



GROSS MOTOR SPACE

WHAT IS DIFFERENT?

Gross Motor Space:

Previously, the need for gross motor space was based on the number of hours your program operated each day. Now, Long Term and Combined Care will need gross motor space when they provide care to a child for more than 3 hours per day. Short Term Care does not need to have gross motor space. The amount of gross motor space has not changed.

Outdoor Space:

It has always been recommended that if you have outdoor play equipment that you ensure it meets the standards set by the Canadian Standards Association (CSA). This is now a requirement. Other notable changes are new requirements that define the minimum height of the fence (4 feet) and state that it must have a gate that opens outward.

WHY IS IT IMPORTANT?

Gross Motor Space:

While physical activity is very important in the development of a child there are times that it can be provided without additional space. Recognizing that the children's need for physical activity can be met in any type of space, the requirements allow programs that provide care to children for three hours or less to provide physical activity in the CNC play space. At the same time, children need opportunities for exercise that uses their large muscles. For that reason, when a Long Term or Combined program provides care to a child for more than 3 hours a day, the program must have a minimum of 45 square meters of gross motor space.

Outdoor Space:

Playground equipment has been associated with a high number of accidents that in some cases, have led to the death of a child. Standards have been set by CSA to help ensure the safety of children using playground equipment.

IMPLEMENTATION

Physical Activity Space



- Determine if you will be required to provide gross motor space. Remember, the requirements are based on length of time any child is receiving care, not the length of time of a program operates. Even if you only have one Long Term child attending a CNC program for more than 3 hours, you are required to have gross motor space.

When selecting gross motor space, keep these guidelines in mind:

- A minimum of 45 square metres of separate gross motor space is required for 1 to 8 children and additional space may be required if more children are enrolled.
- If you have more than 8 children but your program allows different groups of up to 8 children to use the space for a minimum of 30 minutes at different times of the day, you may not need additional space.
- The space you use **MUST BE** on the same site as the parents (i.e. it can be located in the your CNC room or in another indoor or outdoor space at the site).
- You must have appropriate equipment and storage space for the equipment.
- The gross motor space should be located close to the play space. This will allow for quick access in an emergency.
- When the gross motor space is not close to the play space, you should have a communication plan so that staff can contact one another, if necessary.

Outdoor Space:

- If you provide care for children under 6 years of age, ensure that your outdoor space is enclosed by a fence (or other secure barrier) that is at least 4 feet high.
- Check the fence for any open or broken areas and repair them prior to allowing children to use the outdoor area.
- Ensure that the gate in the fence is not unobstructed and opens outward from the inside so that children can evacuate safely in an emergency.
- Complete any identified repairs prior to having children use the equipment.



Equipment

While CSA does not have standards for indoor playground equipment it is advised that you apply outdoor standards where possible to your indoor equipment

Indoor

- Ensure equipment such as a climber has appropriate landing mats that provide protection.
- Ensure the landing mats are securely in place.
- Provide sufficient space around the equipment – a no-encroachment zone (6 feet) to ensure a falling child will not injure themselves on other items, as recommended by the National Safety Council.

Outdoor

- If you do not have a playground inspection report, contact a reputable playground inspection company to arrange for an inspection. Do not allow the children to use the equipment until the inspection has been completed and necessary repairs have been made.

NOTE: Any space used for CNC must go through an approval process being used for children. Please refer to the Space Approval and Safety section for details.

SUPPORTING DOCUMENTS

WEB RESOURCES

- Safe Kids Canada: Playground Standards- <http://www.safekidscanada.ca/Professionals/Safety-Information/Playground-Safety/FAQ/Standards-FAQs.aspx#liability>
- National Safety Council: Playground Safety - http://www.nsc.org/news_resources/Resources/Documents/Playground_Safety.pdf
- CSA: Playground Safety - <https://canadasafetycouncil.org/node/1012>
- Playgrounds - Danger of Strangulation - http://www.hc-sc.gc.ca/cps-spc/alt_formats/hecs-sesc/pdf/pubs/cons/playgrounds.pdf



REQUIREMENTS

2-6 SPACE SIZE AND USAGE

- c. When a child is receiving care for more than three (3) hours a day in a long term or combined program with an enrolment of one (1) to eight (8) children nineteen (19) months of age and over, the program has a minimum of forty-five (45) square metres of additional useable indoor or outdoor gross motor space, and may need additional space when more children are enrolled.

2-13 GENERAL SAFETY

- a. All indoor and outdoor space to be used for CNC is well-maintained and, having regard for the ages of the participating children, is free from hazards or can be made free of hazards immediately before a CNC session.

2-15 PLAY MATERIALS AND EQUIPMENT SAFETY

- c. When playground equipment, such as a climber, is used by children
 - 4. Indoors, the area around and under the equipment is equipped with landing mats that are not a slipping hazard and provide sufficient protection for the children.
 - 5. Outdoors, the equipment and its installation must meet current standards of the Canadian Standards Association (CSA).

2-16 OUTDOOR ACTIVITY AREAS

- a. An outdoor activity area used by a child under six (6) years old
 - 2. 1. Is enclosed by a fence or other secure barrier that is at least four (4) feet high.
 - 3. 2. Has an unobstructed gate door that opens outward from the inside.