



Let's play

**LGAT | Creating & Funding Great
Playgrounds & Playspaces Forum**

Peter Davey – Ultimate Play

Jaydon Munn – KOMPAN



THE SCIENCE BEHIND A PLAYGROUND

1 STAIRS

Must be less than 89mm or more than 230mm apart to stop toddlers falling through feet-first and suffocating

2 GAPS

No small gaps on equipment, in case hat toggles or raincoat buttons are caught, causing strangulation

4 FALLS

Maximum free-fall height is 3m (raised from 2.5m in the 2014 standards review)

5 SLIDES

Must have barriers at the top to prevent falls. They must also have nothing that can entrap an arm and cause dislocation or worse

3 DIFFICULTY

Equipment must have 'ability filter', with ladders made more difficult for small children (0-36 months) to access by putting first rung 400mm off the ground

6 SURFACE

Soft-fall rubber is good for wheelchair access but causes a bounce that can make injuries worse

7 CHAINS AND CONNECTORS

Must be too small or too big for a finger to be caught

8 FINGERS

No finger-trapping gaps between 8mm and 25mm on solid structures over 600mm or moving structures at any height, in case of amputation



SAFETY IS OUR FIRST PRIORITY

THE INDUSTRY BENCHMARK FOR SAFETY AND BEST PRACTICE



CERTIFIED

Richard Ellis
Structural Engineer
BE (Hons) RPEQ
CPEng NER MIEAust



 Design

 Engineering

 Independent certifier



Agenda

**The importance of
playgrounds in 2018
and beyond**



**Playground &
fitness trends**

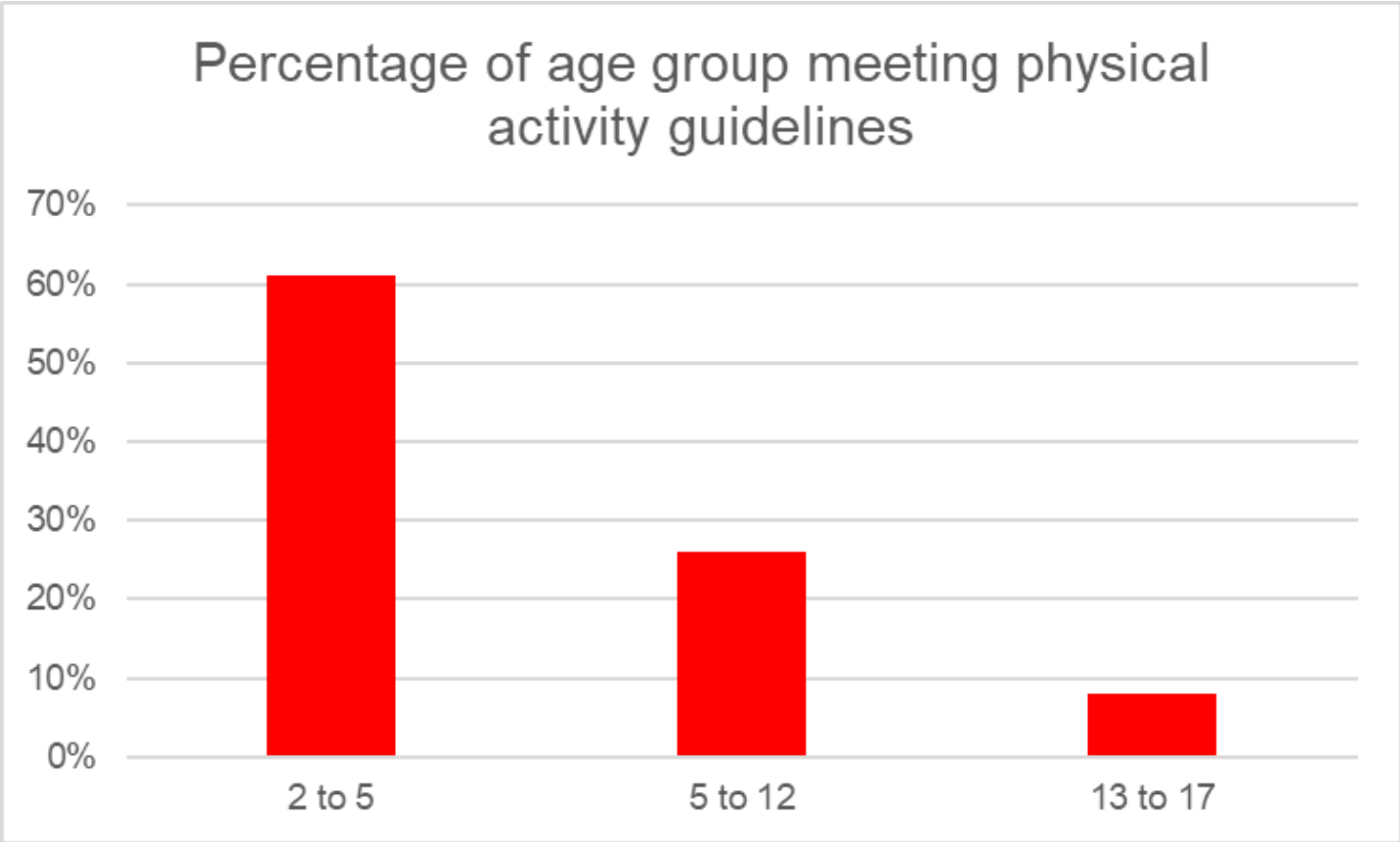


The importance of playgrounds in 2018 and beyond



Aussie kids are more inactive than ever

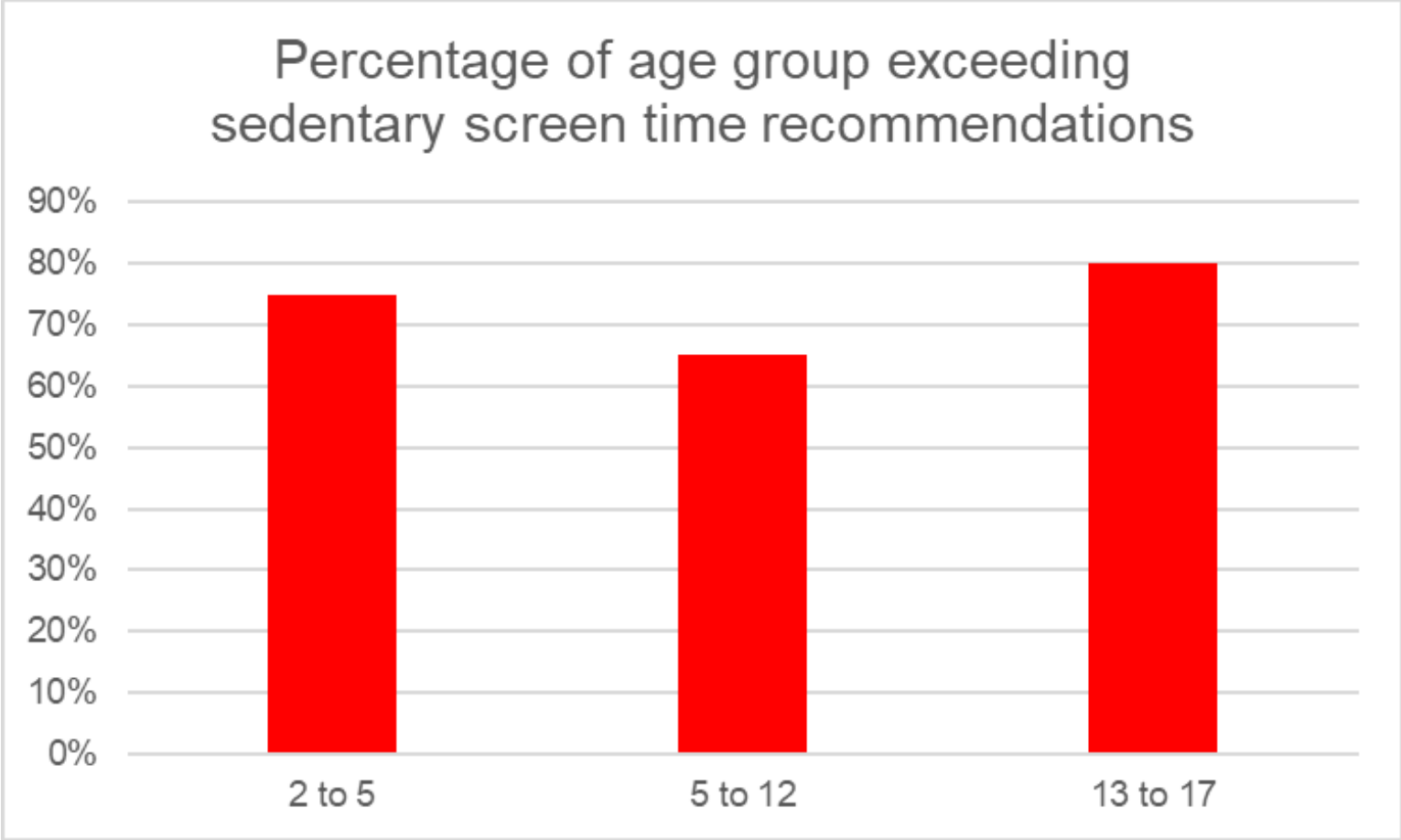
Only 30% of children aged 2 to 17 are meeting physical activity guidelines.



Source: www.aihw.gov.au/reports/physical-activity/physical-activity-across-the-life-stages

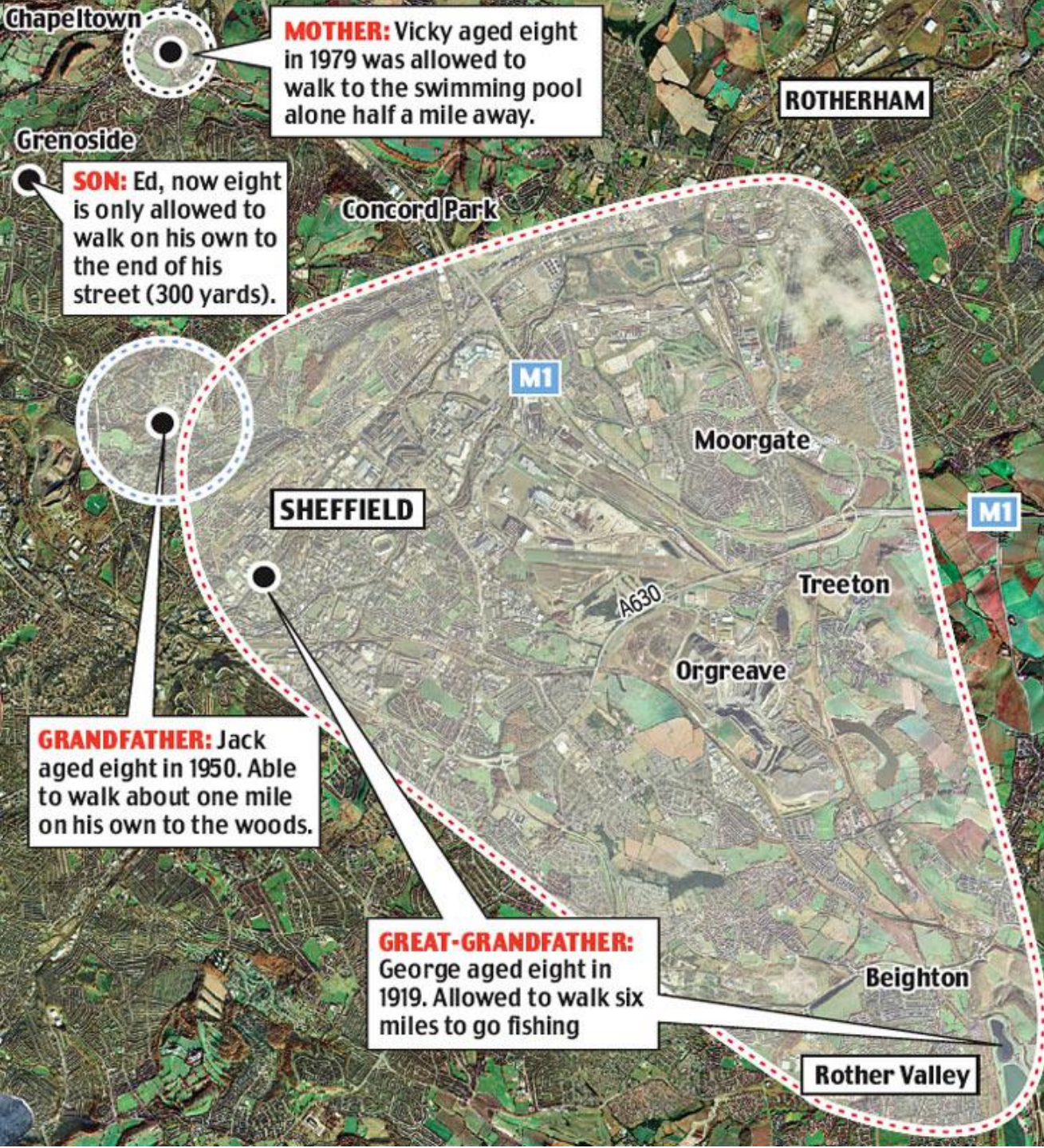


And spending way too much time on screens



Source: www.aihw.gov.au/reports/physical-activity/physical-activity-across-the-life-stages





Kids have lost the right to roam

And smaller block sizes, larger houses, and the shift towards townhouse and apartment living kids also have less of a backyard to play in.

Source: <https://www.dailymail.co.uk/news/article-462091/How-children-lost-right-roam-generations.html>



Playtime in the schoolyard

Debate continues globally in the education sector over just how important play is in the context of the school day.





Playgrounds have never played a more important role in the development of children than they do today.



Childhoods change

1970s



1990s – 2000s



2010s



Children still report outdoor play as their favourite pastime

- ✦ Children prefer playing outdoors with friends (70%).
- ✦ Outdoor play is great because they get to choose what they want to do.
- ✦ Outdoor play is great, because the children feel free.

Outdoor play would be better if:

- ✦ There were more playgrounds and play equipment.
- ✦ There were more kids out to play.
- ✦ There were more items for my specific age group.

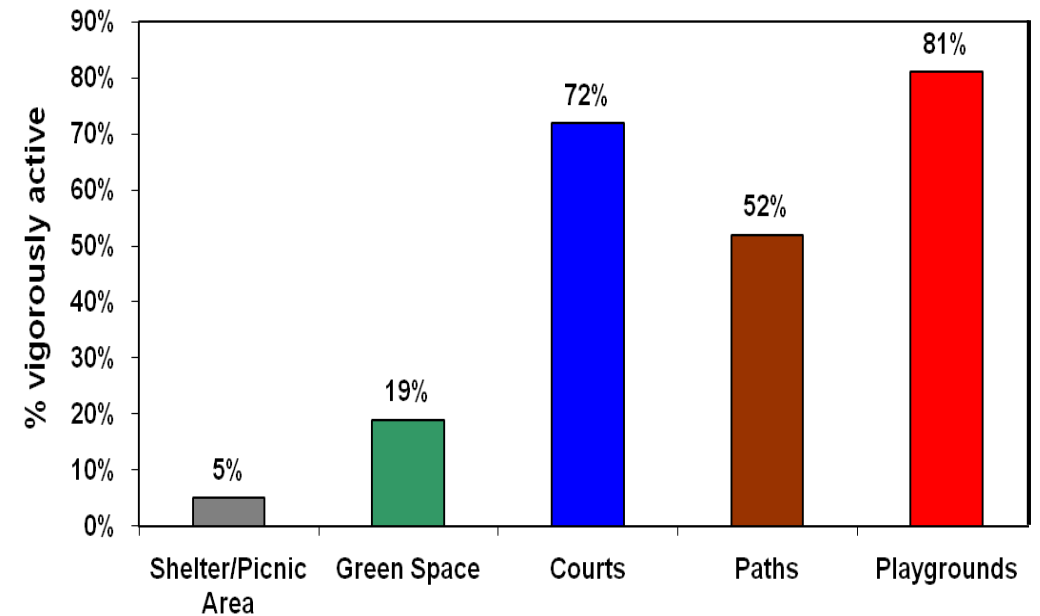
Source: Jantje Beton & Qrius (NL Survey, 2011, 435 children aged -11).



Playgrounds do affect physical activity

Observations of four suburban parks in the US found that park visitors are more likely to engage in vigorous physical activities when using courts, paths and playgrounds.

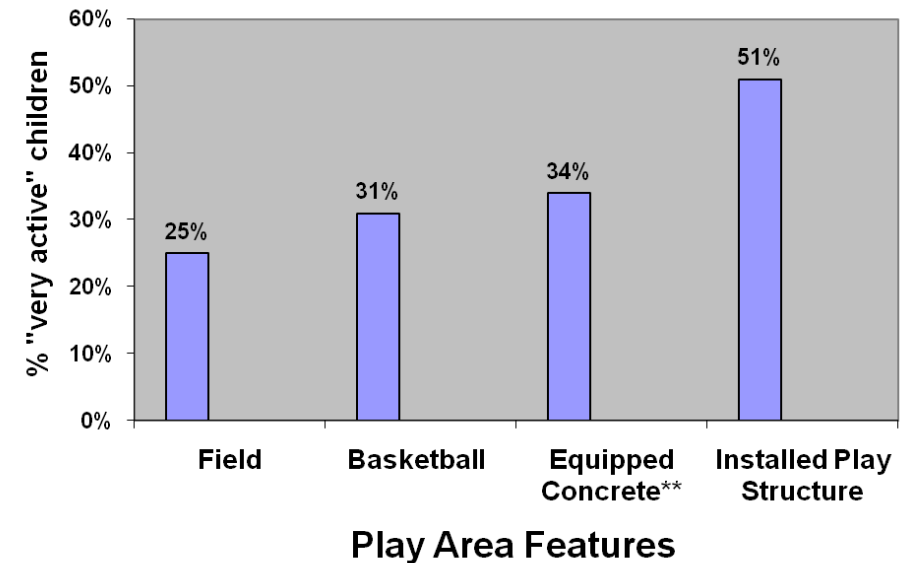
Source: Shores KA, West ST. The Relationship between built park environments and physical activity in four park locations.
Journal of Public Health Management and Practice, 2008;14(3):E9-E16.



Playgrounds do affect physical activity

Observations of children in grade 2 through grade 8 over two years in an inner-city schoolyard in New Orleans show that children are more likely to be very active in play areas with installed play structures compared to those with an open field.

Farley TA, Meriwether RA, et al. Where do children play? The influence of playground equipment on physical activity of children in free play.
Journal of Physical Activity and Health 2008; 5:319-331.



Playground trends - Thrilling play



Common types of thrilling play in the playground

- ✦ Play with heights
- ✦ Play with speed
- ✦ Rough-and-tumble-play



The benefits of thrilling play are many

- ✦ Improves confidence
- ✦ Develops risk assessment skills
- ✦ Develops problem-solving
- ✦ Improves emotional regulation skills (i.e. remaining calm in stressful situations)
- ✦ Improves communication
- ✦ Assists in overcoming existing fears.





















Catering for thrilling play doesn't need to blow budgets



Playground trends - Inclusive play



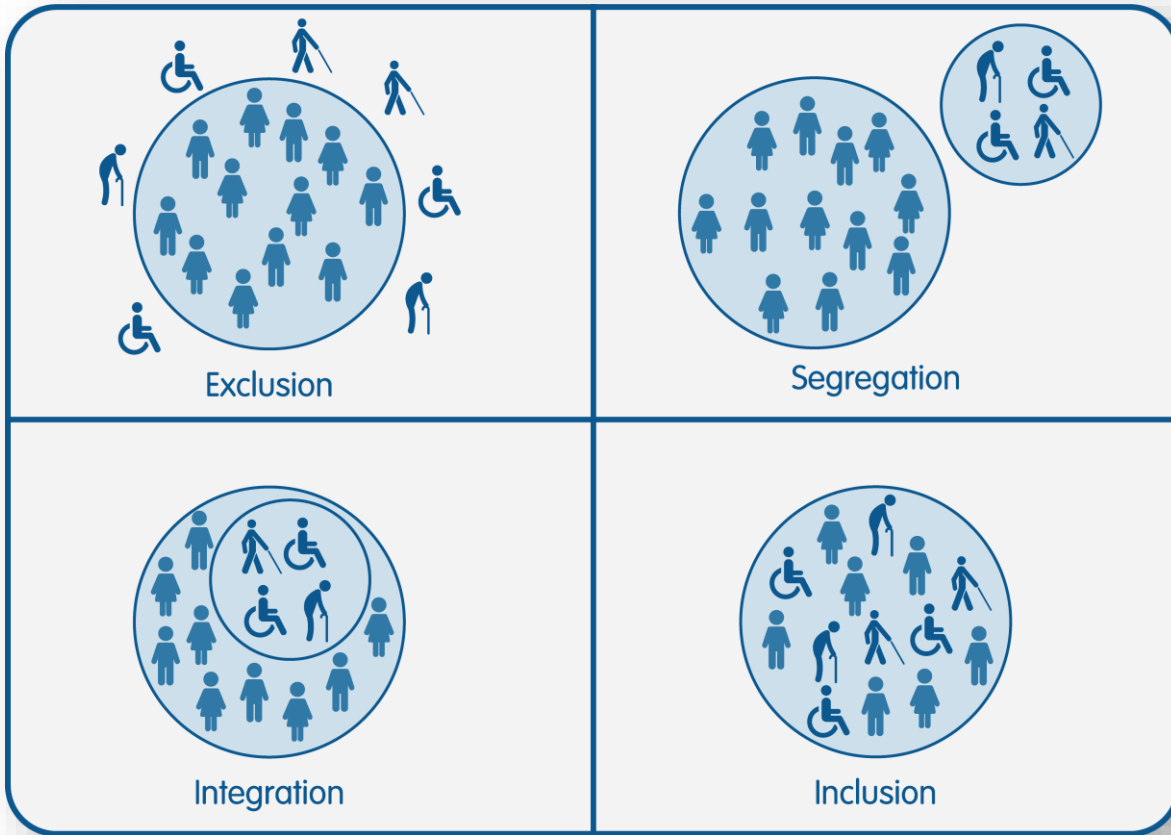
Underestimation of people with disabilities

“The underestimation of the abilities of people with disabilities is a major obstacle to their inclusion and to the provision of equal opportunities.”

Source: The State of the World's Children, 2013, Children with Disabilities, UNICEF 2013.



How our treatment of those with disabilities has evolved



Integration
Playgrounds with special equipment – only for children with disabilities.



Inclusion
Playgrounds with activities for all.





The KOMPAN philosophy on inclusive play & universal design

Children of all ages and abilities have a right to play. This right is stated in two United Nations Conventions, as play is fundamental to all children's health, wellbeing, learning and social inclusion. Play is the way children learn and interact, the way they get to understand themselves as valuable and welcome in the community.



The KOMPAN philosophy on inclusive play & universal design

A good KOMPAN playground motivates all and excludes no one. A good KOMPAN playground is inclusive. It is designed with universal design principles. Universal design means meeting the needs of all without creating overly specialised solutions. At KOMPAN we believe that this approach welcomes all and segregates no one.





The KOMPAN philosophy on inclusive play & universal design

Universal design was always the way of KOMPAN design. We stick to universal design, as this has proven beneficial to users as an inclusive way to provide play. In an inclusive KOMPAN playground everyone can play together or play with something.



KOMPAN universal playground design principles

- ✦ Accessible routes
- ✦ Relevant ground level activities
- ✦ Access to relevant elevated level activities
- ✦ Support challenges in play
- ✦ Supportive of social interaction
- ✦ Variation in play opportunities



Playground trends - Destination playgrounds & custom solutions









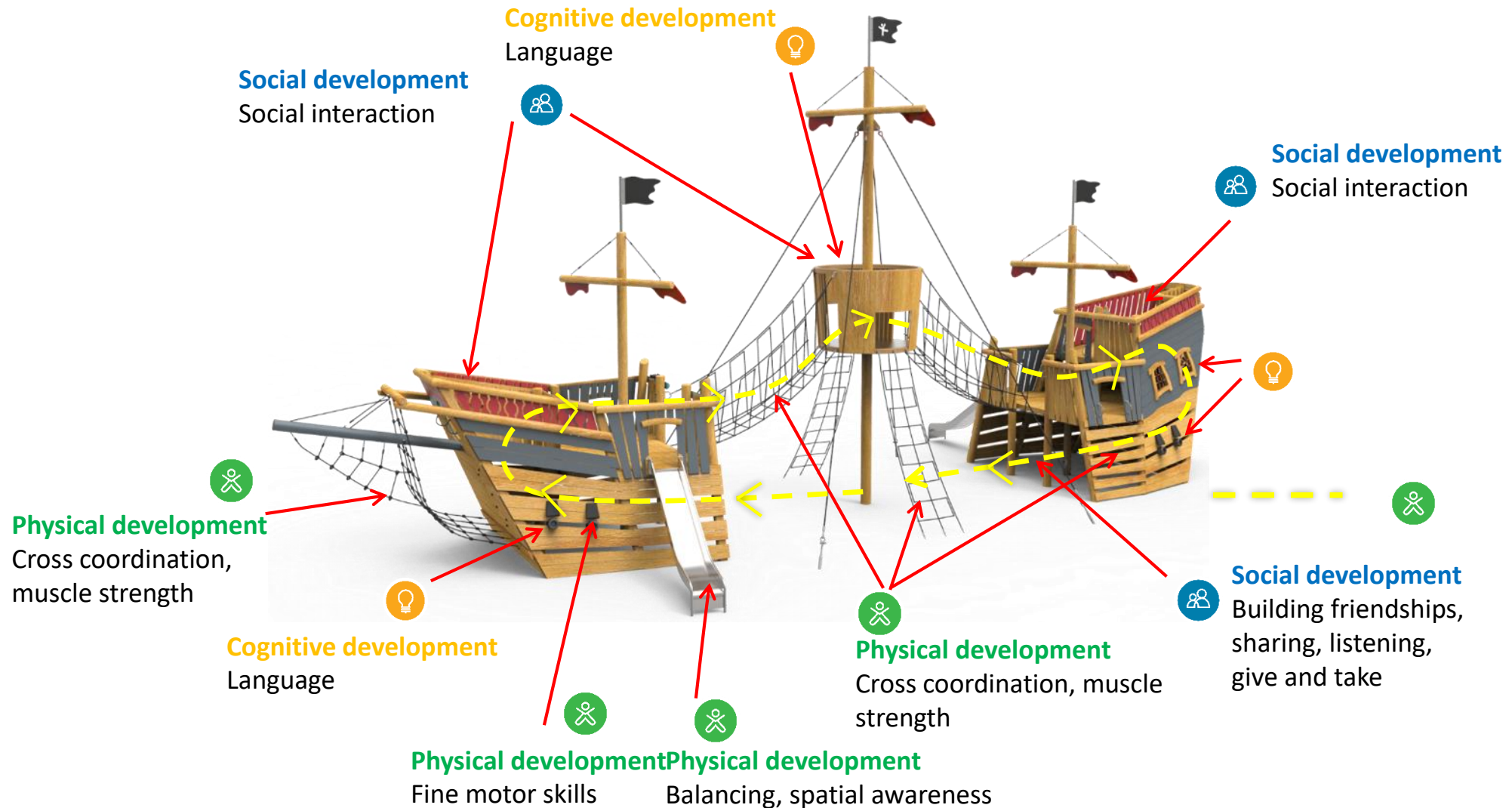


KERRSHAW
WYATT'S WONDER WEB

Wyatt's Wonder Web



Achieving a custom playground with plenty of play value



Playground trends - The next wave of outdoor fitness



Fitness hubs v fitness clusters v fitness trails

Hubs

A single area containing multiple pieces of equipment.

- ✦ Suits locations with no existing path network.
- ✦ Makes for the least interaction between those working out and other users of the park.
- ✦ Creates a social and fitness destination within a park.
- ✦ Great for activating underutilised spaces.
- ✦ Supports personal training and bootcamp-style group workouts.



Fitness hubs v fitness clusters v fitness trails

Clusters

A number of areas containing a couple of pieces of equipment located in close proximity.

- ✦ Enables maximum amount of equipment to be installed with minimal visual impact.
- ✦ Ensures a single group can't 'commandeer' the site or all equipment.

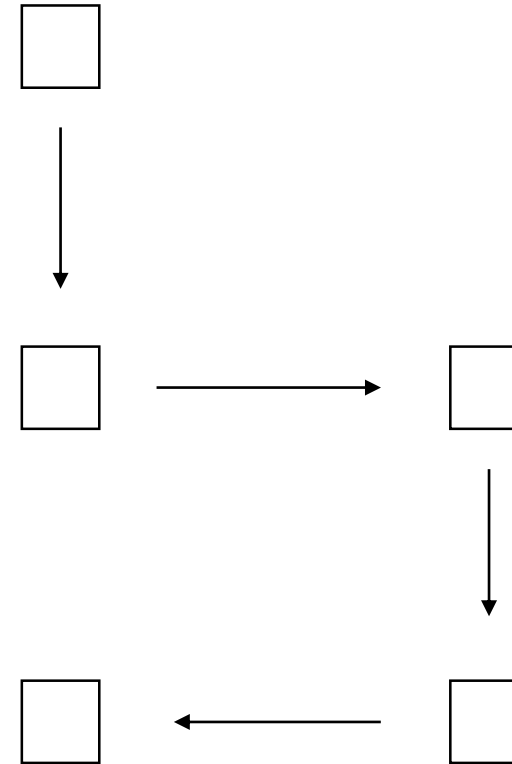


Fitness hubs v fitness clusters v fitness trails

Trails

A number of pieces or groups of equipment spread along a linear path.

- ✦ Potentially complements people's existing walking or jogging routines.
- ✦ Encourages mix of cardio and strength training.
- ✦ Good for large areas with popular existing path or trail networks.





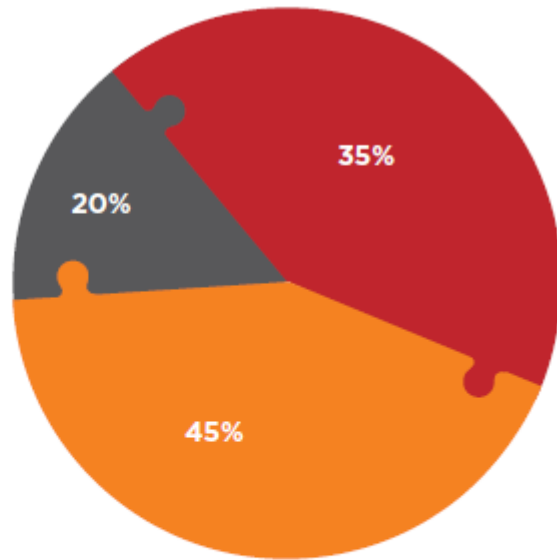






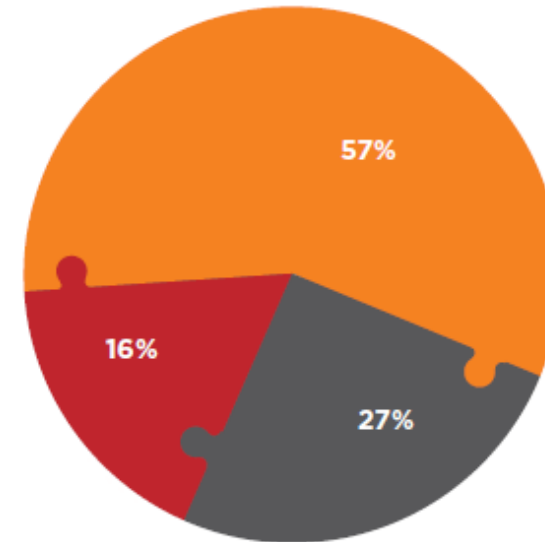
These fitness hubs attract previously inactive users

KOMPAN site, Metz, France



- **35%** I TRAINED EARLIER IN A CLUB OR IN A FITNESS CENTER, NOW I ONLY TRAIN HERE
- **45%** I TRAIN IN A CLUB OR IN A FITNESS CENTER, NOW I ALSO TRAIN HERE
- **20%** I DIDN'T TRAIN BEFORE, NOW I TRAIN HERE

KOMPAN site, Stuytown, New York, USA



- **16%** I TRAINED EARLIER IN A CLUB OR IN A FITNESS CENTER, NOW I ONLY TRAIN HERE
- **57%** I TRAIN IN A CLUB OR IN A FITNESS CENTER, NOW I ALSO TRAIN HERE
- **27%** I DIDN'T TRAIN BEFORE, NOW I TRAIN HERE



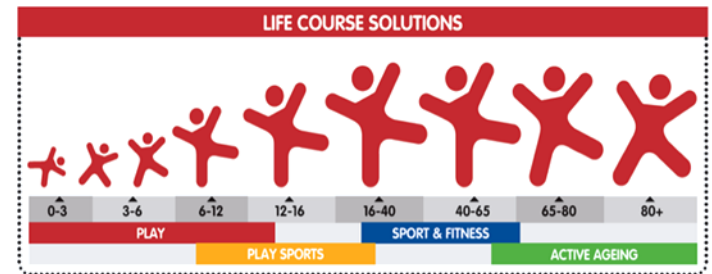
Other trends in outdoor fitness

- ✦ Outdoor fitness equipment with a digital layer.
- ✦ Councils collaborating with private sector to offer free bootcamp-style training to the public.
- ✦ Obstacle courses.
- ✦ Parkour and agility trails.
- ✦ Outdoor fitness hubs targeting 65+ demographic.



Playground trends - Solutions for all ages











Thank you

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VR goggles

- ✦ Slide the goggles over your face.
- ✦ You'll be able to view a playground in 360 degrees. Stand up if you like.
- ✦ As you look around, you'll notice there's a small pointer that is following your eyes.
- ✦ You'll also notice some small white targets set around the playground. If you aim your pointer at these crosshairs for a couple of seconds, you will be automatically taken to that point on the playground.
- ✦ Try not to fall over!