

# Capitol Hill Playground Expectations

Have Fun | Be Safe | Care for Each Other

## CARE FOR SELF

- Know your own limits - choose safe play for you.
- Climb only as high as you feel comfortable.
- Keep your head up and watch where you are going.
- Step down safely instead of jumping from high spots.
- Monkey Bars: only hang and travel underneath – no climbing on top.
- Use all equipment the way it was meant to be used.
- Wear proper shoes for climbing and running.
- Take a break if you feel tired, dizzy, or upset.

## CARE FOR OTHERS

- Pay attention to the people around you.
- Take turns and share equipment:
  - Line up at the slide, one at a time.
  - Line up for the saucer swings, max. two swingers at a time.
  - One student at a time on the glider.
  - Limit the number of kids on the donut spinner to keep it safe.
- Never push, pull, or shove others off equipment.
- Don't lift or carry friends onto equipment.
- Look around before you start swinging, sliding, or spinning.
- Use kind words and include others in games.
- If someone falls or gets hurt, get an adult right away.

## CARE FOR OUR PLACE

- Leave gravel, sand, and rocks on the ground.
- Keep the playground clean – pick up garbage and recycling.
- Report any broken or unsafe equipment to a teacher.
- Be gentle with trees, plants, and nature areas – let them grow.
- Put away sports equipment when you're finished.
- Treat our school yard like home – respect it and keep it tidy.

## REMEMBER

- Play fair.
- Be safe.
- Take care of yourself, others, and our place.
- Have fun!

## If Playground Expectations Are Not Followed:

1. **Reminder** – A teacher will give you a friendly verbal warning.
2. **Take a Break** – Sit on the bench for a short time to calm down and think about your choices.
3. **Loss of Play Time** – You may be asked to stay inside and miss some or all of recess.
4. **Family Check-In** – A phone call home or a meeting with your family may happen to talk about the behaviour and how to make things better.