



## ADVENTUROUS PLAY POLICY

*'Being adventurous is about creating opportunities for children (and adults) to explore and test their own capacities, to manage risk and to grow as capable, resourceful and resilient children and adults.'*

(National Quality Standard, Professional Learning Program, 2013).

Adventurous play, sometimes referred to as 'risky play' is a natural part of children's play and can often be described as a thrilling and exciting activity, involving a risk of physical injury and play that provides opportunities for challenge, testing limits, exploring boundaries and learning about injury risk (Sandseter (2007); Little & Wyver, 2008). Involvement in adventurous play provides children with opportunities to explore and test their own capacity, assess risks and manage situations, master new skills, extend their limits and learn life skills. Research shows that success and failure of adventurous play motivates children to try again and work out different ways of doing things, increases their physical and motor skills and teaches them about their own limits. (Sandseter, 2011; Tovey, 2010).

In our endeavour to create a physical environment that is safe for all children at all times, we may be creating a physical environment that inadvertently limits adventure and risk-taking. The National Quality Standard (2.1.3) aims to encourage *"the educational leader and educators to foster physical and psychological development in children by encouraging physical activity that is challenging, extends thinking and offers opportunities to take manageable risks."* (2018, p: 68).

We acknowledge that it is sometimes difficult to find the right balance between allowing children to engage in adventurous play in our physical environment whilst preventing serious injuries. Our Service is committed to supporting families to understand the importance and benefits of risk taking through adventurous play for their children. We believe that for children

to learn effectively and prepare for life-long skills, it is important for them to experience challenging situations in our physical environment that are managed effectively to minimise negative outcomes, not eliminate risk.

#### NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 2: CHILDREN’S HEALTH AND SAFETY		
2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented.
2.1.3	Healthy Lifestyle	Healthy eating and physical activity are promoted and appropriate for each child.
2.2	Safety	Each child is protected.
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.
QUALITY AREA 3: PHYSICAL ENVIRONMENT		
3.1.2	Upkeep	Furniture and equipment are safe, clean and well maintained.
3.2	Use	The service environment is inclusive, promotes competence and supports exploration and play-based learning.
3.2.1	Inclusive environment	Outdoor and indoor spaces are organised and adapted support every child’s participation and to engage every child in quality experiences in both built and natural environments.
3.2.2	Resources support play-based learning	Resources, materials and equipment allow for multiple uses, are sufficient in number, and enable every child to engage in play-based learning.

#### RELATED POLICIES

Administration of First aid Policy Incident, Illness, Accident, Trauma Policy	Supervision Policy
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## PURPOSE

We acknowledge the important developmental benefits of adventurous and risky play such as psychological, perceptual, physical/motor skills and social development (Sandseter, 2010). We encourage educators to support children's curiosity by providing them with opportunities to assess risks and manage situations appropriately. We aim to support and respond to children's physical development by offering an environment that provides open-ended, dynamic, stimulating and challenging learning opportunities for all children. Our Service will continually determine whether a learning environment is dangerous, or a potential learning opportunity that may encourage risk taking.

## SCOPE

This policy applies to children, families, staff, management and visitors of the Service.

## IMPLEMENTATION

Children are faced with risks every day. Rather than trying to eliminate all risks from children's play, our Service will identify the possible risks and make informed decisions about whether the benefit for children's development and learning outweighs the risks and protect children from any potential harm. In addition, Educators will conduct daily safety checks to identify potential risks and hazards. According to Curtis (2010), a hazard is something that is inherently dangerous and needs to be immediately remedied. For example, a climbing structure with sharp edges, a broken fence or gate.

Educators will use positive language to support and encourage children to engage in adventurous and risky play, modify activities to ensure all experiences are inclusive and promote competence and exploration.

Management/Nominated Supervisor/ Responsible Person/Educators will ensure:

- Children of all ages and abilities are provided with authentic learning experiences aimed to challenge children's capabilities, manage risk and grow as capable resourceful and resilient children (and adults).

- Children are encouraged to take risks through the use of positive language, guidance and enthusiasm.
- Children are not pushed or forced to do something they are not sure about.
- To engage in critical reflection as a team and with the children about the risks and benefits of a new activity or process.
- All risk assessments are conducted to minimise the risk of children being injured.
- To actively encourage and acknowledge children’s competence to assess risks and possible consequences. (It is important to involve children in the risk assessment process, as this provides added benefits of being able to talk through hazards, learn about assessing and managing appropriate risks for themselves.)
- To provide a challenging and adventurous learning environment that supports children’s curiosity, adventure and motivation.
- To respect children’s growth mindset, acknowledging them as competent and capable learners.
- Trust in children’s abilities and judgement whilst scaffolding their learning.
- Children learn new skills in a safe environment through supervision and adherence to the correct educator to child ratios.

0-3 Years	3-5 Years
1:4	1:11

- To mentor and support families’ knowledge about the benefits of providing children with adventurous play experiences.
- Children are not denied the value of an experience because it may appear to be dangerous.
- Their duty of care is upheld and taken seriously.
- They continue to meet their legal obligations and responsibilities as documented in the NQS and National Law.

## ADVENTUROUS PLAY ENCOURAGES CHILDREN TO:

- Problem-solve
- Develop skills in negotiating (including risks)
- Build resilience, perseverance and persistence
- Extend their balance, orientation skills and coordination
- Become aware of their own capabilities and limits
- Make appropriate risk decisions
- Develop self-regulation
- Take acceptable risks
- Make decisions
- Learn about the consequences (positive and negative) of risk taking
- Gain confidence and independence
- Become creative and curious
- Learn how to use equipment safely

## SOURCE

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#### REVIEW

POLICY REVIEWED	AUGUST 2019	NEXT REVIEW DATE	AUGUST 2020
MODIFICATIONS	New policy		