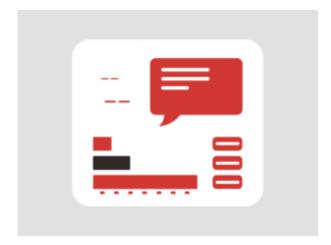
# School Worker Safety Infographic



# **Strategies for Recess in Schools**



#### **Make Leadership Decisions**

- 1. Identify and document recess policies.
- 2. Put documented recess policies into practice and revise as needed
- 3. Develop a written recess plan.
- 4. Designate spaces for outdoor and indoor recess.
- 5. Establish weather guidelines to ensure student safety.
- 6. Train school staff and volunteers for recess



## Communicate and Enforce Behavioral and Safety Expectations

- 7. Establish and communicate behavior management strategies.
- 8. Teach conflict resolution skills
- Ensure that recess spaces and facilities meet recommended safety standards.



# Create an Environment Supportive of Physical Activity During Recess

- 10. Provide adequate physical activity equipment.
- 11. Add markings to playground or physical activity areas.
- 12. Create physical activity zones.
- 13. Provide planned activities or activity cards.
- 14. Provide a combination of recess strategies.



#### **Engage the School Community to Support Recess**

- 15. Establish roles and responsibilities for supervising and facilitating recess.
- 16. Involve students in planning and leading recess.
- 17. Mobilize parents and others in the school community to support and sustain recess at school.



### **Gather Information on Recess**

- 18. Track physical activity during recess.
- Collect information on recess to show the effect on student and school outcomes.

Source: https://www.cdc.gov