

 Outdoor Play Policy

Children attending Kidstown shall play outdoors daily when weather and air quality conditions do not pose a significant health risk. Time planned for outdoor play and physical activity depends on the age group and weather conditions. Activities shall include structured play (led by the adult caregiver) and free play (not led by an adult).

■ Toddlers (12 months to 3 years old) shall participate in 60 to 90 minutes per day of moderate to vigorous physical activity.

Preschoolers (3 to 6 years old) shall participate in 90 to 120 minutes per day of moderate to vigorous physical activity.

■ Children shall be dressed appropriately for the weather, including wearing appropriate seasonal clothing and footwear, so they can participate fully, move freely, and play safely.

■ Kidstown will inform parents, caregivers, and families that children need to be dressed appropriately for the current weather conditions to play outdoors.

Children should wear clothing appropriate for the current weather:

* Snow: heavy coat, waterproof boots, hat, and mittens.
* Rain: raincoat and waterproof boots.
* Different temperatures during the day: layers of clothing.
* Footwear should provide support for running and climbing.

Examples of appropriate footwear include sneakers, gym shoes, and other shoes with rubber soles that enclose the feet and will not come off easily.

Examples of inappropriate clothing and footwear include footwear that can come off while running or that does not provide support for climbing (examples: flip-flops and clogs). Clothing that can catch on playground equipment (examples: clothes with drawstrings or loops). Clothing that does not protect children from the current weather conditions.

Child’s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_