

COVID-19 (Novel Coronavirus) Playgrounds and Outdoor Spaces

A Message for Parents and Guardians

March 27, 2020

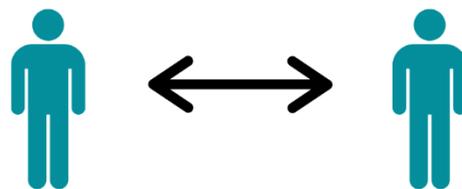
On March 17, 2020 Premier Doug Ford declared a State of Emergency and mandated the immediate closure of all indoor recreation facilities to help limit the spread of COVID-19. The decision to close outdoor playgrounds and other outdoor spaces is made by each municipality. If a park remains open, you may see this signage from Southwestern Public Health.

COVID-19 *ALERT*

Protect yourself and others.

- Wash your hands after using this public space!
- This area is NOT disinfected.
- Avoid contact with other people.

Stay 2 metres apart
Roughly the width of a car



www.swpublichealth.ca



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Tips for bringing children to the playground:

- Bring alcohol-based hand sanitizer with you to the park and use it before touching any equipment. Avoid touching your face, (eyes, nose or mouth) while at the playground. Wash your hands immediately upon returning home.
- Visit the playground when others are not present or when few people are present.
- Avoid close contact and crowds with other people at the park or playground by physical (social) distancing. Keep 2 meters away from others. This may be difficult with young children if other children are present at the playground.
- Encourage play and activities that keep kids and adults separated from close contact.
 - ✓ Play hide and seek or other games that keep kids separated from one another.
 - ✓ Go for a bike ride. This will naturally facilitate safe physical (social) distancing.
 - ✓ Bring rollerblades or a skipping rope and enjoy being active in your own space.
 - ✓ Take the dog for a walk. If you pass others along the way, keep 2 meters away.
 - ✓ Bring a yoga mat or towel to the park and do some stretching; making sure to leave 2 meters of space between mats or towels.
 - ✓ Bring chalk and play hopscotch.
- Contact sports such as basketball and hockey should be avoided as they do not allow for physical (social) distancing. However, it is fine for an individual to shoot a basketball or a hockey puck at a net in an outdoor court if they keep a 2 meter physical distance from others.
- *No one with symptoms of fever, cough or difficulty breathing should be at the park or playground at any time.*
- It is good for healthy kids and adults to get fresh air and be physically active outdoors.

For more information: www.swpublichealth.ca or Canada.ca/coronavirus