

PlayWell
Presents

The Importance of Inclusive Play

What Does Inclusive Mean?

- “including everyone” – Merriam-Webster Dictionary
 - Especially, allowing and accommodating people who have historically been excluded
- Inclusive Designs are...
 - Welcoming
 - Active
 - Supportive
 - Universal
 - Diverse
 - Fair

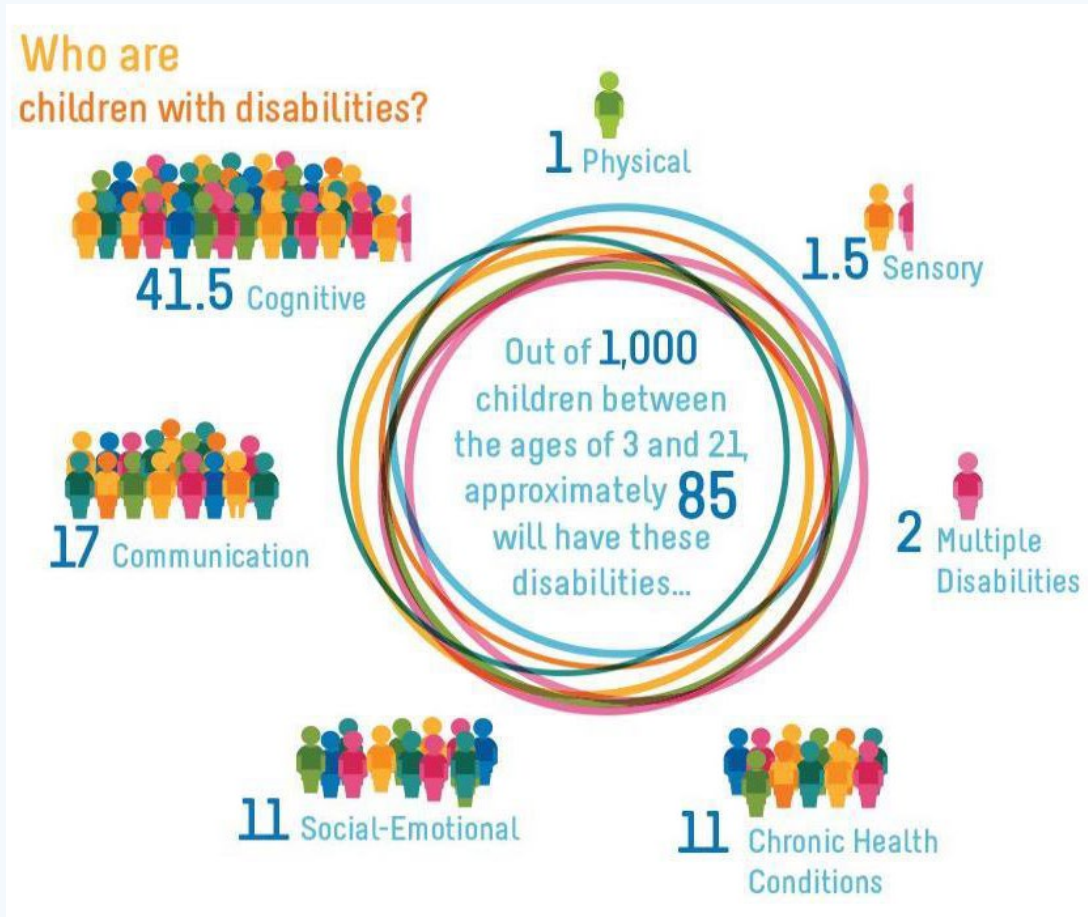


Why Are Inclusive Playgrounds Important?

- They provide healthy play experiences for people of all ages and abilities.
- They address the diverse needs of society, promote social equity, and create a sense of community
- They create awareness, break down barriers to access meaningful play, and foster friendships



Who are Children with Disabilities?



Sources:
1. U.S. Department of Education (2015). Washington D.C.: Dept of Ed. <https://ideadata.org>
2. Erickson, W., Lee, C., von Schrader, S. (2016). Disability Statistics from the 2014 American Community Survey (ACS). Ithaca, NY: Cornell University Yang Tan Institute (YTI). Retrieved May 09, 2016 from www.disabilitystatistics.org



Disability Category- Physical

- *Relates to issues that affect a child's motor system. These include orthopedic impairments that involve bones, muscles, and joints or neurological impairments that involve the nervous system, brain, and spinal cord, which make it difficult to move, stand, sit, walk, play, or reach. Some people may use adaptive equipment and/or mobility devices to help them be more independent.*
- *Examples:*
 - *Cerebral palsy, muscular dystrophy, traumatic brain injury, spina bifida, and spinal cord injury*



Disability Category - Sensory

- *Relates to a child's inability or difficulty gathering, understanding, and processing information from the environment through any of the senses including sight, touch, smell, hearing, taste, vestibular, and proprioceptive.*
- *Examples:*
 - *Hearing & vision related disabilities, sensory processing, and Autism Spectrum Disorder*



Disability Category- Communication

- *Relates to difficulties a child has communicating verbally due to limited comprehension, use of language, and/or oral motor development. Communication consists of expressive language (what you say) and receptive language (what you understand).*
- *Examples:*
 - *Speech, voice, and language disabilities, Autism Spectrum Disorder*



Disability Category–Social–Emotional

- *Relates to a child's inability to effectively manage behavior which may result in social or emotional outbursts or reactions to situations, or cause difficulty interacting with others in developmentally appropriate ways.*
- *This includes:*
 - *Emotional depression, bipolar, anxiety, PTSD, oppositional defiant disorder, conduct disorder, and Autism Spectrum Disorder.*



Disability Category- Cognitive

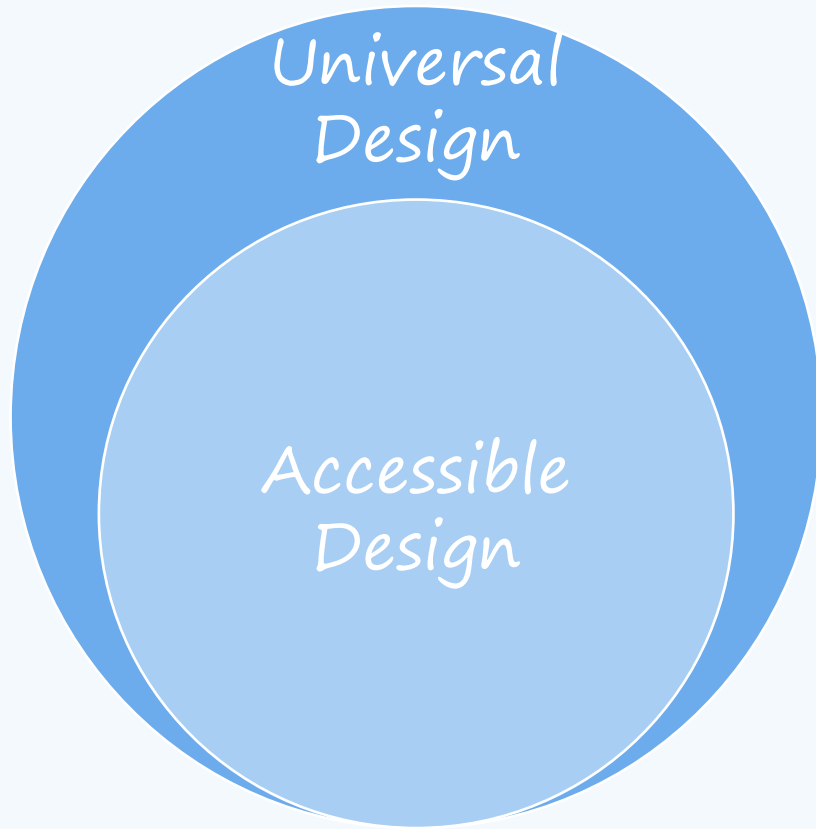
- *Relates to a child's difficult in processing information, reasoning, comprehension, memory, expressing information/emotions, and/or ability to control attention or impulses.*
- *Examples:*
 - *Intellectual or developmental disability, learning disability, Down Syndrome, Autism Spectrum Disorder, Attention Deficit Disorder, and Attention Deficit Hyperactivity Disorder*

Clarifying Terminology

Accessible
Design

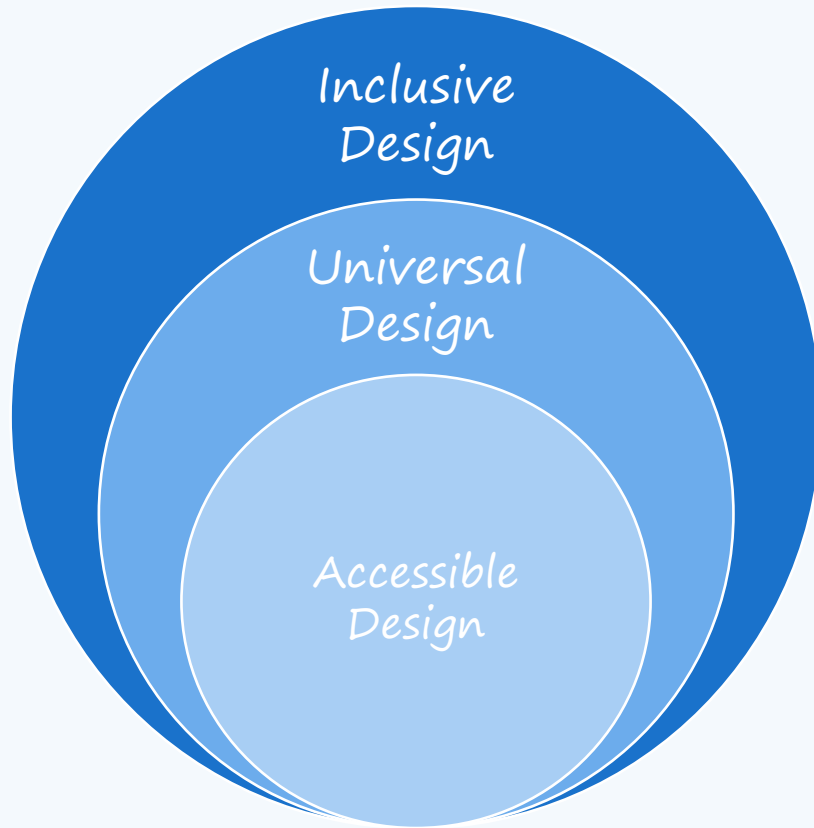
- The needs of individuals with disabilities have specifically been considered in the design process.
- The minimum standard required by law.

Clarifying Terminology



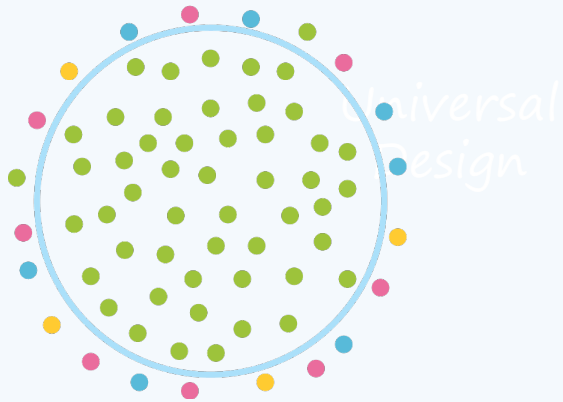
- Defined as “the design of products and environments to be usable by all people, to the greatest extent possible, without the need for adaptation or specialized design.”
 - Ron Mace, 1988

Clarifying Terminology

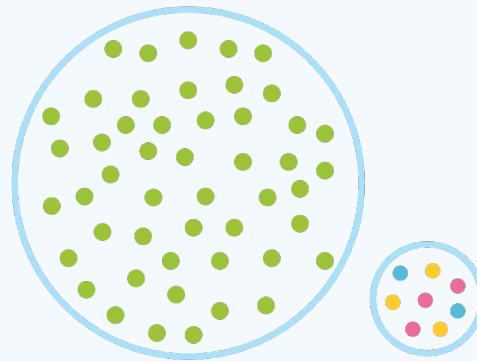


- Inclusive playground design is consistent with the concept of universal design and recognizes everyone's right to fully participate and contribute to meaningful play, reaping the lifelong development physical and social benefits of inclusion.

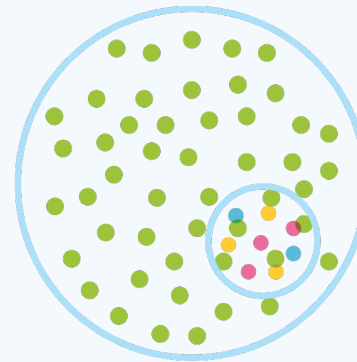
Access Does Not Guarantee Inclusion



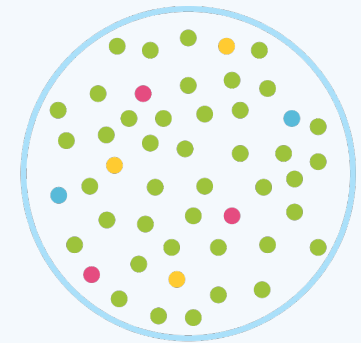
Exclusion



Segregation



Integration



Inclusion

Access Does Not Guarantee Inclusion



ADA Compliant Design



Inclusive Design

Foundations of Inclusive Play

- *Inclusive design is a way of creating physical spaces and products to address the inherent diversity of people. It introduces flexibility, choice, and accommodating features to the world that we all inhabit.*
- *Every child has the right to play, but not every child has the opportunity to do so in their local park or school. An inclusive playground eliminates the barriers, encouraging personal growth along with the creation of new friendships.*

Inclusive Design Strategies

- *Create Access*
 - *Access to and around the playground is extremely important. Make sure to include accessible routes, along with surfacing that is accommodating to wheelchairs. Also, getting people to the play space is only part the equation. Ensuring they have equitable play experiences when they arrive is key to success. Consider using ramps and providing ground level play opportunities.*
- *Keep It Simple*
 - *Understanding how to use the play area should be intuitive and easy for all people. Provide sections of play experiences, such as active or passive areas. Include varying color across the playground to organize these areas, along with creating paths to follow.*
- *Add Sensory Elements*
 - *Incorporating activities that provide multisensory experiences with touch, sight, sound, and movement can positively influence the development of the whole child*

Inclusive Design Strategies

- *Encourage Social Exchanges*
 - *Children learn about each other when they communicate and socially interact. Consider ways to encourage communication, cooperation, and for children of all abilities to social interact through games, dramatic play experiences or multi-user components.*
- *Offer Choices*
 - *Thinking about the many ways children play is an important aspect of success. Some children love to jump in the middle of the action, others may prefer to comfortably observe from a cozy spot to bench before joining in the fun. Offer a variety of elements including climbing, upper body events, balancing, swinging, sliding, spinning, rocking, and climbing.*
- *Opportunity For All*
 - *A child deserves to be able to interact with the other kids on the playground and not be limited to certain types of equipment based on their abilities. Provide opportunities for children to engage with one another throughout the design.*



Accessible Design Standards

Playground and Site Layout

ADA Standards

- ADA standards are a federal law that must be upheld on all playground designs open to the public
- These standards break down the minimum requirements for accessible play features on the design
- 50% of total elevated events must be accessible

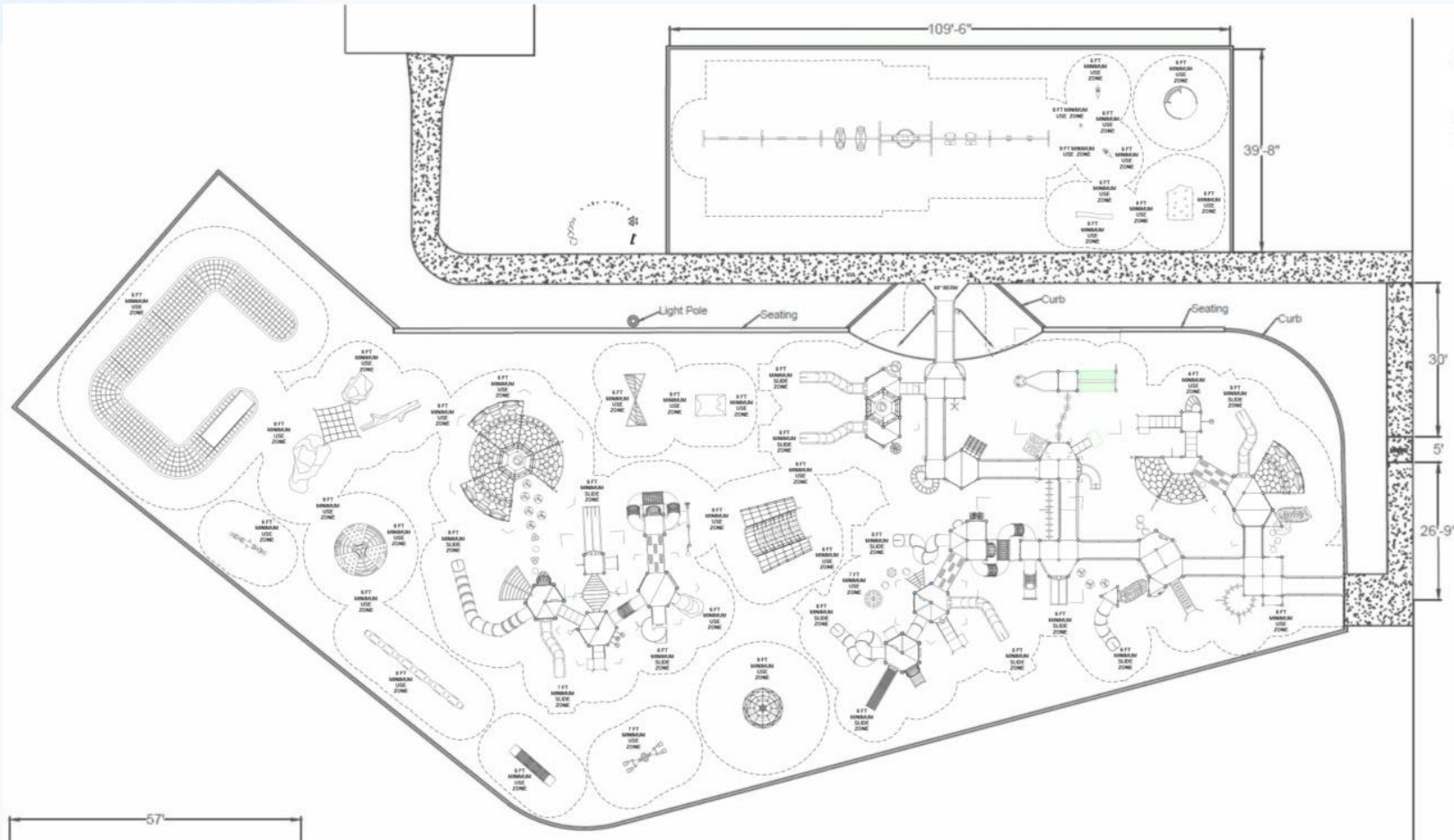
Number of Elevated Events	Minimum Number of Ground Events	Minimum Number of Types of Ground Events
1	N/A	N/A
2-4	1	1
5-7	2	2
8-10	3	3
11-13	4	3
14-16	5	3
17-19	6	3
20-22	7	4
23-25	8	4
25+	8	5

ADA Standards

- Add 1 for each additional 3 elevated events over 25.
- Where 20 or more elevated play components are provided, at least 25% must be accessible by a ramp.
- If 50% of the elevated play events are accessible by a ramp, and at least three events are of different types, this chart will not apply.

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14-16	5	3
17-19	6	3
20-22	7	4
23-25	8	4
25+	8	5

ADA Standards



ADA ACCESSIBILITY GUIDELINE - ADAAG CONFORMANCE

ELEVATED	ACCESSIBLE	RAMP ACCESSIBLE	GROUND	TYPES
91	68/23	32/23	67/0	5/5

	Contains	Required
Elevated Events	91	N/A
Accessible	68	23
Ramp Accessible	32	23
Ground Events	67	0
Types of Events	5	5

Accessibility

- Transfer Station/Point provides a point where a child can easily transfer from their mobility device to the playground
 - ADA compliant
- Ramps provide diverse users, adaptive equipment, and caregivers access to social and physical play on the structure



Design Flow

- *It is good practice to incorporate access/egress points throughout the playground*
- *This looping pattern encourages children to flow through the playground*
- *As an example, wherever you have a slide, locate an access point, such as the transfers point or a climber near by*



Accessible Routes

- Throughout the site, you need to include clear accessible pathways to access the equipment. These pathways should link to ground events, access points, and even slide exits
- Without these pathways, the equipment cannot be accessible



Surfacing

- A large factor on any design is the surfacing. Every playground requires compliant safety surfacing that meets critical fall height and ADA standards.
 - Engineered Wood Fiber
 - Rubber Mulch
 - Rubber Tile
 - Bonded Rubber Mulch
 - Poured-In-Place
 - Artificial Turf



Shade

- *Shade is a crucial factor for any playground design, especially in areas of direct sunlight and high heat*
- *Including roofs and shades within the design allow the equipment to stay out of direct sunlight, along with providing an area where visitors can cool down*



A stylized landscape illustration featuring rolling hills in shades of green and blue. On the left, a tree with a brown trunk and purple and pink foliage stands on a green hill. The background consists of layered, wavy bands of light blue and white, suggesting a sky or distant hills.

Key Inclusive Design Considerations

Elements to Support the Developmental Needs of All Children

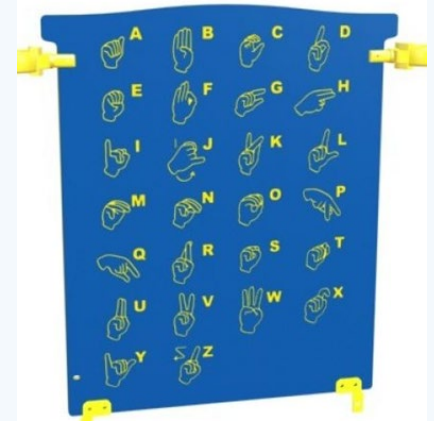
Music

- Encourage collaboration, creativity, and age-appropriate activities for multi-generational users at any developmental stage
- Musical instruments are great for adding auditory experiences to any design



Communication

- Support language skill development through motivating, collaborative, and reciprocal activities with friends and caregivers
- Include activities that encourage vocalizations or that promote literacy and understanding of language through letters, symbols, or pictures



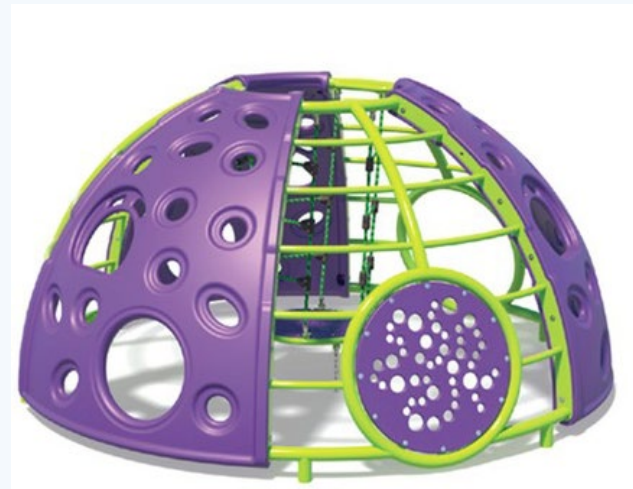
Dramatic Play

- Promote imagination, creativity, symbolic thinking and social dialogue through pretend play
- Incorporate elements such as steering wheels, telescopes, and playhouses



Cozy Spots

- Offer quiet or semi-enclosed places where children can seek sensory relief or retreat until they are ready to play
- Domes, crawl tubes, and underdeck seating areas positioned away from active play areas can create cozy areas



Jump-In Point

- Create passive areas for children to observe, gain confidence, and better understand the play activity prior to participating
- Position seats or benches adjacent to other activities to help draw children into more active play



Motion & Movement

- Provide sensory-rich motion opportunities through spinning, rocking, and swinging activities
- Motion activities help children develop motor control and planning



Activity Panels

- Provide activities that offer cognitive, social, and sensory benefits on the structure and at ground level
- Half activity panels provide space underneath the panel to allow individuals using mobility devices to comfortably reach and approach the activity



Cooperative Play

- Reinforce positive interactions between children through dynamic and fun experiences as they work together to drive the action or engage in the activity.
- Examples of cooperative play include social panels, merry-go-rounds and seesaws.



Accessible Upper Body

- Offer equitable alternatives to upper body/climbing equipment
- Such products include roller tables, therapeutic rings, chin-up bars, and hand cyclers.



Parallel Play

- Ensuring children with and without disabilities can enjoy equitable experiences side-by-side.





Resources


Tools For Your Next Design

Resources

A Scholarly Blog on Play

As a like-minded play advocate, PlayCore is proud to partner with Dr. Stuart Brown on furthering the advancement of play and helping our world understand the critical importance of participating in play throughout life. Our work together thus far has resulted in several play concepts that promote alignment between family members, and we are honored to feature Dr. Brown as our Scholarly Writer in Residence, a role in which he will impart his wealth of knowledge through seminars, features, and a monthly blog.


To learn more about his unique insight on play, request the new program, "The Science of Play™," or check out his informative blog, shown below.



How Play Helps Us Develop Resilience

Research shows that play helps us deal with stressful situations and cope better with unexpected challenges.

[Read the Article](#)



Enjoying a fulfilling life by retaining our ability and right to play

With a few principles, we can re-engage the experiential play we missed in childhood. Embedded in our nature is the capacity to flourish as our adult lives.

[Read the Article](#)

Dr. Stuart Brown's Online Blog
(<https://www.playcore.com/drstuartbrown>)

<http://www.achievecommunities.org/>

ACHIEVE (Action Communities for Health, Innovation, and Environmental change) is sponsored by the CDC. Selected national organizations collaborate with CDC to enhance local communities' abilities to help prevent or manage health-risk factors for heart disease, stroke, diabetes, cancer, obesity, and arthritis. Specific activities are directed toward promoting physical activity and healthy eating, improving access to quality preventive healthcare services, and eliminating health disparities. Some examples of community-based improvements include, but are not limited to, increased access to and use of attractive and safe locations for engaging in physical activity.

Aegon Transamerica Foundation (National)
<http://www.transamerica.com/individual/what-we-do/about-us/aegon-transamerica-foundation>

Transamerica believes their responsibilities go beyond corporate walls. Therefore they created the Aegon Transamerica Foundation. Through financial grants and the volunteer commitment of their employees, they support non-profit organizations focused on the education, health and well-being of the communities where they live and work. The Foundation's grant dollars go to the following categories of non-profit organizations: Arts & Culture: Programs that foster creativity in the areas of music and the performing arts, including venues for artistic expression. Civic & Community: Programs that strive to promote community development, encourage civic leadership, and enhance work and business opportunities. Education & Literacy: Programs with a mission to provide knowledge and to expand individuals' capabilities, especially in the areas of financial literacy. Health & Welfare: Programs committed to improving the condition of the human body through nutrition, housing for the homeless, disease prevention and more. United Way: In addition to leading an annual campaign, employees' contributions are matched by at least 50%.

AETNA Foundation (National)
<http://news.aetnafoundation.org/press-release/foundation/aetna-foundation-opens-callocal-nonprofits-cultivate-healthier-communities>

Philanthropic arm of AETNA which provides grants to communities improving overall health and factors. Funded \$2 million in 2017, work that advances resident or youth-led initiatives, and fosters participants' social engagement. Grantees will focus on measurable outcomes, including greater consumption of fruits and vegetables, decreased bullying behaviors, stress management and increased physical activity.

Playcraft's Funding Guide
(<https://www.playcraftsystems.com/start-a-project/resources/funding>)

6 Steps of Planning a Playground

Step 1: Core Factors

During this step, you need to determine the purpose of this playground. The following questions are just a few that should be answered:

- What is the budget for this project?
- What are the dimensions of the space for this project?
- What is the age range of the children who will use the equipment?
- How many children should the playground accommodate at once?
- What other factors need to be included in this project? (e.g. Surfacing, installation, site amenities)



Step 2: Design

Once you know your core factors, you can start looking at the design. At this point, you should start thinking about what you want this playground to look like.

- Should it take a modern appearance, or do you prefer a more traditional style?
- Do you want a variety of freestanding items throughout the site?
- What colors would you like throughout the equipment?
- Is there any particular equipment you would like to see in the playground, or is there equipment you would not like to see?



Playcraft's Planning Guide
(<https://playcraftsystems.com/start-a-project/resources/planning>)

Resources

Foundations of Inclusive Play

Inclusive design is a way of creating physical spaces and products to address the inherent diversity of people. It introduces flexibility, choice, and accommodating features to the world that we all inhabit. Every child has the right to play, but not every child has the opportunity to do so in their local park. An inclusive playground eliminates barriers, encouraging personal growth along with the creation of new friendships. At Playcraft Systems, we firmly follow our belief that everyone deserves the opportunity to play, as the element of play strengthens the bond of a community.

Designing Inclusion

Inclusive play begins with an understanding of each project goal. Our network of consultants and design team will collaboratively work with your playground committee to ensure every aspect and goal is achieved. We create play areas without separation and play experiences without borders while incorporating the existing opportunities of the available space and setting. Ultimately, our design will create an environment to accommodate individual abilities yet provide an atmosphere where all children and adults can be themselves and join in the total enjoyment experienced throughout your playground.



Playcraft's Inclusive Play
Foundations
(<https://www.playcraftsystems.com/start-a-project/resources/inclusive-design>)

Playcraft's Color Guide
(<https://www.playcraftsystems.com/start-a-project/resources/colors>)

Playcraft's Catalog
(<https://playcraftsystems.com/start-a-project/resources/catalogs-guides>)



Kerry Walsh
Kerry@playwellgroup.com
832-655-5400



Steve Janisch
stevej@playwellgroup.com
832-289-1220

Thank you



A PLAYCORE Company