand, grass, playground equipment, or any other dangerous object.
   c. Do not climb fences, backstops, tetherball poles, volleyball poles, soccer nets, or trees.
   d. Tag or chase games of any kind are not allowed anywhere on campus.
   e. Keep a safe distance between you and other people.
   f. Pushing, pulling, or laying hands on another person or their property should not occur anywhere on campus.
3. Personal items are to remain at home and shall not be brought to school (cards, balls, toys, electronic games, etc.) unless prior permission has been given by authorized school personnel.
4. There is no gum chewing at school.

DISMISSAL TO RECESS

1. Your teacher will walk you to the Blacktop for Recess.
2. You are to stay in line with your class until you are dismissed onto the Blacktop by your teacher.
3. Students with snacks are to be escorted to the lunch tables closest to the trash cans.
4. Students going to the Office or Nurse during recess must have a pass and do not need to be escorted.

FIELD ACTIVITIES

1. Softball, football, and Frisbee games are to be played only under the direct supervision of a certificated person.
2. While on the Field, be aware that there can be ants, tarantulas, rattlesnakes, or other insects or animals.
   IF YOU SEE ANY OF THESE, WALK AWAY AND LET AN ADULT KNOW IMMEDIATELY.
3. When the Freeze bell rings, you are to walk immediately to the gate and stand there to wait for the whistle.

SANDBOX ACTIVITIES

1. Sand must remain in the Sandbox and should not be thrown or tossed at any time for any reason.
2. Sand toys are to remain in the Sandbox for digging, tunneling, or building sandcastles.
3. Please share these toys with other students who are playing in the Sandbox.
4. When the Freeze Bell rings:
   a. Immediately stop your play, put down any sand toys, exit the Sandbox, and stand there to wait for the whistle.
   b. If you have sand in your shoes, please empty it back into the Sandbox not on the Blacktop.
   c. Please return all Sandbox equipment to the designated bin before you leave.

BLACKTOP ACTIVITIES

While on the Blacktop, students need to stay within the painted yellow lines except to use the restroom.

1. <u>Jump Ropes and Hula Hoops</u>
   a. Jump ropes and hula hoops are to be used within close proximity to the equipment bin and inside the painted yellow lines.
   b. Jump ropes are to be used for jumping and must not be tied together or to anything or anyone.
   c. At no time should these items be thrown or swung into the air, as injury may occur.

2. Basketball
    a. For your safety, each basketball court is limited to 12 players at a time, regardless of the game that is being played.
    b. Half-courts are limited to 6 players.
3. Ball Wall and Four-Square
    a. The Ball Wall is limited to 3 players at a time; Four-Square is limited to 4 players.
    b. If you are waiting for your turn to play at the Ball Wall or Four-Square, you must wait in line outside of the court.
    c. The first person in line will referee the game.
    d. If there is a dispute, please respectfully try to discuss and settle the situation first.
    e. If you are unable to resolve the issue, seek help from an adult supervisor.
4. Tetherball
    a. Tetherball is played by hitting the ball in one direction around the pole.
    b. Please do not hang, spin, or sit on the tetherballs
5. Prohibited Blacktop Activities
    a. Balls should not be thrown at another student at any time and should only be kicked while on the Field.
    b. Games of catch (any ball-throwing activities, except basketball, Four-Square, or Ball Wall activities) are to be played on the Filed rather than on the Blacktop.
    c. Running is only allowed on the Field or on the Blacktop during organized games and in their designated area, i.e., basketball.
    d. Nation Ball and/or dodgeball are to be played only under the direct supervision of a certificated person during structured P.E. or play time.
6. Freeze Bell
    a. At the end of Recess, a Freeze Bell will ring.
    b. You are to freeze, stop all play activity, and look to an adult who is supervising recess.
    c. Then, you need to wait quietly until released for line-up by the signal of a whistle being blown.
7. Line-Up Signal
    a. Listen for the supervising adult's whistle to be blown as your signal to line-up.
    b. Balls and playground equipment are to be held, walked to the bin, and placed inside (not thrown).
    c. You are to walk quickly, quietly, and safely to your designated line-up area.
    d. While in line, you are to remain in quiet, straight lines, without playing.

PLAY STRUCTURES

For your safety, please follow the posted signs for the "Play Smart" rules as they are designed to prevent injuries. Read all WARNINGS and Rules before using the play structures.

WARNINGS: Be Careful!

- Do not play on broken or damaged equipment. Report broken or damaged equipment to an adult supervisor immediately.
- Watch your head! Playing tag or running on or under playground equipment can lead to serious injuries from falls, collisions, and head strikes. Do not run on or under bridges, decks, stairs, or equipment.
- Watch out for the weather!
    - When it is hot outside, check the surfaces before playing to avoid burns.
    - If it has rained, check to see if the equipment is wet as it may be slippery, and you will get wet.
    - During winter, do not play or snowy or icy equipment.
- For your safety, do not wear the following items, as they may get caught on the equipment: helmets, necklaces, clothing with hoods, cords, or drawstrings

"Play Smart Rules"

- Pay attention while playing, take turns on all play equipment, and use the equipment correctly.

- Always wear shoes while playing
- On the Slides: (these areas are designed to be used by one person at a time.)
    - Check to make sure that the bottom of the slide is clear.
    - Slide feet-first and facing forward in a seated position, one person at a time.
    - Once at the bottom of the slide, get up and move away so that the next person may slide down.
- On the Bars: (these areas are designed to be used by one person at a time.)
    - Line-up on the outside of the Play structure and wait for your turn.
    - When using the overhead ladders ("monkey bars"), go one rung at a time in one direction starting from the outside toward the inside of the Play Structure.
    - The pull-up bar is for practicing pull-ups or hang-time only for one person at a time.
        - Always keep your head over your feet. (no spinning or hanging upside down)
    - The push-up bars are only for holding yourself up and are to be used one person at a time.
    - Before letting go of overhead bars, hand down still, bend your knees a little, and drop down onto both feet.
- On the Rock Wall or Climbing Ladders: (These areas are designed to be used one person at a time.)
    - Line-up on the outside of the Play Structure and wait for your turn
    - Climb up in one direction starting from the bottom toward the top of the Play Structure.
    - Above all, have fun!

Prohibited Play Structure Behavior

- No pushing, shoving, or rough stuff.
- No toys, balls, jump ropes, or other equipment may be taken in Play Structure.
- Do not climb on or over roofs, rails, walls, posts, overhead ladders, or on top of slides or shoots.
- Do not walk up or climb on slides.
- Do not sit on or spin around the pull-up bar or the push-up bars.
- Do not jump/dive off playground equipment.
- Walk safely on or around the play structure.

Freeze Bell

1. When the Freeze Bell rings, stop playing and exit the Play Structure.
2. You may exit by going down the slide, climbing down the rock wall, or climbing cage, or by going across the horizontal ladder and using the steps.
3. Then walk out the Play Structure area, freeze, and stand there to wait for the Line-Up whistle.

PLAYGROUND HANDBOOK

I have read the Hidden Trails Playground Handbook with a parent, teacher, or administrator and/or have had the procedures explained to me. I understand them and agree to follow these guidelines.

Print Student Name _____ Teacher _____

Student Signature _____ Date _____/_____/_____

Parent Signature _____ Date _____/_____/_____