OUTDOOR PLAY POLICY

At Wibli Wobli Nursery, we are committed to providing daily outdoor play for all children, supporting their physical, social, and emotional development, regardless of their age or stage of growth. We ensure outdoor activities are available in all weather conditions, understanding the critical role outdoor experiences play in fostering children's overall development. We also strive to make outdoor play accessible to children with learning difficulties and disabilities, ensuring inclusive use of all outdoor spaces.

We recognise that regular access to outdoor play is essential for children's well-being. It helps maintain physical health, develop large and fine motor skills, and provides opportunities for learning in a natural environment. Exposure to sunlight also aids in the absorption of vitamin D, which is important for children's growth.

The outdoor areas, both within the nursery grounds and in the local community, offer a wealth of resources and experiences that support children's development. These experiences encourage independence, exploration, risk-taking, and self-esteem—all of which help children develop vital skills for now and in the future.

Safety and Supervision
We ensure that all outdoor play areas are safe and secure through thorough risk assessments and safety checks. Staff provide close supervision at all times to ensure that children's safety is prioritized. Where possible and appropriate, we plan and encourage play that helps children understand and manage risks. This type of play allows children to explore and learn about their own boundaries in a safe environment, supported by experienced practitioners.

Staff are trained in safety procedures, and we ensure that these procedures are effectively followed during outdoor play sessions.

Outings and Parental Consent
Before any child leaves the nursery for outings, including those within the local community, we obtain parental permission. This includes short trips such as visits to local parks or other outdoor spaces, including the nursery Forest School Area as children leave the nursery building to access this area.

For outings away from the nursery (e.g. to local parks or woodlands), we always take a nursery mobile phone and a first aid kit to ensure the safety of children. A trained paediatric first aider will be present during these outings.

Outdoor Play Planning
All outdoor play opportunities and outings are planned to complement the indoor activities and offer children meaningful experiences that support and follow their individual interests. A balanced mix of adult-led and child-initiated opportunities ensures that children learn and practice new skills, knowledge, and behaviours in a variety of settings.

Related Policies

This policy works alongside our other policies and procedures to ensure the safety and welfare of children during outdoor play and outings, in particular the following:

- Health and Safety Policy
- Sun Care Policy
- Lost Child Policy
- Supervision of Children Policy
- Child Safeguarding Policy
- Visits and Outings Policy
- Forest School Policy

By implementing this policy, we aim to provide children with safe, enjoyable, and enriching outdoor experiences that complement their development in both the nursery and the wider community.

This policy was adopted on	Signed on behalf of the nursery	Date for review
27/10/2026	*L.George*	*10/2027*

POLISI CHWARAE AWYR AGORED

Ym Meithrinfa Wibli Wobli, rydym wedi ymrwymo i ddarparu chwarae awyr agored dyddiol i bob plentyn, gan gefnogi eu datblygiad corfforol, cymdeithasol ac emosiynol, waeth beth fo'u hoedran neu eu cyfnod twf. Rydym yn sicrhau bod gweithgareddau awyr agored ar gael ym mhob tywydd, gan ddeall y rôl hanfodol y mae profiadau awyr agored yn ei chwarae wrth feithrin datblygiad cyffredinol plant. Rydym hefyd yn ymdrechu i wneud chwarae awyr agored yn hygyrch i blant ag anawsterau dysgu ac anableddau, gan sicrhau defnydd cynhwysol o bob man awyr agored.

Rydym yn cydnabod bod mynediad rheolaidd i chwarae awyr agored yn hanfodol ar gyfer lles plant. Mae'n helpu i gynnal iechyd corfforol, datblygu sgiliau echddygol mawr a manwl, ac yn darparu cyfleoedd i ddysgu mewn amgylchedd naturiol. Mae dod i gysylltiad â golau haul hefyd yn cynorthwyo amsugno fitamin D, sy'n bwysig ar gyfer twf plant.

Mae'r ardaloedd awyr agored, o fewn tiroedd y feithrinfa ac yn y gymuned leol, yn cynnig cyfoeth o adnoddau a phrofiadau sy'n cefnogi datblygiad plant. Mae'r profiadau hyn yn annog annibyniaeth, archwilio, cymryd risgiau a hunan-barch—sydd i gyd yn helpu plant i ddatblygu sgiliau hanfodol ar gyfer nawr ac yn y dyfodol.

Diogelwch a Goruchwyliaeth
Rydym yn sicrhau bod pob man chwarae awyr agored yn ddiogel ac yn saff trwy asesiadau risg trylwyr a gwiriadau diogelwch. Mae staff yn darparu goruchwyliaeth agos bob amser i sicrhau bod diogelwch plant yn cael blaenoriaeth. Lle bo'n bosibl ac yn briodol, rydym yn cynllunio ac yn annog chwarae sy'n helpu plant i ddeall a rheoli risgiau. Mae'r math hwn o chwarae yn caniatáu i blant archwilio a dysgu am eu ffiniau eu hunain mewn amgylchedd diogel, gyda chefnogaeth ymarferwyr profiadol.

Mae staff wedi'u hyfforddi mewn gweithdrefnau diogelwch, ac rydym yn sicrhau bod y gweithdrefnau hyn yn cael eu dilyn yn effeithiol yn ystod sesiynau chwarae awyr agored.

Allanoedd a Chaniatâd Rhieni
Cyn i unrhyw blentyn adael y feithrinfa am allanoedd, gan gynnwys y rhai o fewn y gymuned leol, rydym yn cael caniatâd rhieni. Mae hyn yn cynnwys teithiau byr fel ymweliadau â pharciau lleol neu fannau awyr agored eraill, gan gynnwys Ardal Ysgol Goedwig y feithrinfa wrth i blant adael adeilad y feithrinfa i gael mynediad i'r ardal hon.

Ar gyfer allanoedd i ffwrdd o'r feithrinfa (e.e. i barciau neu goetiroedd lleol), rydym bob amser yn cymryd ffôn symudol y feithrinfa a phecyn cymorth cyntaf i sicrhau diogelwch plant. Bydd cymorth cyntaf pediatrig hyfforddedig yn bresennol yn ystod y allanoedd hyn.

Cynllunio Chwarae Awyr Agored
Mae pob cyfle a allaniad chwarae awyr agored wedi'u cynllunio i ategu'r gweithgareddau dan do a chynnig profiadau ystyrlon i blant sy'n cefnogi ac yn dilyn eu diddordebau unigol. Mae cymysgedd cytbwys o

gyfleoedd dan arweiniad oedolion a chyfleoedd a gychwynnir gan blant yn sicrhau bod plant yn dysgu ac yn ymarfer sgiliau, gwybodaeth ac ymddygiadau newydd mewn amrywiaeth o leoliadau.

Polisïau Cysylltiedig

Mae'r polisi hwn yn gweithio ochr yn ochr â'n polisïau a'n gweithdrefnau eraill i sicrhau diogelwch a lles plant yn ystod chwarae a mynd allan yn yr awyr agored, yn benodol y canlynol:

- Polisi Iechyd a Diogelwch
- Polisi Gofal Haul
- Polisi Plentyn Coll
- Polisi Goruchwylio Plant
- Polisi Diogelu Plant
- Polisi Ymweliadau a Theithiau Allanol
- Polisi Ysgol Goedwig

Drwy weithredu'r polisi hwn, ein nod yw darparu profiadau awyr agored diogel, pleserus a chyfoethog i blant sy'n ategu eu datblygiad yn y feithrinfa a'r gymuned ehangach.

Mabwysiadwyd y polisi hwn ar	Llofnodwyd ar ran y feithrinfa	Dyddiad adolygiad nesaf
27/10/2026	*L.George*	*10/2027*