



OPAL

Outdoor Play and Learning Policy

Reviewed by: Ethos Committee	Autumn 2023
Adopted by Governing Body:	Autumn 2024
To be Reviewed:	Autumn 2025



Contents

Commitment	1
Rationale	2
Definition	3
Aims	4
Rights	5
Benefit and Risk	6
Supervision	7
Adults Role	8
Equality and Diversity	9
Environment	10

'In the light of Christ we will shine together'

Jesus said: I am the light of the world. John 8.12

Live as children of light – for the fruit of light is all that is good and true and right. Ephesians 5.8-9

Our ambition is to serve our community by providing an excellent education, which is inclusive and distinctive within the context of Christian belief and practice, upholding our values in the daily life of the Academy and in our relationships with others.

1. Commitment

Our school undertakes to refer to this play policy in all decisions that affect children's play. Our school is committed to providing the strategic and operational leadership needed to provide and maintain quality play provision for all of our children.

2. Rationale

Our school believes that all children need opportunities to play that allow them to explore, manipulate, experience and affect their environment. We believe play provision should be welcoming and accessible to every child, irrespective of gender, sexual orientation, economic or social circumstances, ethnic or cultural background or origin, or individual abilities.

The OPAL Primary Programme rationale is that “... *better, more active and creative playtimes can mean happier and healthier children, and having happier, healthier, more active children usually results in a more positive attitude to learning in school, with more effective classroom lessons, less staff time spent resolving unnecessary behavioural problems, fewer playtime accidents, happier staff and a healthier attitude to life.*”

3. Definition and value of play

Play is defined as a process that is intrinsically motivated, directed by the child and freely chosen by the child. Play has its own value and provides its own purpose. It may or may not involve equipment or other people.

We believe play has many benefits, including:

- Play is critical to children's health and wellbeing, and essential for their physical, emotional, social, spiritual and intellectual development.
- Play enables children to explore the physical and social environment, as well as different concepts and ideas.
- Play enhances children's self-esteem and their understanding of others through freely chosen social interactions, within peer groups, with individuals, and within groups of different ages, abilities, interests, genders, ethnicities and cultures.

- Play requires ongoing communication and negotiation skills, enabling children to develop a balance between their right to act freely and their responsibilities to others.
- Play enables children to experience a wide range of emotions and develop their ability to cope with these, including sadness and happiness, rejection and acceptance, frustration and achievement, boredom and fascination, fear and confidence.
- Play encourages self-confidence and the ability to make choices, problem solve and to be creative.
- Play maintains children's openness to learning, develops their capabilities and allows them to push the boundaries of what they can achieve.
- Staff value play and the impact of play on children:
- Play's interrelated benefits are dynamically related to the spatial and social conditions of children's lives. There are several benefits including:

Health and wellbeing benefits:

- physical activity, greater energy, disease prevention;
- stress reduction, pleasure;
- social connectedness and a sense of belonging, friendships;
- emotion regulation, healthy stress response systems;
- reduction in onset of myopia, increased Vitamin D levels, healthy development of vestibular and proprioception systems.

Cognitive and academic benefits:

- increased attention on return to classroom, especially for children with ADHD;
- better classroom and on-task behaviour;
- more concentration, less fidgeting.

Social and emotional benefits:

- better negotiation and problem-solving skills;
- learning how to deal with conflicts, falling out and teasing;
- learning how to compromise;
- dealing with fear and risk;
- building friendships.

Physical benefits:

- playtimes can contribute up to 40% of recommended daily moderate to vigorous physical activity (MVPA) for boys and 30% for girls;
- children are often more active at playtimes than in PE lessons and structured activities;
- children engage in a wider range of often unpredictable and non-routine movements, developing balance.

4. Aims

In relation to play our school aims to:

- Ensure play settings provide a varied, challenging and stimulating environment.
- Allow children to take risks and use a common-sense approach to the management of these risks and their benefits.
- Provide opportunities for children to develop their relationships with each other.
- Enable children to develop respect for their surroundings and each other.
- Aid children's physical, emotional, social, spiritual and intellectual development.
- Provide a range of environments that will encourage children to explore and play imaginatively.
- Provide a range of environments that will support children's learning across the curriculum and learning about the world around them.



- Promote independence and teamwork within children.
- Build emotional and physical resilience.

5. Rights

Our school recognises the UN Convention on the Rights of the Child, which includes *the right to play, recreation and leisure* (Article 31) and the *right of children to be listened to on matters important to them* (Article 12). We acknowledge that we have a duty to take these rights seriously and listen to children's views on their play.

6. Benefit and risk

'Play is great for children's wellbeing and development. When planning and providing play opportunities, the goal is not to eliminate risk, but to weigh up the risks and benefits. No child will learn about risk if they are wrapped in cotton wool.'

Managing Risk in Play Provision: An Implementation Guide (Play Safety Forum, 2012)

The school will use the Health and Safety Executive guidance document *Children's Play and Leisure – Promoting a Balanced Approach* (September 2012) as the principal value statement informing its approach to managing risk in play. In doing so, the school will adopt a risk-benefit approach as detailed in *Managing Risk in Play Provision: An Implementation Guide* (Play Safety Forum, 2012).

Risk-taking is an essential feature of play provision and of all environments in which children legitimately spend time at play. Play provision aims to offer children the chance to encounter acceptable risks as part of a stimulating, challenging and managed play environment. As outlined in the play sector publication 'Best Play', play provision should aim to *'manage the balance between the need to offer risk and the need to keep children and young people safe from harm'*.

In addition to standard risk-benefit assessments the school will practise dynamic risk management with children, encouraging them to identify and manage risks in an environment where adults are present to support them.

Our mission is to ensure that children develop grit and resilience, play that allows risk and challenge will support this. See Appendix 1 Health and Safety Executive Managing Risk Statement and Appendix 2 Risk Benefit Record

7. Supervision

The law requires that children in school have supervision but for primary school playtimes there are no stated ratios. During the school day there should be one or more adults present outdoors. The school recognises OPAL's three models of supervision: Direct, Remote and Ranging. Except for new children in reception, whose skills and orientation in the school environment need to be assessed, the school does not believe direct supervision is possible or beneficial. Supervisors will use ranging and remote supervision models, so that children can quickly find an adult and adults can patrol large sites to gain an awareness of the kinds of play and levels of risk likely to be emerging.

8. The adult's role in play

The school will help children maximise the benefits they can gain from play by the provision of trained staff who are informed by and work in accordance with the Playwork Principles. Staff will use and refer



to these principles when appropriate interventions are needed, and ultimately will strive for facilitating an environment that nurtures children's self-directed play.

The playworker's core function is to create an environment that will stimulate children's play and maximise their opportunities for a wide range of play experiences. A skilled and experienced playworker is capable of enriching the child's play experience both in terms of the design and resources of the physical environment and in terms of the attitudes and culture fostered within the play setting. Playworkers are a channel of access to new materials and tools and they can act as a stimulus to children to explore and learn. They are also available to participate in the play if invited.

9. Equality and diversity

Through providing a rich play offer meeting every child's needs we will ensure all children, regardless of age, gender, race, disability or other special needs, can develop and thrive, build strong relationships and enjoy school.

10. Environment

We believe that a rich play setting should ensure that all children have access to stimulating environments that are free from unacceptable or unnecessary risks and thereby offer children the opportunity to explore for themselves through their freely chosen play.

We will strive to continually improve the quality and diversity of our school's grounds to enhance play. We will use the document 'Best Play' to guide us on what a quality play environment should contain.

www.freeplaynetwork.org.uk/pubs/bestplay.pdf

A rich play setting supports safeguarding, helps children develop confidence in team building and advocating for their own rights, increases children's social and emotional capabilities and helps develop a love and enjoyment of the outdoors, which is a key foundation for caring for the environment.

Appendix 1

CHILDREN'S PLAY AND LEISURE – PROMOTING A BALANCED APPROACH

1. Health and safety laws and regulations are sometimes presented as a reason why certain play and leisure activities undertaken by children and young people should be discouraged. The reasons for this misunderstanding are many and varied. They include fears of litigation or criminal prosecution because even the most trivial risk has not been removed. There can be frustration with the amounts of paperwork involved, and misunderstanding about what needs to be done to control significant risks.
2. The purpose of this statement is to give clear messages which tackle these misunderstandings. In this statement, HSE makes clear that, as a regulator, it recognises the benefits of allowing children and young people of all ages and abilities to have challenging play opportunities.
3. HSE fully supports the provision of play for all children in a variety of environments. HSE understands and accepts that this means children will often be exposed to play environments which, whilst well-managed, carry a degree of risk and sometimes potential danger.
4. HSE wants to make sure that mistaken health and safety concerns do not create sterile play environments that lack challenge and so prevent children from expanding their learning and stretching their abilities.
5. This statement provides all those with a stake in encouraging children to play with a clear picture of HSE's perspective on these issues. HSE wants to encourage a focus on the sensible and proportionate control of real risks and not on unnecessary paperwork. HSE's primary interest is in real risks arising from serious breaches of the law and our investigations are targeted at these issues.

Recognising the benefits of play

Key message: 'Play is great for children's well-being and development. When planning and providing play opportunities, the goal is not to eliminate risk, but to weigh up the risks and benefits. No child will learn about risk if they are wrapped in cotton wool'.

6. HSE fully recognises that play brings the world to life for children. It provides for an exploration and understanding of their abilities; helps them to learn and develop; and exposes them to the realities of the world in which they will live, which is a world not free from risk but rather one where risk is ever

present. The opportunity for play develops a child's risk awareness and prepares them for their future lives.

7. Striking the right balance between protecting children from the most serious risks and allowing them to reap the benefits of play is not always easy. It is not about eliminating risk. Nor is it about complicated methods of calculating risks or benefits. In essence, play is a safe and beneficial activity. Sensible adult judgements are all that is generally required to derive the best benefits to children whilst ensuring that they are not exposed to unnecessary risk. In making these judgements, industry standards such as EN 1176 offer bench marks that can help.

8. Striking the right balance *does* mean:

- Weighing up risks and benefits when designing and providing play opportunities and activities
- Focussing on and controlling the most serious risks, and those that are not beneficial to the play activity or foreseeable by the user.
- Recognising that the introduction of risk might form part of play opportunities and activity.
- Understanding that the purpose of risk control is not the elimination of all risk, and so accepting that the possibility of even serious or life-threatening injuries cannot be eliminated, though it should be managed.
- Ensuring that the benefits of play are experienced to the full.

9. Striking the right balance does *not* mean:

- All risks must be eliminated or continually reduced
- Every aspect of play provision must be set out in copious paperwork as part of a misguided security blanket
- Detailed assessments aimed at high-risk play activities are used for low-risk activities
- Ignoring risks that are not beneficial or integral to the play activity, such as those introduced through poor maintenance of equipment
- Mistakes and accidents will not happen

What parents and society should expect from play providers

Key message: 'Those providing play opportunities should focus on controlling the real risks, while securing or increasing the benefits – not on the paperwork'.

10. Play providers should use their own judgement and expertise as well as, where appropriate, the judgement of others, to ensure that the assessments and controls proposed are proportionate to the risks involved.

11. They should communicate what these controls are, why they are necessary and so ensure everyone focuses on the important risks.

12. It is important that providers' arrangements ensure that:

- The beneficial aspects of play - and the exposure of children to a level of risk and challenge - are not unnecessarily reduced
- Assessment and judgement focuses on the real risks, not the trivial and fanciful
- Controls are proportionate and so reflect the level of risk

13. To help with controlling risks sensibly and proportionately, the play sector has produced the publication *Managing Risk in Play Provision: Implementation Guide* which provides guidance on managing the risks in play. The approach in this guidance is that risks and benefits are considered alongside each other in a risk-benefit assessment. This includes an assessment of the risks which, while taking into account the benefits of the activity, ensures that any precautions are practicable and proportionate and reflect the level of risk. HSE supports this guidance, as a sensible approach to risk management.

If things go wrong

Key message: 'Accidents and mistakes happen during play – but fear of litigation and prosecution has been blown out of proportion.'

14. Play providers are expected to deal with risk responsibly, sensibly and proportionately. In practice, serious accidents of any kind are very unlikely. On the rare occasions when things go wrong, it is important to know how to respond to the incident properly and to conduct a balanced, transparent review.

15. In the case of the most serious failures of duty, prosecution rightly remains a possibility, and cannot be entirely ruled out. However, this possibility does not mean that play providers should eliminate even the most trivial of risks. Provided sensible and proportionate steps have been taken, it is highly unlikely there would be any breach of health and safety law involved, or that it would be in the public interest to bring a prosecution.

Appendix 2

Risk-benefit advice and record sheet

OPAL's RAPID approach to risk is an essential part of the OPAL Primary Programme

No school should offer the kinds of play that OPAL promotes without a robust and continually updated RAPID plan.

"Health and safety law in Great Britain has an enduring principle – that those who create risks are best placed to control them, and that they should do so in a reasonable and sensible way."

Dame Judith Hackitt HSE Chair 2015

- | | |
|-----------|---|
| R: | Risk-benefit assessment |
| A: | Assemblies focused on playtime |
| P: | Policy for play ratified by your governors or equivalent |
| I: | Inspections carried out regularly |
| D: | Dynamic risk management embraced by all staff |

The purpose of **risk-benefit assessments** is to enable you to provide challenge, progression, excitement, creativity and fun in your play environment. They cannot and will not provide complete 'safety' and this is not their purpose. They can help you to think about, predict, and manage the most serious and most likely potential causes of harm.

OPAL's approach follows best practice advice from the Health and Safety Executive, The Play Safety Forum, Zurich Municipal Insurance, and local authority health and safety advisory teams.

OPAL has developed the five-part **R.A.P.I.D. response** (see box above) to managing risk in your school approach to play, which should be followed alongside the guidance on managing loose parts and other more risky play outlined in pack 6 and 6A of your OPAL ePack.

1. Risk-benefit assessment (RBA)

All services supporting children undertake risk assessments. The recommended practice for supporting play provision – and all services where the activity is risky but has benefits – is to make the benefits explicit in the assessment process from the outset. This has been recommended practice for all play provision since 2012.

Your RBA is a judgement tool. It is based on your knowledge and professional judgement balanced with the potential for benefit. Your RBAs should be active documents. They should be reviewed regularly and all children and staff supervising play should be aware of their content and use them to guide their play and practice. Every time a new item or section of play is opened up they should be added to. All changes should be communicated with all children and staff.

Common areas that need standing RBAs are:

- boundaries to dangerous areas
- tree management and tree climbing
- fixed play equipment
- broken loose parts and heavy loose parts
- rope tying (especially at height)
- water use and water features
- use of sharp or heavy tools.

You should carry out a written RBA:

- as part of an annual team site walkabout for any agreed significant risks
- when changes are introduced that have a reasonable chance of significant harm
- when your concerns are raised by more than once by staff
- when you have had serious 'near-miss' incidents or very frequent low-level injuries.

Your assessments should cover risks and hazards deemed to have the potential for unacceptable risk of death or serious injury. A template is provided below. Many others are available. You should adapt or adopt the format that is in usual use in your setting.

2. Assemblies focused on playtime

OPAL play assemblies should be held regularly with children to discuss, inform and negotiate risks that arise during play.

To start, hold assemblies every two weeks, settling to at least once every half term when the children and staff are confident in all aspects of their playtime opportunities and risks.

Assemblies should aim to:

- Celebrate your school's culture of play and children's creativity.
- Inform children of changes, rights, and agreements.
- Negotiate with children on issues such as risk, tidy-up and expected behaviours.
- Innovate around what children are currently playing to deepen children's engagement.

Play assemblies have dual purposes:

- To ensure that all children, staff and parents understand how much respect and regard your school has for the children's play.
- To ensure all children understand the risks and their responsibilities regarding the play opportunities, and that children and staff are involved in agreeing rules and ways of practice.

As part of your health and safety recording, a brief written log must be kept noting risks discussed and how they will be managed. (Log on record sheet template 4.7). Further guidance on play assemblies is outlined in guidance Doc 3.4 and in past #TeaWithOPAL events, which can be accessed via the OPAL schools Slack.

3. Policy for play, ratified by your governors or equivalent

A play policy approved by the governing body and leadership is essential and should form the basis for the understanding of all staff and their decision-making about managing risk in play. A template is included in pack three.

This should include formal adoption of the Health and Safety Executive's guidance (Doc 4.6) and your policy should include a statement on supervision styles (Doc 5.2 GUIDANCE Free range supervision).

4. Inspections carried out regularly

Engineered fixed equipment should have an annual technical inspection by a certified inspector. Ongoing visual inspections should be carried out by a member of staff and a record kept.

In addition, all play team members should be trained to constantly check for and remove hazards as part of their daily practice, with a clear knowledge of what and when to record, as well as appropriate responses.

5. Dynamic risk management and appropriate intervention styles are embraced by all staff

All staff in the playground and those with responsibility for children at play should be aware of the changing nature of the play taking place. They should support children to assess and manage risk as much as possible for themselves, but they should also be vigilant and take action if they think that the risk of serious harm is becoming unacceptably likely. Actions taken by staff when required should balance the reduction of likelihood or severity of harm while preserving as much of the benefit of the play as possible and empowering the children to manage future risk as much as possible.

Dynamic risk management in playwork requires that staff maintain 'relaxed vigilance'. The quality of play will suffer if the adult's attitude is one of hovering, anxious over-attention. There should be an assumption that most play is not dangerous and that children can develop a high degree of competence, given practice, over time. However, staff should also be vigilant, and they should be aware of the kinds of play and resources being used in their patch, who is playing and what the likely risks are.

All play team staff **must** be trained and reminded that active risk management is an essential part of their job using the OPAL online *Playwork Essentials for Primary Schools* course and training book. They should be observant, mobile and attentive at all times.

Most of the time they will not need to intervene but should be ready to:

- **stop the activity or manage the risk** if staff think that *serious harm* (meaning death, life-long debilitating injury or hospitalisation) is imminent or probable.
- **remain vigilant and consider negotiating how to manage the risk with the children** if they think that serious harm is possible but not probable.
- **continue ranging supervision** if serious harm is very unlikely.

It is important that new staff joining the play team are trained to the same level as existing staff. Remember the law does not require you not to have accidents, but to understand the reasons for the risk you provide and to demonstrate the reasonable steps you have taken to manage those risks.

Risk-benefit assessment date: 22.10.2025

Assessed by: R. Rutter & D Farnham Review October 2025

Description of activity, principle or object, who might be at risk and what kind of harm.	Benefit or utility or related policy	Description of risk management and maintenance agreed	Nominated person	Action date
Large loose parts Falling on children Crushing injuries Heavy lifting Could involve players or bystanders	All those listed in play policy plus – core strength, coordination, cooperation, creativity. Items are essential to a rich play environment.	Agree stacking heights in play assembly. No double size pallets Large dens only in supervised den zone	OPAL lead	
Digging area use of real spades Chopping feet Accidental blows Use as weapon Risk to players and bystanders	All those in play policy – plus Upper body strength Creativity Core strength Enjoyment	Tools not toys training in play assembly Only diggers in the digging zone Only spades, not forks	Play coordinator	
Description of activity, principle or object, who might be at risk and what kind of harm.	Benefit or utility or related policy	Description of risk management and maintenance agreed	Nominated person	Action date
Play Equipment - Gym & Green Children falling from height Climbing, hanging, jumping from height	All those in play policy – plus Upper body strength	Agree numbers of children to climb on each piece of equipment	Play coordinator	
Mud Kitchen Accidental blows Use as weapon Risk to players and bystanders	All those listed in play policy plus – imaginative and communicative play	Regular checks from play rangers and play coordinator.	Play coordinator	
Bikes Children falling from bikes Landing on hard floor Children crossing the path of the bikes	All those listed in play policy plus – core strength, coordination	Helmets and knee pads available for children. Designated space for children to scoot and ride.	Play coordinator	
Hammocks / Nest Swing Spinning and tipping Fall from height	All those in play policy – plus Upper body strength	Agree rules for play	Play coordinator	

