

GUIDELINES FOR ACTIVE PLAY (AND SMALL SCREEN RECREATION) FOR ORGANISATIONS

These sample guidelines are suitable for organisations that provide group sessions or service, for parents/carers and children to attend together for a couple of hours, for example, playgroups.

Review and adapt the Sample Active Play and Small Screen Recreation Guidelines in consultation with facilitators/staff, parents and carers so that it reflects the organisation's specific needs.

Active Play and Small Screen Recreation Guidelines for Organisations

AIM

The _____ (*insert name of service here*) aims to create a safe environment where children can enjoy active play and parents/carers are encouraged to be active with their children.

Planning Active Play

- Active play activities are planned.
- Active play is planned with input from children and parents/carers.
- Active play areas are planned.

Delivery of Active Play

- Active play activities (structured and unstructured) are provided at each session.
- Active play activities are varied for different ages and abilities.
- Active play activities for babies (birth-12 months) are provided at each group session or service (if applicable).
- Facilitators/staff, parents and carers are involved in active play activities, role modelling physical activity.
- Babies are not restrained (e.g. in a pram) during group sessions or service unless sleeping.
- Active transport such as walking and cycling is encouraged.
- Television and computers are not used in group sessions or service.
- Outdoor play is offered where possible.
- All children are encouraged to participate in a range of outdoor play activities.
- Active play opportunities reflect diverse backgrounds and abilities.
- Children, facilitators/staff and parents/carers are dressed appropriately for play and wearing a sun hat, appropriate footwear and protective clothing and sunscreen consistent with sun-safe guidelines.
- Tap water is available to all children, parents, carers and facilitators/staff.

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Resources for Active Play

- Equipment for active play is provided at each group session or service and is varied between sessions.
- Information is provided to parents and carers on:
 - How to encourage active play
 - Benefits of daily active play
 - Limiting sedentary (inactive) behaviour at home.

The active play guidelines were developed by the facilitators/staff of

_____ (*insert service name*) in consultation with the parents/
carers using the service.

The guidelines will be reviewed as required by facilitators/staff, parents and carers.

Signed: _____

Date of adoption: _____ Date of review: _____

