

# Swings



## Benefits

Swings offer a wide range of physical, cognitive and social benefits. The simple action of swinging back and forth is relaxing and the activity builds coordination and strength. Children can swing together, alongside each other or in a basket type swing, which provides valuable opportunity to build teamwork and social skills. The swinging motion may also have a calming effect on a child.

## Supervision

Young children require adult supervision and older children should be guided through some basic safety rules.

## Australian Standard

Australian Standard for Swings AS 4685.2 *Playground equipment and surfacing – Particular safety requirements and test methods for swings* specifies safety requirements designed to minimise the risk of injury to children when using swings in public playgrounds, schools and education and care centres.

## Requirements of AS 4685.2

- No more than two swings per bay
- No unintended access to top of frame
- Secure in-ground by foundations
- Self-aligning to their intended swinging direction

Other requirements specify:

- Rotational axis
- Depth of seat
- Pivot height
- Seat height
- Seat separation
- Seat clearance from frame
- Ground clearance
- Protection from entrapment

## Impact Area

Impact area for swings vary depending on the swing type and height of the swing.

The impact area for a swing (equipment with forced movement) must not overlap with impact areas for other equipment items.

Contact Kidsafe NSW for the *Swings Worksheet* to assist in determining impact area.

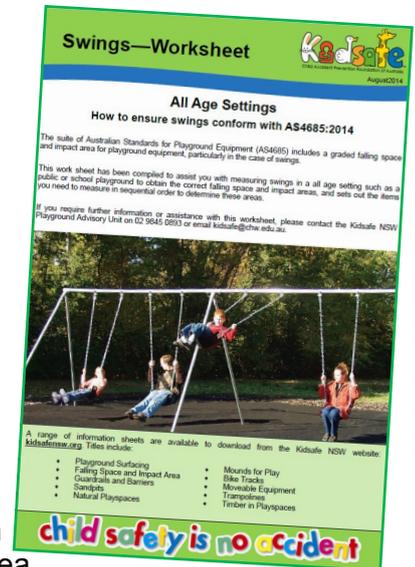
## Types of Swings

*Type 1: Swing with one rotational axis* - swings to and fro in an arc at right angles to the cross beam

*Type 2: Swing with several rotational axes* - one or more suspension points and moves at right angles or longitudinally to cross beam

*Type 3: Single point swing* - seat or platform with cables or chains that meet at one fixing point such that the swing can move in all directions

*Type 4: Contact Swing* - multiple seats arranged around a central axis



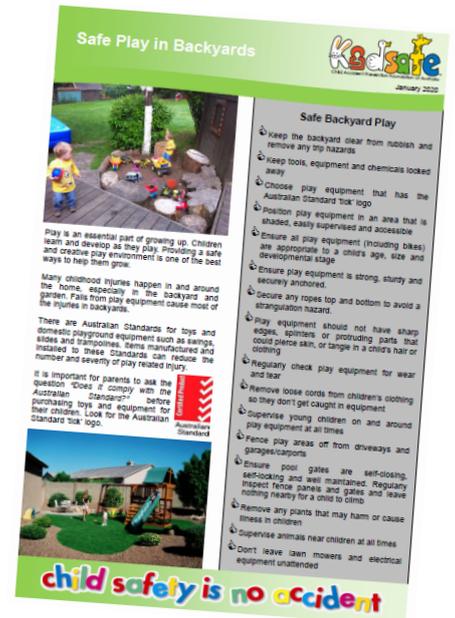


## Child Safe Practices

- Check condition of swings and surrounding area prior to use
- Place your hand above metal and other surfaces to check for burn risks
- Teach older children to always check for a moving swing before walking or running near swings
- Supervise young children, keeping them within arm's reach when entering or exiting the swing area
- Leave bicycles and scooters etc. outside the swing area. Place in bicycle racks if provided
- Teach older children how to sit on the swing seat and hold onto the supports (rope, cable or chain)
- Secure younger children with buckle or safety strap. Only use swing seats designed for babies and toddlers
- Don't allow children to 'double up' or stand on seats
- Actively supervise children so that they stay seated until swing stops and do not jump from swing when in motion
- Remove loose cords from children's clothing so they don't get caught in equipment

## Other Resources:

For specific information on swings in a backyard, refer to Kidsafe NSW information sheet *Safe Play in Backyards*.



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