



VISION: *Connecting the community through movement and choices for a healthier lifestyle.*

GOAL: The Wellness Committee was established in December 2023 in an effort to create a healthy community and assist the city of Dyersville with matters related to wellbeing.

The committee shall:

1. Develop and monitor community work consisting of goals and objectives to address community well-being.
2. Ensure strategies to meet milestones throughout the community
3. Review community data on wellbeing to identify and track for areas of improvement
4. Develop relationships with other organizations working to improve wellbeing.
5. Identify wellbeing needs and issues related to City programs, services, and facilities
6. Actively engage in education and outreach activities related to healthy eating, active living, social support and stress reduction and recommend improvements to new or existing programs, services, and facilities of the City of Dyersville.

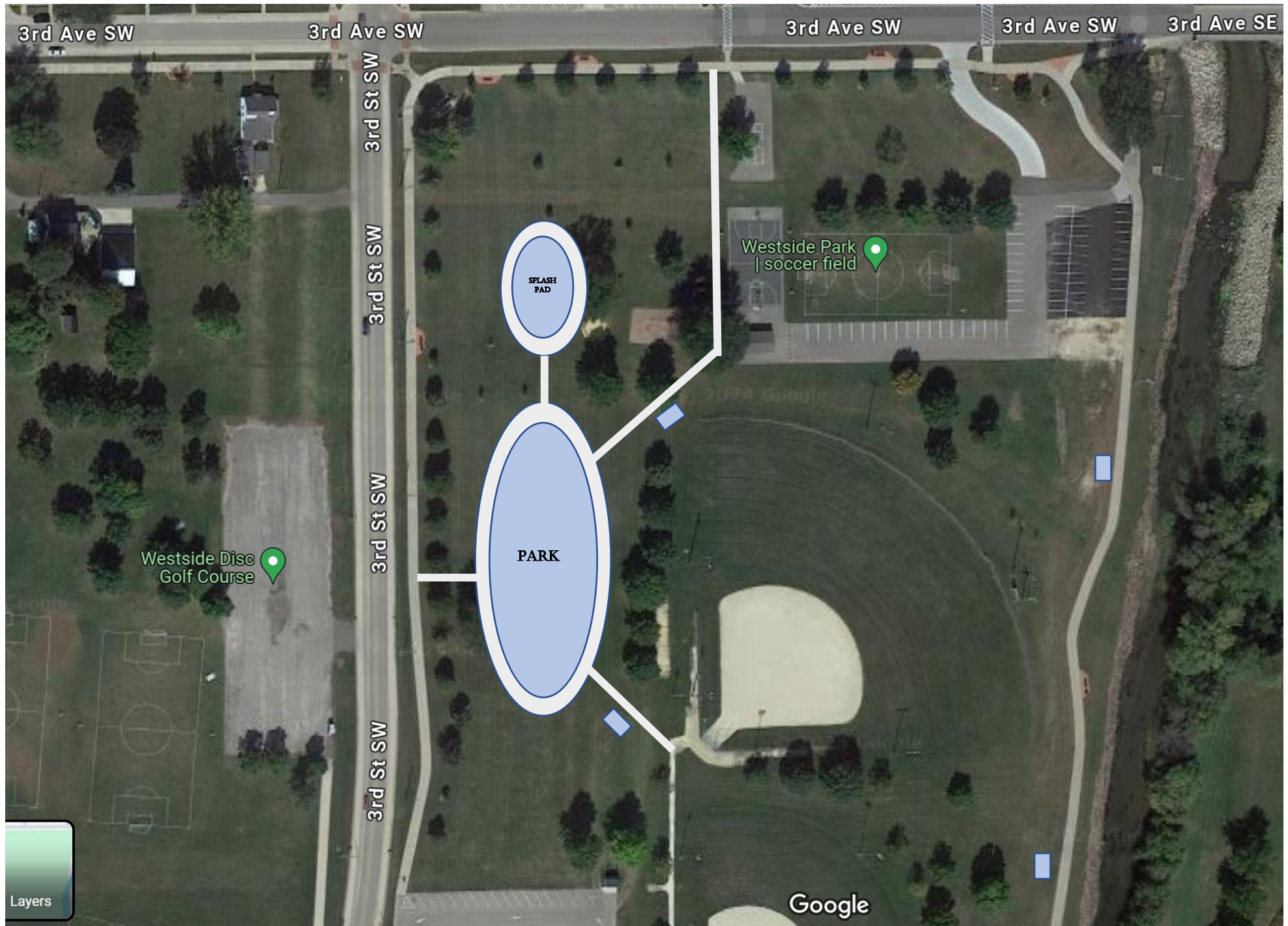
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- Sarah Goldsmith
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DYERSVILLE INCLUSIVE PLAYGROUND PROJECT

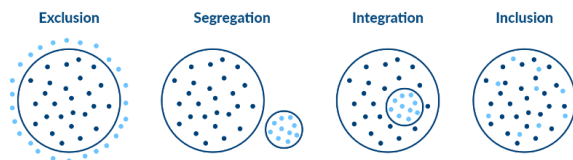
Presented by: The Fitness Connection



"Our Why" FOR AN INCLUSIVE PLAY AREA

What does it mean to be inclusive?

"Open and safe space carefully designed to promote play among children of differing abilities, ages, and communities."



Inclusive Play Essential	Benefit
Open and safe space for children with different abilities to play together	Social-emotional and communication skills and new friendships
Engagement and friendship with peers of different abilities	Normalizes all levels of abilities, encourages collaboration, eliminates stereotypes
Fun way to get needed exercise outdoors	Fine tuning, adjustment, and development of motor skills
Enjoyable environment where kids of all ages and abilities feel comfortable together	Changes to build social skills, confidence, and self-esteem
Multigenerational equipment for everyone to join the fun	Mutual understanding and community engagement that allows parents, grandparents, and caretakers to play with their children

Statistical Reasoning:

- The U.S. Department of Education reports that nearly 6.7 million school-age children have disabilities.
- 1 out of 1,000 children, 85% will have some form of disability
- 74% of parents believe it's essential for their kids to play with others, including those with differing disabilities.
- Elementary-aged kids need at least an hour of physical activity each day, only 24% of developing children obtain the recommended amount of exercise.



⊗ Not Inclusive

A current playground has a combination of sand and rocks for surfacing, which is not ideal for children with specific mobility devices.



✓ Inclusive

A playground has accessible routes to the play structures. To make it safer and more accessible, the designer would swap out the surfacing for something like poured-in-place rubber.



⊗ Not Inclusive

A park has an enticing structure, but only stairs are available for access.

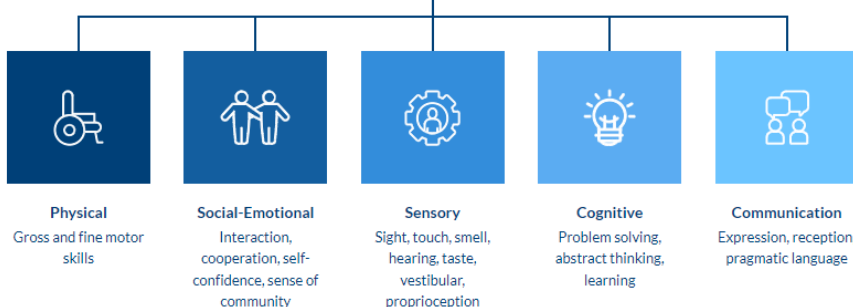


✓ Inclusive

There should be no barriers to a child's ability to play, so the playground would need a ramp to allow kids to access the higher parts of play equipment.

"Play is the foundation of learning, creativity, self-expression, and constructive problem solving."

The Whole Child



Inclusion of All

Signed into law on July 26, 1990, the ADA prohibits "the discrimination against people with disabilities in several areas, including employment, transportation, public accommodations, communications and access to state and local government programs and services."

HOW TO CREATE AN INCLUSIVE PLAY AREA

1. BUILD A STRONG COMMITTEE

2. FORM SPECIALIZED TEAMS WITHIN YOUR COMMITTEE.

- a. BUDGET/FUNDRAISING. Estimate the portions of that budget that will likely be funded by the following sources:
 - ___ % parks and rec
 - ___ % city government
 - ___ % private donations/fundraising
 - ___ % foundation grants
- b. PUBLICITY. Distribute information about the inclusive playground development process to the community through the press, special events, mailings and a website.
- c. RESEARCH. Gather information on inclusive play areas and your community needs that you can use to support your efforts.
- d. DESIGN. Collaborate with community members and city authorities to design the best inclusive playground for your site and specific purposes.
- e. CONSTRUCTION/INSTALLATION. Coordinate volunteers for construction and installation duties.

3. START FUNDRAISING. (Potential)

- a. INDIVIDUAL CONTRIBUTIONS. Parents, neighbors, churches and local businesses.
- b. LOCAL AND STATE FOUNDATIONS. Grants from corporate foundations and local non- profit groups.
- c. CIVIC ORGANIZATIONS. Local Jaycees, Lions Club, Rotary, etc.
- d. IN-KIND CONTRIBUTIONS. Local labor or construction companies.
- e. ACTIVITIES. Community fundraising events such as silent auctions, car washes, raffles, gift bricks, etc.

4. DESIGN THE PLAY AREA (see document “Designing an Inclusive Playground”)

5. INSTALLATION

DESIGNING AN INCLUSIVE PLAY AREA

EDUCATE:

1. ASK LANDSCAPE STRUCTURES/GENERAL RECREATION

- ❖ Leverage our deep knowledge of inclusive play. Apply our evidenced-based best practices and extensive design expertise to create the best play experiences for the most people.

2. CONNECT WITH PEOPLE WITH DISABILITIES.

- ❖ When you include people with disabilities as part of your committee and/or planning process, you will glean real-world perspectives on everyday issues that typically-abled people do not routinely consider.

3. USE THIS INSIGHT TO DEFINE AND REFINE YOUR PROJECT.

- ❖ Pair expert recommendations with the wishes of the community.
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DESIGN FEATURES

1. PLAY EXPERIENCE.

Play areas can offer many opportunities for children to further develop physical, cognitive, sensory, and social skills. An inclusive play area design includes a balance of play experiences to build all these skills.

SENSORY STIMULATION.

All children are attracted to sensory activities. A sensory-rich inclusive play environment can bring children together while providing each one with the sensory experiences they seek.

- ✓ Wide range of materials and textures available for touch—rough and smooth, hard and soft, warm and cool.
- ✓ Natural elements such as sand and water or flowers and plants provide ever-changing multi-sensory experiences.
- ✓ Interactive play panels captivate kids responses for visually sensitive children; consider simple color schemes in more muted color tones and/or earth tones.
- ✓ Elements that offer strong visual contrast for children with low vision, especially to highlight sudden elevation changes.
- ✓ Many children like to discover sound and enjoy their own musical creations, so consider incorporating music panels and instruments.

SWINGING, SPINNING AND SLIDING.

Most kids enjoy sliding, spinning/rotating and swinging. Besides being fun, these activities sharpen our internal senses— vestibular (awareness of how our body moves through space and against gravity) and proprioception (awareness of body position and how much force is needed for an activity).

SOCIAL/IMAGINATIVE.

As children challenge themselves physically, they also learn how to manage joy and frustration, friendship and conflict, while developing their imagination and dramatic play skills. Whether engaged in parallel play, quiet play or active social play, an inclusive playground provides plenty of social and imaginative play opportunities for children.

- ✓ Include a variety of gathering spots, some that can accommodate several children as well as cozy, quiet spaces for just a few.

2. VARIABILITY.

This design intention meets a child's curiosity with developmentally appropriate challenge, building comfortably on the skills they already possess to help them gain new skills. By striking this balance and achieving a "just right fit," children are encouraged to challenge themselves in ways that they can control and manage.

DEVELOPMENTALLY APPROPRIATE COGNITIVE AND PHYSICAL PLAY.

Kids learn by doing. Cognitive play can happen individually, in an interactive group, and in teaching moments between adults and children. And all kids benefit from physical activities such as balance and coordination, muscle strength and endurance, cardiovascular exercise, and motor planning.

- ✓ A playground can reinforce learning and enhance problem-solving skills with games, mazes, maps of the world, tracing panel and more.
- ✓ To meet as many needs and skill levels as possible, consider including graduated levels of challenge, complex alternative routes, elements that encourage cross-lateral movement and a variety of developmentally appropriate risks.

FLEXIBILITY/OPTIONS.

While many children readily flock to large play structures, some feel more comfortable in smaller, cozier spaces.

- ✓ Add ground-level activities to allow small groups to explore different play experiences at their own pace.
- ✓ Include overhead events at different heights or create combinations of stepping forms and balance beams.

SELF DIRECTED.

Empowering children to choose the activities that capture their interest puts them in charge, building confidence in their abilities and contributing to their self-esteem.

- ✓ Offer a variety of equitable yet diverse options to accommodate the needs of the widest range of users, for example, install Saddle Spinners at different heights.
- ✓ Enforce the idea to get up and move with the incorporation of workout type equipment.

3. SAFETY, COMFORT AND ACCESS.

Creating a welcoming, safe and accessible environment is just as important as the play equipment you put in it. A well thought out environment makes the space more comfortable and user-friendly for children and families of all ages and abilities.

FENCING.

A fence can help define and contain the activity area, providing a sense of comfort to both children and their parents.

SIGNAGE.

All people feel more comfortable when they have a better understanding of their surroundings.

SHADE.

Children's tolerance levels of sun and heat vary greatly.

SEATING.

Benches with backs and arm rests, tables and game tables may be strategically located around the play area (preferably in shaded areas) for supervision, resting and to promote multigenerational socialization.

PATHWAYS.

Accessible pathways that transition between activity areas should be short and direct. The Americans with Disabilities Act (ADA) requires a minimum 60-inch width—wide enough for a wheelchair and someone walking next to them.

PROTECTIVE SURFACING.

A truly inclusive playground should incorporate a unitary surface such as poured-in-place surfacing or rubber mats/tiles on the accessible routes.

4. CONSIDER THE COMPLETE ENVIRONMENT FOR AN INCLUSIVE PLAY AREA DESIGN

Make sure everyone can access your inclusive playground.

PARKING.

Whenever possible, exceed the ADA minimum required parking spaces. Ideally, accessible parking should be scattered throughout the park, located near the activity areas where inclusive play happens, creating different access points in the park that can be used by all visitors.

PATHWAYS

Whenever room permits, try to exceed ADA width guidelines of 60-inches. Wider pathways allow for easier group access for all visitors while accommodating multiple wheeled devices like wheelchairs and strollers.

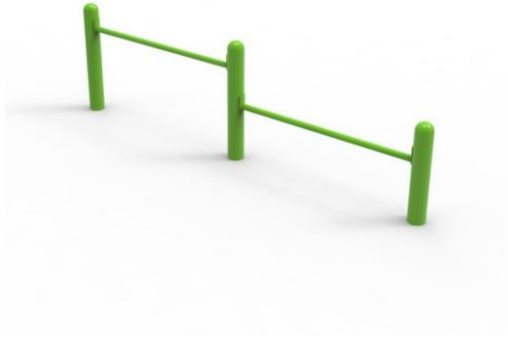
RESTROOMS.

A well-designed park will include accessible restrooms in close proximity to ball fields, playgrounds and activity areas. These restrooms should include at least one family restroom that is large enough to include a full-size changing table. This enables adults with disabilities to stay longer at the park, since they have the restroom supports that they need.

INCLUSIVE PARK EXAMPLES



OUTDOOR FITNESS EQUIPMENT EXAMPLES



<https://proplaygrounds.com/product/bench-dip-station-up197-outdoor-fitness-station/>

SPLASH PAD DESIGNS

