

Elmira Elementary

Recess Rules

Elmira Elementary Eagles are...

Safe

Responsible

Respectful and Kind



General Rules

- **Wash hands or use hand sanitizer before playing on the playground**
- Walk quietly in PAX line in the hallway to and from the playground
- Ask permission from a teacher to leave the playground for any reason
- Stay within the playground boundaries
- **Wear your face covering while playing unless at the face covering break area**

General Rules, cont

- All rocks and bark must stay on the ground at all times
- Keep your hands, feet and objects to yourself
- Use friendly and kind language on the playground
- Saliva should stay in your mouth
- Be aware of what is going on around you
- Use the equipment the way it was designed to be used
- **Food is not allowed on the playground**

Face Coverings



You will need to wear your face covering while at recess. You may take it off only when you are in the face covering break area.

Face Covering Break Area

While at recess, you will have a chance to take a break from wearing your face covering.

You must stand and stay next to the yellow sign on the fence the whole time your face covering is off.



Face Covering Break Area

1. Walk to the sign
2. Take off your face covering
3. Make sure you are physical distancing
4. Stay next to the sign the entire time
5. Put on your face covering
6. Then you can go play

Face Covering Break Area



Walk to sign	
Take off face covering	
Physical distance	
Stay next to sign	
Put on face covering	
Go play	

Playground Boundaries



East Fence



Garbage Shed



North Fence



Light Post with Yellow Rectangle

Whistle Rules

Short whistle blasts mean
stop and look at the person
on duty



Long whistle blows means
recess is over



Please stay away from....



Lost Equipment



If a ball or other equipment gets kicked or thrown over the fence, let an adult know so the equipment can be retrieved. Students are not allowed over the fence to get equipment.

Please Put Recess Equipment Away



E
ach class will have their own
labeled recess equipment
basket.

Even if you did not play with
the equipment at recess, please
put any equipment back in the
basket.

Please Put Equipment Away

If you see a ball on the playground **after** recess is over, please pick it up and put it away.

If you see a ball on the playground **during** please leave it alone. Just kicking the ball away is not taking care of our equipment.



Buddy Bench

The buddy bench is a place you can go when you need to rest or want to make a new friend.

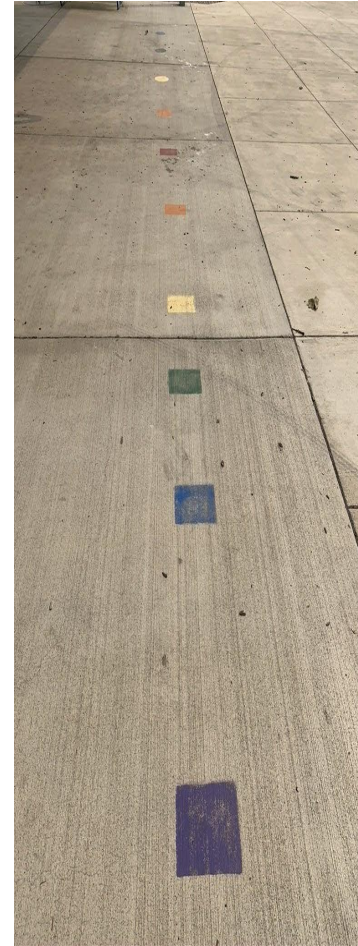
If you see someone sitting on the bench, ask them to play with you.

One person on the bench at a time.



Lining Up

- Students must line up immediately when the whistle blows
- Students must put any equipment back in the basket
- Students should grab any jackets taken off during recess
- Students should line up on their colored row
- Students should keep their bodies to themselves
- Students should wait in a straight PAX line walking inside after recess
- **Students should physical distance in line**



Swings

- Swing only on your bottom
- Swing forward and backward only
- Stop the swing with your feet
- One person at a time on the swing
- Stay upright when swinging
- **You must start swinging by yourself (no pushing others)**



Swings, cont.

- Playground equipment should stay off the swings
- Swing chains should not touch–no twisting
- Stay off the poles
- Walk around the swings–not through them
- Make sure you leave space in the front and back of swings so you do not get kicked

Slides



- Use the ladder to get to the top of the slide
- Go feet first on your bottom when you slide down
- One person at a time on the slide
- Continue moving down the slide-do not stop part way down
- Wait for the person to get to the bottom before sliding down
- Stay away from the bottom of the slide
- Wait patiently at the bottom of the slide
- Keep hands to self-allow friends to go down the slide without pushing them

Play Structures

Keep recess equipment off of the play structure

Use the ladders to go up and down the play structure

Use walking feet all the way up the structure

Stay on the inside of the structures



Climbing Structures



Always hold onto the bars with at least one hand

Watch others fingers as you climb

Go the same direction on the monkey bars

→ Top circular bar is okay for either sitting or standing.

→ Top bars are for hands only (no sitting or standing)

Monkey Bars



Go across in the same direction as others

Go across with your hands only

Keep bubble space between those crossing with you and below you

Fire Pole

Go down feet first

One person at a time

Hold on with both hands

Wait at the top until the person is down
and away from the pole



Crazy 8 Bars



Students may climb up on these bars as long as they can get up and get down by themselves

Only 1 student at a time

Students must sit down while on these bars

If students want to use these as monkey bars, students must move out of the way

Bouncy Bars

Limit of 1 person

Hold on with at least one hand

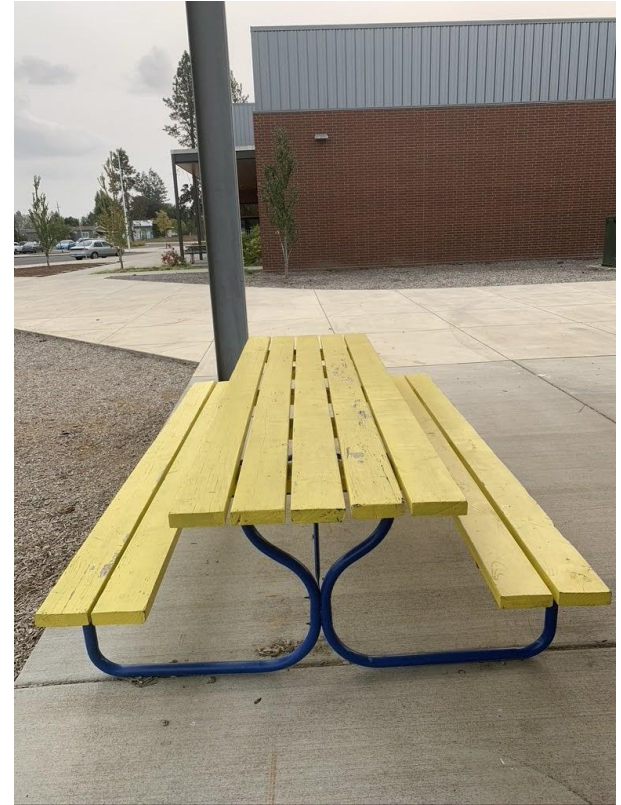
Watch for those around you



Yellow Picnic Tables

Picnic tables can also be places to read or draw during recess

Walk around the benches when passing by them



Coats and Jackets



- Jackets should be put on the yellow picnic tables
- Remember to pick up your jackets as you line up for recess
- Jackets left out at recess will be put in the lost and found in the cafeteria
- Bring lost and found items to the rack inside

*Please label or write your names in your jackets or coats so we can get them back to you when lost

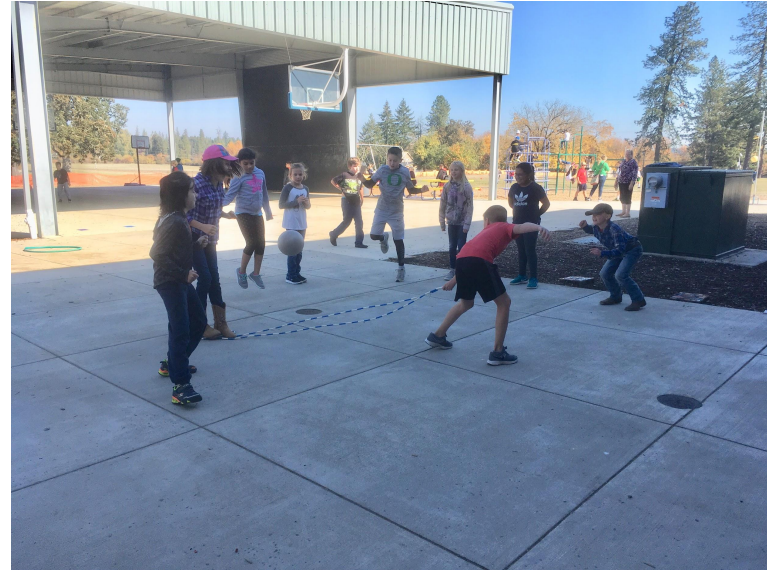
Jump Ropes

Jump ropes can be used by a single person or two people turning the rope

Groups may play jump the rope where one person swings the rope and others jump. Make sure the jump rope stays low.

Jump ropes are used for jumping only

Keep jump ropes off the play equipment



Oak Tree

- Leave bark and leaves on the tree
- Sticks should not be put up the tree
- Report any sightings of bees to an adult
- Please refrain from digging holes as it creates unsafe holes for students to trip over



Hula Hoops

Hula hoops can be used around the waist, arms or legs

Be gentle with the hula hoops or they will bend and will not be able to roll



Wall Ball

- Balls must stay inside the boundary lines or it is an out
- The first players in line is the referee
- The new player serves
- You cannot be called out on a serve
- You cannot play more than 3 games in a row. After the 3rd game, then you must rotate out.
- If the ball hits a student running through the court, then the ball will be re-served



Wall Ball Levels

Beginning Level (K-1st)

You may serve and catch the ball before hitting it back

The ball can bounce any number of times before hitting it or catching it

After hitting the ball, it can bounce only once before hitting the wall

Advanced (2nd-5th)

No carrying or holding the ball

The ball can only bounce two times before hitting back to the wall

After hitting the ball, it can only bounce once before hitting the wall

Basketball

Bounce basketballs with your hands

Shoot basketballs into the hoops

Avoiding kicking the basketballs so they do not get damaged

Wait patiently in line while playing Bump



Footballs and Soccer Balls

Footballs should be used on the grass area only

Students may play catch, play 500 or Falcon



Soccer balls may be used for kickball against the wall or regular soccer on the field

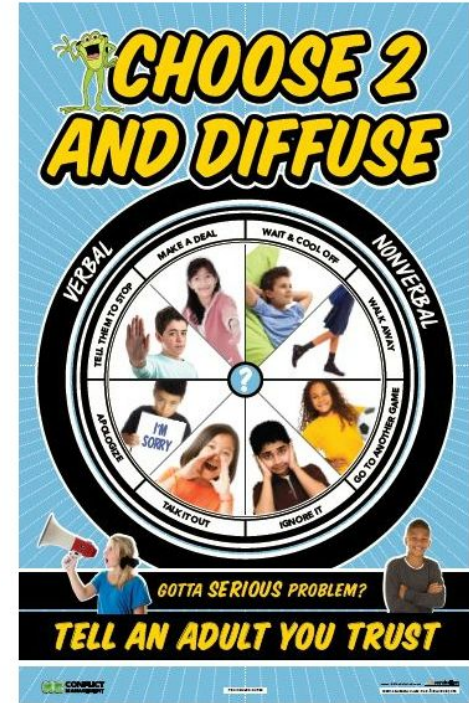
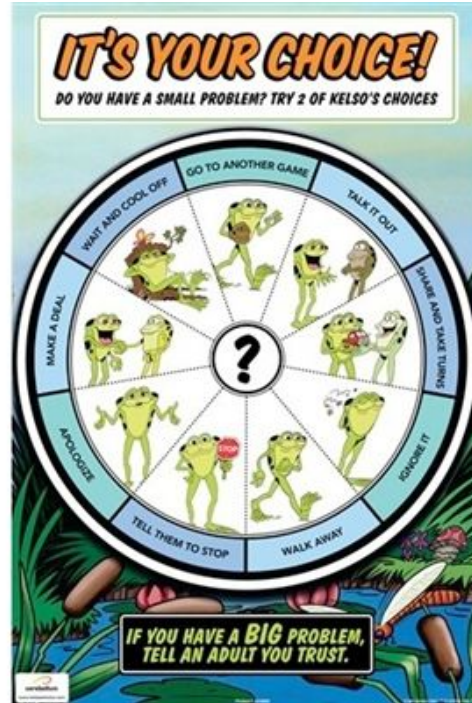


**Please use only the equipment provided by the school.
Leave personal sports equipment at home.**

Problem Solving

If you need help with a friend at recess, try one of Kelso's choices.

Teachers are here to help you solve problems and make safe choices at recess



After Recess

After recess, please wash or sanitize your hands after playing to keep your friend, your teacher and yourself safe.

