

SAFE TO PLAY

Thank you for choosing Safe Play -app!

The Safe to Play app is always an up-to-date multilingual resource on playground and recreational sports safety.



App Installation

You can install the free app on your iOS mobile device, Android mobile device, or Windows 10 PC. Open the app store, search for "Safe to Play" and install like any other program.

- The app store may request credit card information even though installing the app is free. The access time is purchased separately.



Starting to use application

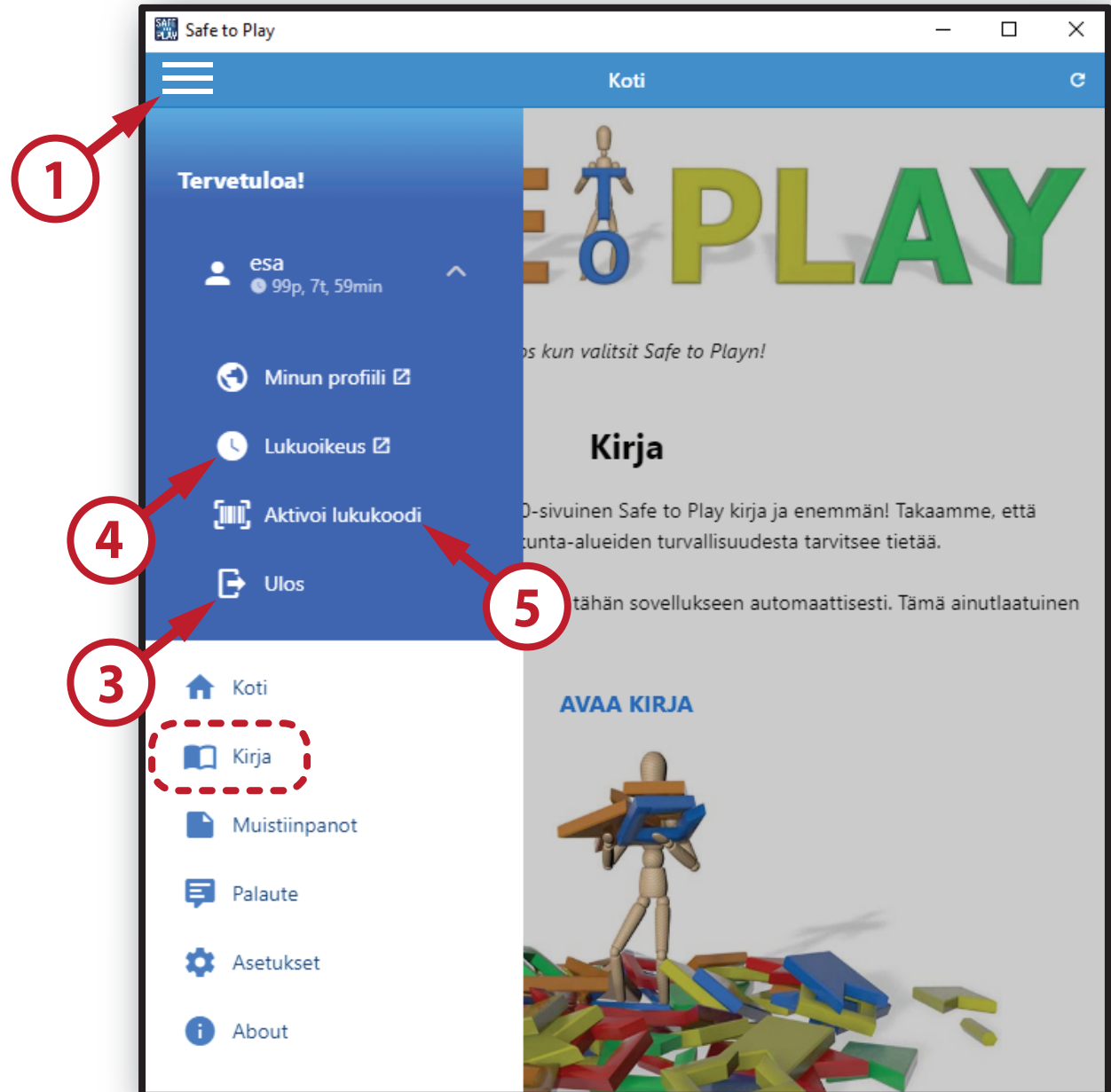
Safe to Play -app requires registering.

- S2P certified users can use user.s2p.fi profile IDs.
- If you do not have an S2P user profile, log in by selecting your username and password and entering your email address.

At the first time the application downloads the actual content. Choose the languages and offline photos you need.

- You can download one or more languages; missing ones will be downloaded as you change the language setting.
- Downloading offline images speeds up page opening and enables offline use.

The application will open on the front page where is e.g. the user guide. Navigation between the functions of the application is done via the menu at the top left (1).



Obtaining access time

Access time is profile-specific and allows you to use the application on three devices.

- You can have up to 3 active devices. You can deactivate devices from user.s2p.fi (2).
- If you are logging in to a profile from a foreign device, you must also log out of your profile via the menu (3).

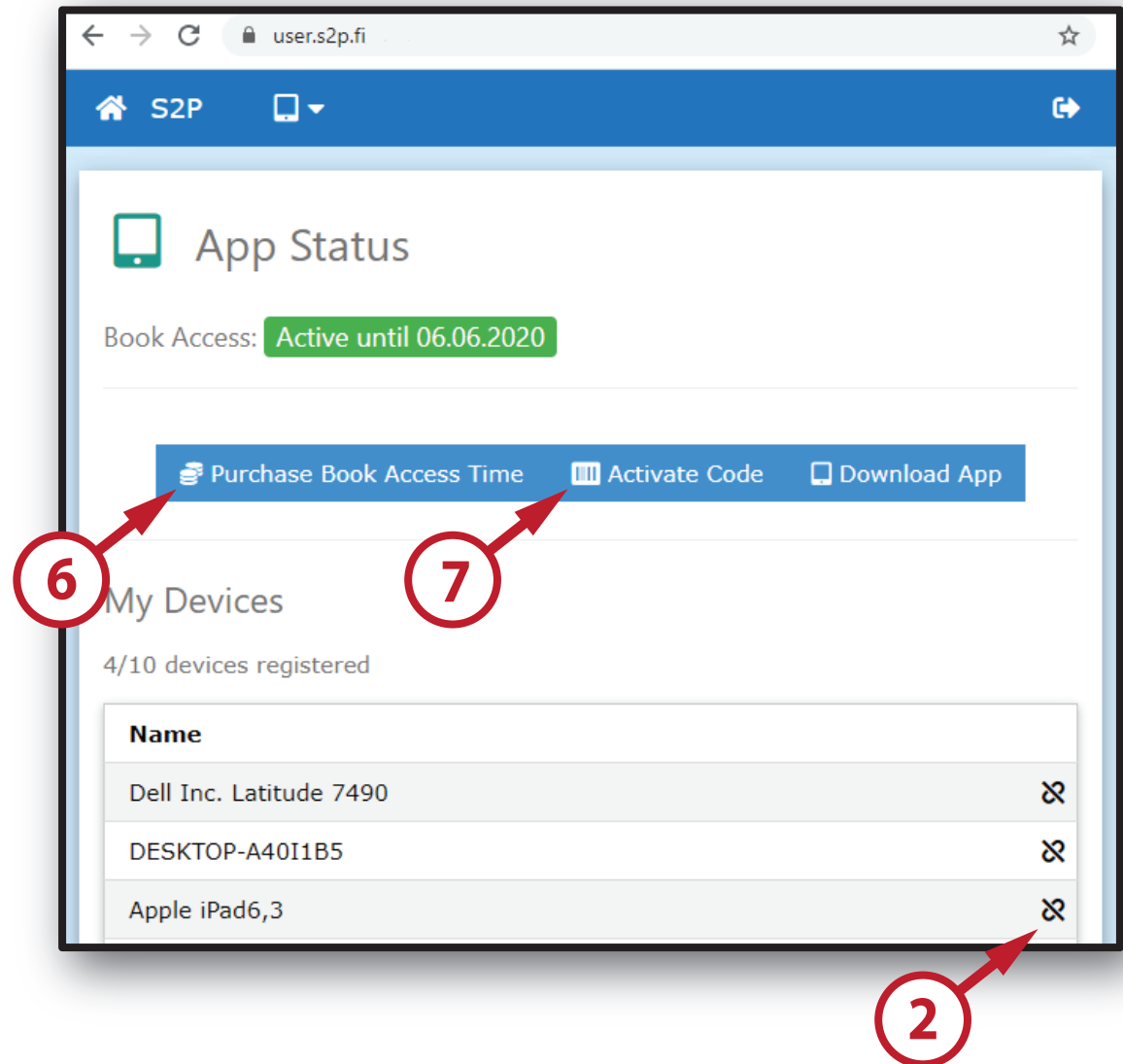
Access time can be obtained from either a) the application or b) user.s2p.fi profile.

a) From application:

- On iOS and Android devices, you can purchase hours through the app store via the menu (4).
- The access time code purchased from s2p.fi store can be entered in the menu (5).

b) From user.s2p.fi profile:

- Access time can be purchased by credit card or online payment (6).
- You can also enter the access time code purchased at s2p.fi here (7).



Congratulations!

Now your Safe to Play app is ready to use and gives you easy-to-use and reliable information on play and exercise safety.

Open the book from the menu and test these!

- The notes are saved on the server in your profile and automatically synchronized to any device you sign in with your user ID.
- Bookmarks are a quick way to mark a paragraph.
- Search helps you find the content until the table of contents becomes familiar.
- Choose the language here.

The screenshot displays the 'Safe to Play' app interface. The main content area shows a book page titled 'Painopisteen korkeus (seisten)'. The page includes text, a 3D model of a human figure with a vertical line indicating height measurement, and a table of data. The interface features a left sidebar menu, a top navigation bar, and a right sidebar with a list of bookmarks. Red circles with letters 'a', 'b', 'c', and 'd' are overlaid on the interface to indicate specific features: 'a' points to a bookmark icon, 'b' points to a search icon, 'c' points to a search input field, and 'd' points to a language selection icon.

Painopisteen korkeus (seisten)

Koodi 6: Kohde makaa selällään "painopistelaiteen" päällä, jalat on sijoitettu tukevasti mittaustasoa vasten; mitataan painopisteen etäisyys mittaustasosta.

- Snyder, 1977, USA.
- Ikäjakko puolivuosiin.

Painopisteen korkeus on tärkeä vartalon tukipistettä ajatellen. Jos kaiteen korkeus on selvästi alle tämän, on ainakin teoriassa mahdollista, että kaiteen yli horjahtaa.

Toinen painopisteen käyttökohde on tasokorkeuseron suunnittelu. Jos tasokorkeusero on selvästi alle sama kuin lapsen tasapainopisteen korkeus, lapsi voi varpailleen nousemalla ja eteenpäin kumartumalla saada painopisteen tason yläpuolelle mistä voi jatkaa pyörähtämällä tason päälle.

Painopisteen korkeus (seisten).

Sukupuoli: Pojat ja tytöt

Ikä	5 %	Keskiarvo	95 %
4	54,9	59,4	63,3
5	60,6	64,5	68,2