

BIRTH TO FIVE OUTDOOR PLAY

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PERFORMANCE OBJECTIVE: The program will promote each child’s physical development by providing sufficient time, space, equipment and materials for indoor and outdoor active play including movement that supports the development of gross motor skills. **1302.31(e)(4)**

PROCEDURE:

1. Head Start children will go outside every day, weather permitting. Outside periods may vary depending on the weather. Children may go out more than one time a day and for longer periods per day when weather conditions are favorable. Each teacher will adjust their schedule to meet their classroom and center needs.
2. Full day Head Start/Early Head Start classrooms will play outside 60 minutes per day (time may be divided into two 30-minute periods).
3. Staff will follow the “Child Care Weather Watch” guide to determine if outside play is safe during extreme heat and cold temperatures. In addition, children will not play outside if it is raining regardless of the temperature.
4. During the summer months, teachers will follow our Sunscreen Policy guidelines.
5. Children will be asked to sit in the shade, or go inside for a cooling off period if they are observed to be overheated.
6. Water will be available for drinking outside at all times.
7. Schedules will be flexed throughout the year to take advantage of the day’s best weather.
8. Teachers will individualize outdoor play. Planned, intentional games and activities will be available at each outdoor play period as an extension of the classroom’s Unit of Study.
9. During cold weather, parents are responsible to see that the children come to school with coats, socks, mittens and head covering.
10. All children must come to school with shoes on. Tennis shoes are recommended for every day wear. Children cannot be admitted to the program bare foot. Various learning experiences may allow children to remove their shoes after arrival to school. Ex: water play, foot print paintings, etc.

11. Teachers must establish bathroom routines to foster independence and allow children more frequent bathroom visits without leaving the classroom and/or playground. Suggested bathroom breaks are in the mornings at arrival time, prior to any meal/snack and after coming in from outside.
12. Teachers will follow the Head Start Birth to Five Active Supervision Policy at all times. All children must be supervised by staff at all times using the same classroom ratio requirements as inside. Teachers must develop plans to ensure that children are supervised appropriately and staff is monitoring all areas of the playground using the same staff-to-child ratio and group size required in the classroom.
13. No child is to leave the playground or classroom unless accompanied by a staff or the child's parent. No child is to be left in the care of volunteers at any time.
14. Children will be expected to play outside unless they have a dated, doctor's note excusing them from outdoor play for a specified period of time.
15. Staff will ensure that children wear bike helmets when using riding toys such as bikes, trikes and wagons.