

# COVID-19 (Coronavirus)

## PHASE 3B

### Guidelines for visiting beaches, pools and parks

“Staying physically active is one of the best ways to keep your mind and body healthy. In many areas, people can visit parks, trails, and open spaces as a way to relieve stress, get some fresh air and vitamin D, stay active, and safely connect with others (The Centers for Disease Control & Infection, 2019)”

## DO

### Visit parks and beaches that are close to your home

Travelling long distances to visit a park or beach may contribute to the spread of COVID-19 as you might encounter lots of people

### Prepare before you visit

Ensure restrooms are accessible

### Stay at least six feet away from others (physical distancing) and take other steps to prevent COVID-19

If a park, beach, or recreational facility is open for public use, visiting is okay as long as you practise physical distancing and everyday steps such as washing hands often and covering coughs and sneezes:

- Avoid gathering with others beyond your household
- Wash hands often with soap and water for at least 20 seconds, especially after using the bathroom, before eating, and after blowing your nose, coughing, or sneezing
- Bring hand sanitizer with at least 60% alcohol to use if soap and water are not available
- Stay at least six feet from others at all times. This might make some open areas, trails, and paths better to use. Do not go into crowded areas

### Play it safe around and on beaches/the water and pools. Keep space between yourself and others

- Swimming and other water-related activities are excellent ways to get the physical activity needed for a healthy life. The use swimming pools is permitted as long as steps are taken to reduce the spread of COVID-19. The use of pools is subject to the maximum for gatherings (20 persons).

### Use playgrounds and outdoor gym equipment

The use of playgrounds and outdoor gym equipment, in our public parks, is permitted. However, anyone using this equipment should sanitize this equipment, prior to public use

## DON'T

### Visit parks or beaches if you are sick or were recently exposed to COVID-19

### Visit crowded beaches or parks

Do not visit parks where you cannot stay at least six feet away from others at all times

### Use hot tubs and water playgrounds

- They are often crowded and could easily exceed recommended guidance for gatherings
- It can be challenging to keep surfaces clean and disinfected
- The virus can spread when people touch surfaces and then touch their unwashed hands to their eyes, nose, or mouth

### Participate in organised activities or sports

- These things typically require people who are not from the same household or living unit to be in close proximity, increasing their potential for exposure to COVID-19

