

# Inclusive Design for Outdoor Recreation

## Playgrounds



Specific provisions are to be made for children with disabilities as stated in Article 30 of the CRPD.

An inclusive design approach will create more opportunities for children to develop physically, socially and emotionally regardless of ability. Design of playgrounds should consider mobility, cognitive and sensory impairments. Ground and raised level alternatives of activities should be provided while also access to main activities. Most importantly, inclusive playgrounds help eliminate bias for children with disabilities.

## Principles

### What To Keep in Mind

#### Surface

Suitable surfaces include pour in place, rubber tiles and speciality turf

#### Ground Level Activities

Balance between easier and more challenging tasks should be available

#### Quiet Area

Consider the provision of a quiet area for children who desire a break from the main activity space, they may feel overwhelmed. Quiet areas will give them the chance to calm their sensory systems and gain control of their emotions.

## Features

- Ramps
- Rubber flooring
- Lowered tasks – reachable from sitting height
- Elevated tasks – sand and water pits
- Roll on Swing sets
- Sign Language games
- Multi-Sensory elements
- Distinct colours & Clear visibility
- Flush transition from one surfacing to another
- Shade
- Braille displays
- Clear ground areas to avoid tripping hazards
- Opportunities for different social interactions

