

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.

- Option 1: Open the app store, do the App Search "Safe to Play" and install like any other program. The app store may request credit card information even though installing the app is free. Operating time is purchased separately.
- Option 2: Links to app stores and an installation file for WIN10 and MAC computers can also be found here:

<https://www.s2p.fi/en/shop/products/safe-to-play-application/>



Starting to use application

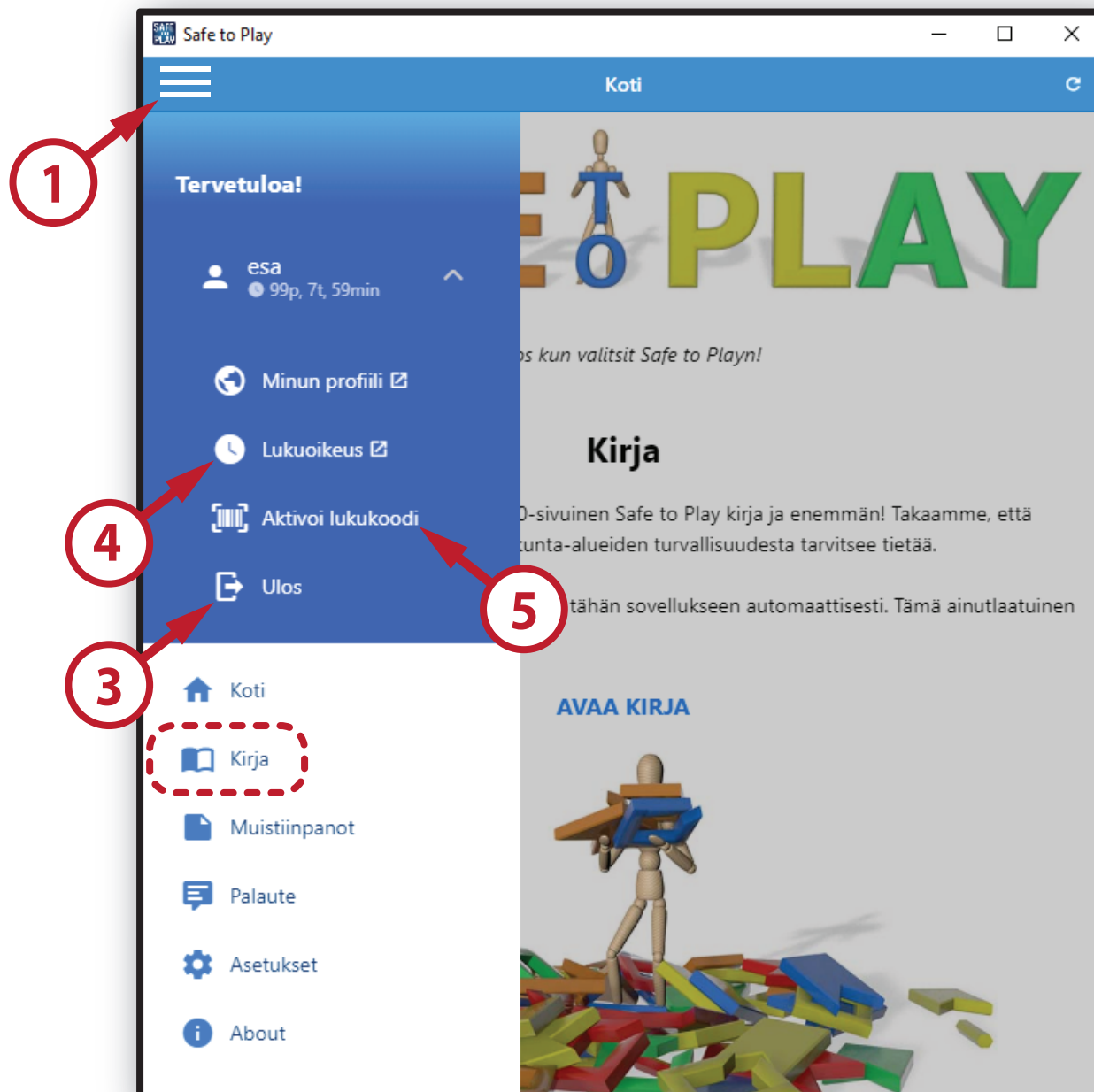
Safe to Play -app requires registering.

- 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 used the app on someone else's device, remember to log out via the menu (3) afterwards.

Access time can be obtained in the following ways:

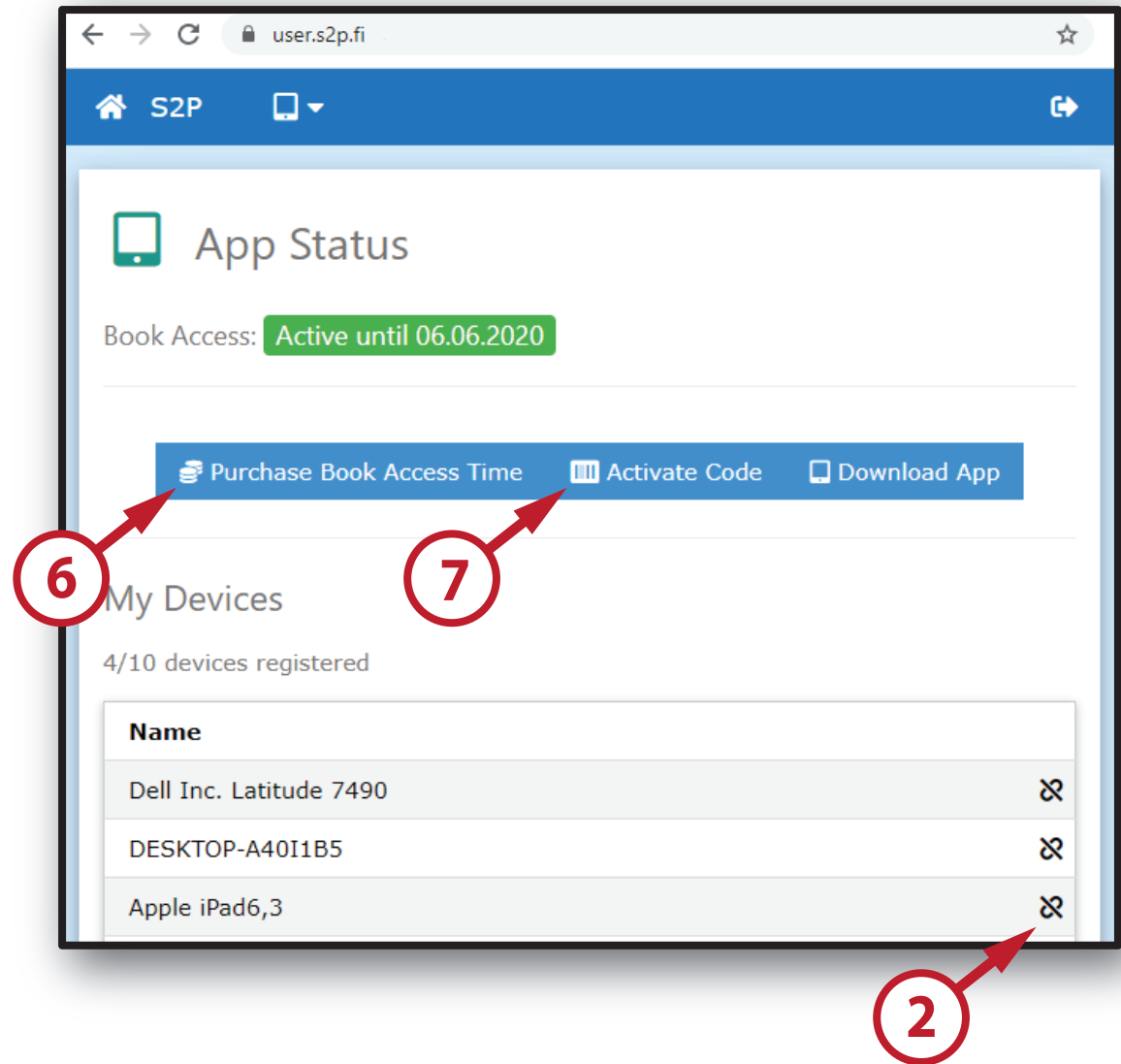
a) Buy from Safe to Play shop.

- By entering your user code, the access time will automatically be activated to your account.
- The access time code, received by email from the Safe to Play shop, can be entered in the app (5) or in the user.e2p.fi profile (7). Use this option when you get access time code as a gift or from your employer.

b) Buy from the iOS or Android store:

- Purchase the access time from the app's menu (4). The access time will be immediately activated to your account.

c) If you are S2P certified, simply activate the subscription in your user.s2p.fi profile.



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, 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, '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 puolivuosin.

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 kumartamalla 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