

Safety at Kindergym

Your Kindergym leader and committee will take every step possible to ensure your child's safety, but the parent or caregiver is the most important factor in preventing accidents or falls.

REMEMBER it is your responsibility to be alongside your child at all times.

Safety in movement and use of equipment is an important element of the Kindergym program/environment.

Your role as parent or caregiver is to support, encourage and assist your child whilst "at play". Allow them to complete, repeat or have a break from activities, as interrupting their concentration or inner drive may only cause conflict or frustration. Remember, "practise makes perfect" as in any physical activity.

By fostering safe practices we as parents can ensure our children learn and develop

confidence in managing their bodies and feel safe, secure and happy at Kindergym, kindergarten and eventually at school.

Below is a table of suggested guidelines to assist you during Kindergym.

be active.

Apparatus/Activity	Support/Guidance	Avoidances
Balance Beams	Hold child under arms or around waist. Walk side by side. Look towards the end. Enter and exit correctly.	Leading child by holding a hand. Looking at feet. Leap off mid way along. Lifting child on and off the beam. Encourage them to climb up using steps, box etc.
Ladders Horizontal	Hand under tummy. Arm across back holding hips. Or, if standing, hold as for beams	Holding upper arms or one hand looking down between rungs.
Angled	Show hands holds. Hold around waist. Guide their feet	Telling child to look at feet. Holding child's hand.
Swinging / Hanging	Hold under bottom. Cover hand grip. Low level motions. Assist alighting.	Hanging from back of knees/inversions without hand holds.
Trampoline	Stand at long edge. Hold both hands. Child to stop jumping before alighting. Show child the way to climb down or exit. One person only on trampoline at a time.	Standing at short edge. Holding one hand. Child jumping off. More than one person on the trampoline.
Jumping and Landing from heights.	Stop at end. (check below for others) Face child and hold both hands. Feet together & bend knees slightly Pull child towards you. Mime landing motion—bent knees, feet flat.	Holding one hand & pulling to the side. Take off before reaching the end/edge. Child jumping into parents arms. Landing on knees or bottom. Landing on unmated surfaces