COVID-19 Checklist for Using Outdoor Recreational Amenities

The following checklist will help you understand the current rules and regulations for using outdoor recreational amenities (e.g. parks, tennis courts, golf courses, sports fields) and what steps should be taken to help prevent the spread of COVID-19.

Some of the locations where these activities take place are not managed by an organization or operator. Members of the public are responsible for following provincial and local regulations and recommendations.

Preparing for the activity

☐ Download the COVID Alert app so you can be notified directly if you have been in close contact with someone who was contagious with COVID-19.
☐ Book a reservation in advance, if required.
☐ Complete a self-screening assessment before leaving home. If you answer YES to any of the questions, do not participate in the activity. Stay home, self-isolate and call Telehealth at 1-866-797-0000, your health care provider or an Assessment Centre to get tested.
☐ Clubhouses are closed, unless used in conjunction with an outdoor water amenity (e.g. pool, splash pad), or to provide access to storage, washrooms or first aid. Dress/put on equipment at home as much as possible.
☐ Bring your own equipment. Pack only essentials (e.g. water bottle, towel, equipment) and limit personal items as much as possible.
☐ Wear your mask or face covering to the activity.

During the activity

☐ Do not use any portion of a recreational area or amenity that is required to be closed.
☐ If the facility / area looks crowded or has reached its capacity limit, come back another time.
☐ Know and adhere to all facility policies and procedures.
☐ Provide your name and contact information if asked by facility staff to be used for public health contact tracing purposes, if required.
☐ Respect current provincial gathering limits, which allow up to 10 people outdoors.
☐ Clean hands often with soap and water or 70-90% alcohol-based hand sanitizer, and avoid touching your face with unwashed hands.
☐ Wear a mask or face covering at all times when indoors, and outdoors when physical distancing is difficult.
Follow directions from the facility if masks are required during the activity.

Follow directions from the facility for where to keep personal items. Place items at least two metres away from others.

Remain at least two metres from people you don’t live with, including while waiting in lines, using amenities (e.g. washroom), etc.

Remain at least **three metres** from people you don’t live with when engaging in physical exercise, including when engaging in a training session, sport or game.

Avoid activities where you will be less than two metres apart, and sports or games where you will be less than three metres apart from those you don’t live with.

Team sports must not be practised or played, with the exception of training sessions for members of a sports team that do not include games or scrimmage games.

Avoid sharing equipment. If you must, clean and disinfect items between each use.

Do not share personal items (e.g. water bottle, clothes, equipment).

Food service premises on site are open for outdoor dining and take-away only.

Music played in the facility cannot exceed the decibel level at which normal conversation is possible.

**After the activity**

- If your mask or face covering was removed, put it on as soon as possible after the activity.
- Clean your hands with soap and water or 70-90% alcohol-based hand sanitizer, and avoid touching your face with unwashed hands.
- Pack up and head home immediately after the activity. Do not linger to socialize or otherwise.
- Clean and disinfect any equipment that was used (e.g. racket, club, pole).
- Launder clothes including towels and masks in the warmest possible setting and dry completely.

**For more information**

Visit our website at [www.toronto.ca/COVID19](http://www.toronto.ca/COVID19) or call us at 416-338-7600.