



# Childcare Physical Activity Requirements

## Changes to the Child Care Center Ordinance

**13-1110. Physical activity requirements – All licensed child care facilities shall provide a program of age and developmentally appropriate physical activity that complies with the following:**

A. Participate and ensure staff participates in approved trainings equaling at least two hours on physical activity (above and beyond playground safety) annually. Initial training must be completed within three months of hire.

B. Toddlers and preschool-age children shall play outdoors daily for a minimum of 60 minutes. In inclement weather, active indoor play shall be substituted in safe play areas.

C. Children ages 12 months and older attending a full day program shall be scheduled to participate in at least 60 minutes of physical activity per day. Children attending less than a full day program shall be scheduled to participate in a proportionate amount of such activities.

D. For children age three and older, at least 30 to 60 minutes shall be structured and guided physical activity. Structured and guided physical activity shall be led by teachers and/or caregivers and shall promote moderate to vigorous physical activity, basic movement, creative movement, motor skills development, and general coordination.

E. Infants should have supervised “tummy time” every day when they are awake. Caregivers should interact with an awake infant on their tummy for short periods of time (three to five minutes); increasing the amount of time as the infant shows he/she enjoys the activity.



F. Toddlers and preschool-age children shall not be sedentary or sit passively for more than 60 minutes continuously, except when sleeping.

G. Infants shall be placed in safe settings that facilitate physical activity and do not restrict movement for more than 20 minutes at one time (seated position, swings, exer-saucers, etc.), promote the development of movement skills, and allow infants to perform small and large muscle activities. A least restrictive environment is encouraged at all times.

## **13-1111. Electronic media viewing**

A. Electronic media shall not be used with children under two year of age.

B. For children ages two and older, viewing of electronic media shall be limited to no more than 60 minutes per day of educational programs or programs that actively engage child movement. Children attending less than a full day program shall be limited to a proportionate amount of such viewing.



**Public Health**  
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## 13-1112. Beverages

A. Beverages with added sweeteners, whether artificial or natural, shall not be provided to children.

B. Juice shall only be provided to children twelve months and older, and shall not be provided in a bottle. Only 100 percent juice shall be permitted and children shall receive no more than six ounces per day.

C. Water shall be made available and shall be easily accessible throughout the day.

### How child care facilities can stay in compliance and meet ordinance standards:

1. Once a year, prior to your annual health inspection, a scheduled compliance check will need to be arranged with the Health Promotions department at Fargo Cass Public Health. Contact: Cheryl Stetz: [cstetz@cityoffargo.com](mailto:cstetz@cityoffargo.com) or 701-241-1367.

2. The compliance check should be scheduled during the adult-led physical activity standards.

3. Facilities will be provided (or can incorporate into existing daily lesson plans), a template of the documentation form for physical activity lesson plans to be completed daily. The lesson plans will be reviewed during the compliance check scheduled visit.

4. Staff must attend Growing Futures approved physical activity training annually.

**For a complete copy of the new Child Care Center ordinance, visit the Fargo Cass Public Health website at:**

[http://www.cityoffargo.com/  
Residential/CityServices/Healthservices/  
EnvironmentalHealth/  
ChildCareInspections/](http://www.cityoffargo.com/Residential/CityServices/Healthservices/EnvironmentalHealth/ChildCareInspections/)

