



Staying Healthy and Safe at Playgroup

This fact sheet looks at how to implement safe physical distancing.



**ADULTS TO MAINTAIN
PHYSICAL DISTANCING**



1.5 METRES APART

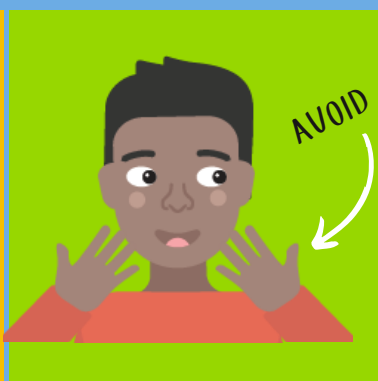


We are so excited to welcome you back to Playgroup. We want to ensure everyone is able to safely connect and grow through play. To help you do this, we have put together some helpful tips to support your community stay healthy and safe at Playgroup.

**PLAYGROUP IS ALL ABOUT SHARING,
BUT SICKNESS IS ONE THING YOU SHOULD TRY AND
KEEP TO YOURSELF. TOGETHER, LET'S STAY HEALTHY
AND STOP THE SPREAD.**



**ADULTS
1.5 METRES
APART**



SUPPORTING YOUR PLAYGROUP STAY HAPPY, SAFE AND HEALTHY



Supporting your Playgroup Community

What you can do

We all understand that socially distancing young children who want to play together is almost impossible. Fortunately, research to date suggests the risk of infection from children playing together is very low. However, there are still some things you can, and should do to reduce physical contact and potential infection risk at playgroup.



Follow the rules

The most important part of socially distancing at Playgroup is knowing the rules. Learn the requirements within your state or territory and monitor changes over time. Each jurisdiction has its own guidelines for the number of people able to come together, and requirements for physical space around each person. Think about what these restrictions mean for your playgroup, and how they impact the ways you come together.



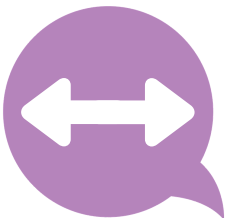
Play it safe

Choose activities and toys that encourage individual play and movement. Limit the number of children at an 'activity station'. Rather than having all of your books and blocks on one shelf, set them up throughout the room. Limit seated activities, or space chairs, mats and activities out to encourage safe distancing.



Keep active

Choose low contact playgroup activities and toys that keep people moving. Like dancing, chasing balls, popping bubbles, moveable gym equipment and ride on toys. Avoid activity stations which require adults to be close together, and activities which involve shared play.



Keeping safe distance

Morning tea, story time and music time typically bring people close to each other. Encourage distance by inviting families to bring their own picnic blanket for snack time. Read an oversized storybook or set up several story stations. For music time encourage children to make sounds using their bodies rather than using shared instruments.

Still have questions?

Find other Healthy and Safe at Playgroup factsheets, posters and templates at www.playgroupaustralia.com.au/covid-19-community-playgroups. If you need help or further advice, contact your state or territory playgroup organisation, or refer to your local health department.