

## R430-60-20: ACTIVITIES.

- (1) The provider shall offer a variety of activities that are appropriate to the age and development of the children accepted for care.

### Rationale / Explanation

*The purpose of this rule is to ensure that providers have and carry out a plan for supporting children's healthy development.*

*Research in early brain development has demonstrated the importance of offering children repeated and varied activities in the first ten years of life. A stimulating environment that engages children in a variety of activities can improve the quality of their brain functioning. Scientists have learned that different regions of the cortex increase in size when they are exposed to stimulating conditions, and the longer the exposure, the more they grow. Children who do not receive appropriate nurturing or stimulation during developmental prime times are at heightened risk for developmental delays and impairments. Rethinking the Brain, by Rima Shore; Ten Things Every Child Needs for the Best Start in Life, the Robert T. McCormick Tribune Foundation; How a Child's Brain Develops and What it Means for Child Care and Welfare Reform, Time, February 3, 1997*

### Enforcement

*Always Level 2 Noncompliance.*

- (2) If off-site activities are offered:  
(a) the provider shall obtain written parental consent for each activity in advance;

### Rationale / Explanation

*An off-site activity means any activity in which children leave the center premises. This includes walking field trips. The purpose of this rule is to protect both children and providers by ensuring that children are never taken off-site without written parental permission. CFOC, 3<sup>rd</sup> Ed. pg. 338 Standard 9.4.2.3*

*Examples of possible harm when this happens include a child who has a health care need that is not met because his/her parent didn't know he/she was being taken on an off-site activity. (For example, if a child with an ear infection is taken swimming.)*

### Enforcement

*Off-site activities are activities in which one or more children and caregivers leave the facility property to engage in an activity. Children and caregivers may walk to and from the activity or use transportation. If transportation is used, there must be compliance with the transportation rules found in R430-100-21.*

*This rule means that parents must be informed of the days and times when children will be taken on off-site activities. If providers have a regularly repeating off-site activity, they may get permission once for all instances of that activity, provided the permission informs the parents of both the day and time when the activity will occur. For example, a provider may get permission to take the children on a neighborhood walk every Tuesday morning at 10 am, or to take the children to swimming lessons every Wednesday afternoon at 4 pm.*

*Prior written parental permission is not needed for spontaneous walking field trips when the children are away from the facility for no more than 60 minutes and are within ½ mile of the facility, if a notice is posted that includes when the children left the facility, the time children will return to the facility, the final destination of the trip, and the route to and from that location.*

*Always Level 3 Noncompliance.*

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- (2) If off-site activities are offered:
- (b) caregivers shall take written emergency information and releases with them for each child in the group, which shall include:
- (i) the child's name;
  - (ii) the parent's name and phone number;
  - (iii) the name and phone number of a person to notify in the event of an emergency if the parent cannot be contacted;
  - (iv) the names of people authorized by the parents to pick up the child

### Rationale / Explanation

*Injuries are more likely to occur when a child's surrounding or routine changes. Activities outside of the regular facility may pose increased risk for injury. When children are excited or busy playing in unfamiliar areas, they are more likely to forget safety rules. Emergency information is the key to obtaining needed care in emergency situations. Both caregivers and emergency personnel must have access to this information in an emergency. CFOC, 3<sup>rd</sup> Ed. pgs. 287-288 Standard 6.5.1.1, pgs. 387-388 Standard 9.4.2.2.*

### Enforcement

*Off-site activities are activities in which one or more children and caregivers leave the facility property to engage in an activity. Children and caregivers may walk to and from the activity, or use transportation. If transportation is used, there must be compliance with the transportation rules found in R430-100-21.*

*Caregivers must take the emergency information specified in this rule with them when children are being taken off-site to and from school, including being walked to school.*

*Always Level 3 Noncompliance.*

- (2) If off-site activities are offered:
- (c) the provider shall maintain required caregiver to child ratios and direct supervision during the activity;

### Rationale / Explanation

*Supervision of children is basic to the prevention of harm. Parents have an expectation that their children will be supervised when in the care of the provider. To be available for supervision as well as rescue in an emergency, a caregiver must be able to see and hear the children. Caregivers should regularly assess the environment to see how their ability to see and hear children during activities might be improved. Many instances have been reported in which a child was hidden when the group was moving to another location or a child wandered off when a door was open. Regular counting of children can alert the staff to a missing child. CFOC, 3<sup>rd</sup> Ed. pgs. 64-66 Standard 2.2.0.1.*

*Injuries are more likely to occur during off-site activities when a child's surrounding or routine changes. Activities outside of the regular facility may pose increased risk for injury. When children are excited or busy playing in unfamiliar areas, they are more likely to forget safety measures unless they are closely supervised at all times. CFOC, 3<sup>rd</sup> Ed. pgs. 287-288 Standard 6.5.1.1.*

### Enforcement

*Off-site activities are activities in which one or more children and caregivers leave the facility property to engage in an activity. Children and caregivers may walk to and from the activity, or use transportation. If transportation is used, there must be compliance with the transportation rules found in R430-60-21.*

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Caregivers must provide the direct supervision required in this rule when children are being taken off-site to and from school.

During an off-site activity parent volunteers may be used. However, the children must still be under the direct supervision of a qualified caregiver who has passed a background screening and meets all of the other caregiver requirements. If a parent is the only one in the car with children in care other than his/her own, the parent would need to meet the volunteer caregiver requirements (pass a CBS/LIS, complete orientation training, have first aid and CPR, etc.)

Supervision:

Always Level 1 Noncompliance.

Ratios:

Level 1 Noncompliance if:

- a group with children under age 2 is over ratio by any amount
- a group without children under age 2 is over ratio by 4 or more children

Level 2 Noncompliance if a group without children under age 2 is over by 3 children

Level 3 Noncompliance if a group without children under age 2 is over ratio by 1 or 2 children or when there is enough staff to be in ratio in each age group, but the children in one or more age groups are not grouped to meet the required ratios

**(2) If off-site activities are offered:**

- (d) at least one caregiver present shall have a current Red Cross, American Heart Association, or equivalent first aid and infant and child CPR certification;**

### Rationale / Explanation

To ensure the health and safety of children in a child care setting, including during off-site activities, someone who is qualified to respond to common life-threatening emergencies must be present at all times. The presence of such a qualified person can mitigate the consequences of injury and reduce the potential for death from life-threatening conditions. Having these emergency skills, and the confidence to use them, are critically important to the outcome of an emergency situation. CFOC, 3<sup>rd</sup> Ed. pgs. 24-25 Standard 1.4.3.1, pgs. 287-288 Standard 6.5.1.1.

### **Enforcement**

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Level 2 Noncompliance if there is no CPR certification.

Level 3 Noncompliance if there is no first aid certification.

**(3) If swimming activities are offered, caregivers shall remain with the children during the activity, and lifeguards and pool personnel shall not count toward the caregiver to child ratio.**

### Rationale / Explanation

Constant vigilant supervision of children near any body of water is essential. Each year approximately 1,500

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*children under age 20 drown, many in swimming pools. In a comprehensive study of drowning and submersion incidents involving children under 5 years of age, the Consumer Product Safety Commission found that pool submersions involving children happen quickly. Seventy-seven percent of the victims had been missing from sight for 5 minutes or less, and splashing often did not occur to alert anyone that the child was in trouble. Careful supervision is also needed to ensure that children do not engage in dangerous behavior around swimming pools. CFOC, 3<sup>rd</sup> Ed. pgs. 68-69 Standards 2.2.0.4, 2.2.0.5.*

### **Enforcement**

*Always Level 2 Noncompliance.*