

Healthy Outdoor Playspaces for Children



Why Playspaces are Important

- Children are **part of the community**
- **No-cost** opportunity to play and exercise
- Spending time outdoors = **good physical and mental health**



Falls - playground equipment

	Children (0 – 4)	Children (5 – 9)	Children (10 – 14)
ED Visits Peterborough	424	839	356
ED Visits Ontario	251	587	207
Hospitalizations Peterborough	<5	55	<5
Hospitalizations Ontario	14	43	9

A Shift in Focus

From **reducing**
playground injuries
to
enhancing
the “play experience”



The Technical Report

Outdoor Playspaces for Children: An Evidence Review August 2017



- **Play and Outdoor Play**
- **Play Spaces**
- **Risky Play**
- **Injuries and Safety**
- **Risk-Benefit Analysis**
- **Built Environment**

Key Takeaways



- Play is a **human right**
- **Outdoor play** – unique
- **Equity**
- **Value of equipment**
- **Natural playspaces** – greater overall experience



Key Takeaways

- Simple **adaptations** enhance the play experience (e.g., loose parts)
- Injuries will happen –
“as safe as necessary”
- **Risk** in bubble-wrapping children



A Few Words about Risky Play

- **Essential** to healthy child development
- **Elements of risky play:** heights, speed, getting “lost”, rough and tumble, dangerous tools, dangerous elements
- Difference between **risk** and **hazard**

<https://vimeo.com/147505136>



THANK YOU!

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Evidence Review:
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