

Ocean Avenue Elementary School Playground/Equipment Safety Rules

- Include everyone who wants to play and show good sportsmanship.
 - Follow school rules for playing Four Square and other games.
 - Stay within playground boundaries and away from cars in the parking lot. Students must find a staff member to retrieve a ball that goes out of boundary areas.
 - Chasing games are to be played on the grass areas only (not on the woodchips). Follow safe tagging rules.
 - Hands and feet to self –No rough play, tackling or pushing.
 - Balls are not to be thrown against the building because it disrupts learning inside!
 - Respect nature –what’s on the ground stays on the ground.
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- To play in the snow, students need to wear boots and snow pants.
 - One person at a time on the fire pole, slides, swings, etc.
 - **Swing** sitting only, do not jump off a moving swing.
 - When waiting for a turn on the swings, count to 50, and then tell the others it’s your turn. A full swing back and forth equals one.
 - **Slide** feet first, facing front, one at a time—get off and away as soon as you get to the bottom. Slides are for sliding down, not climbing up.
 - **High bars**—head above feet.
 - Be responsible by cleaning up hoops, jump ropes, and other equipment from the playground when recess ends.

Gymnastics at Recess

The designated area for limited gymnastics is the courtyard space. The ground there is relatively flat and rock free. Only gymnastic moves that maintain one hand or foot on the ground are permitted, which include the following: split, somersault, hand stand, back bend, cartwheel, back walk over, front walk over (no round-offs, handsprings, flips, or moves that require a running start.) Students are advised to do gymnastics at their own risk. If there are injuries, then gymnastics will no longer be allowed. The nurse will let us know if injuries are occurring. Students are not to act as coaches, and teach other students who have not been trained how to do the moves. "If you can't do it, don't try it."