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## Thoughts on risk and injury by Barb Champion - Executive Director

### 7 important reminders about outdoor play:

1. All children need to experience risk. They face much greater likelihood of injury in life if they do not learn to handle risky environments, which may involve some injury occasionally;
2. We know that there are now older children who cannot walk on uneven ground, or a bush track, given their exclusion from the natural environment as children;
3. There is little evidence of serious injury from play in playgrounds in Australia, whilst there being many incidents of scrapes and grazes;
4. Parents and carers are responsible for the supervision of small children, not those responsible for the management and maintenance of playgrounds, and thus adults need to understand that the playground is not the place for catching up on conversations and social media activity, and ignoring the child;
5. Research shows that the greater the quality of the outdoor space, the less likelihood of injury and/or poor behaviour of children;
6. Children need to play in natural environments, with open ended opportunities, to increase their confidence in outdoor play;
7. We need more play outside, not less, if our children are to grow up into the kind of adults we would wish them to be.

Like to know more? Here is a site from Mariana Brussoni, offering lots of resources and publications discussing the benefits of risk for children from the Brussoni Lab [here](#).



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