



Playground Standards Ad Hoc Committee

Meeting Minutes

May 11, 2021

Co-Chairs: Curtis Lawyer, director, capital projects and Jessica Sankey, executive director, operations

Members present Kristi Dominguez, Mylo Allen, Amy Berreth, Micah Smith, Margaret Gude, Ali Bonner, Nic Castona, Rodolfo Riviere, Meredith Gant, Sarah Catudio, Jenny Brice, Cindy Pearson, Jen Mallet, Kristine Wilson, Patty Yunge, Kristi Wyandt-Varela, Gina Austin, Jonathan Schilk, Trevor Aeschliman, Joshua Cloud, Debbie Haney, Brian Smart, Eric Arneson, Mara Kaplan, Corbin Anderson, Rodolfo Riviere, Corey Ayers,

Welcome

Review Values & Child Development & Physical Activity

Nic Castona shared a presentation about developing physical literacy in children.

1. What is physical literacy?
 - a. “Can be described as motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life” International Physical Literacy Association
2. Motor skill
 - a. Motor skills are learned in early childhood. There are windows of development in which children should be exposed to motor skills when the brain is most ready to learn.
 - b. Jessica added that development will look different for individuals but what our goal is to encourage movement for all children.
3. Current trends in youth sports:
 - a. Fewer children are participating in team sports from 2012 to 2018.
 - b. Children are moving less during COVID. Many students do not want to return to their sport after the pandemic.
4. Students do not get a lot of time in PE, so playground time is an essential part of movement and motor skill development.
5. Nic suggested that climbing is an important aspect for playgrounds to increase confidence in children to trust their own abilities.

Playground equipment

Mara Kaplan has been working with Northwest Playground for the last twelve years. She has been a playground specialist for twenty seven years.

- ADA Compliant playgrounds don't let children with mobilities to play unless they have the ability to transfer out of their wheelchairs.
- Accessible playgrounds tend to be ramp based and tend to be expensive and tend to take up a lot of space. It limits height for children to climb.
- Inclusive playgrounds offer something for every child. No child is going to play on all aspects of the playground.

Eight aspects of inclusive playground:

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1. Surfacing needs to be accessible. Tiles, turf and pour in place surfacing all offer possibilities for all children.
2. Perimeter containment:
 - a. 80% of children with autism will become a “runner sometime during their life. Perimeters and fencing help to keep them safe.
3. Whatever the “coolest” aspect of the playground should be accessible to all children, especially those with mobility issues.
4. Fun and challenging for all. An example is to provide different levels of equipment grouped together so all children can play together on a piece of equipment at their level.
5. Zones: Group individual types of play together.
6. Sensory Play:
 - a. Auditory- play panels, outdoor instruments
 - b. Vestibular- swinging, swaying, spinning. important for development of balance
 - c. Smell
 - d. Touch
 - e. Visual activities
 - f. Movement
7. Social/Cooperative Play
 - a. Gathering places
8. Support children with autism
 - a. Sidewalk- orientation path around the entire playground
 - b. Provide a quiet space to regroup and quiet down.

Adjourn 4:55 pm

Next meeting: Tuesday, May 18, 2021 3:30-5:00