29. Playground: Inclusive Recreation

**Definition**
A recreation facility that includes opportunities for sport or recreation for children with disabilities.

**Size**
Will vary depending on facility location or equipment type.

**Possible Activities**
Climbing, swinging, spinning, sliding, balancing, jumping, hanging, creative play, crawling, hiding, rocking, rolling, bouncing, digging, sand and water play.

**Location**
Integrated into residential development; part of a local public park; where designated by a facilities plan or local area plan.

**Design Criteria**
Include all types of play and insure a mix of physical, sensory, and social activities. Provide areas of shade, sun and color. Provide multiple challenge levels for each type of physical play. Provide activities for balance, sensory integration, learning about safe visual and physical cues. Provide a quiet place for retreat to accommodate over-stimulation.

Ensure modular structures provide alternative activities on each deck level.

Encourage similar play at various ability levels in close proximity.

Cluster activities into pods for better management.

Consider unitary surfacing to improve wheel access and navigation.

Ensure the most popular activities are accessible by all ability levels.

Provide travel routes comfortable enough to accommodate wheelchairs.

*Source: Playground Professionals*

**Supply Values**

<table>
<thead>
<tr>
<th>Inclusive Recreation Playground</th>
<th>Tots</th>
<th>Children</th>
<th>Teens</th>
<th>Young Adults</th>
<th>Adults</th>
<th>Seniors</th>
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<tbody>
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<td>4</td>
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<td>8</td>
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Inclusive Playground Examples

Clemyjontri Park, McLean, VA.
G.E. Fielder & Associates

Left: Shade structures and colors
Right: Liberty swing, wheelchair swing

Left: Wheelchair trampoline,
The Playpark Exeter,
Devon, England

Right: Clemyjontri Park.
McLean, Virginia,
Aerial view of site plan showing
the park’s four play rooms

Right: Wheelchair seesaw,
The Playpark Exeter,
Devon, England