Guidance for Parks and Recreation District Users

Parks, playgrounds, and campgrounds are a wonderful place to get outside, exercise, get fresh air and have fun with friends and family. But they can also be places where coronavirus disease (COVID-19) is transmitted. Here are some tips for staying healthy while staying active in the outdoors:

- Do not plan or attend group gatherings and parties, including birthday parties, wedding receptions, and BBQs. Do not plan these types of events at this time, and do not go to events if you are invited. Follow the Santa Barbara County Health Officer’s orders related to group gatherings and social distancing.
- If you are sick or have symptoms of COVID-19, (including fever, cough or shortness of breath), or if someone in your household has these symptoms, **stay home for at least 3 days after you are free of any symptoms**;
- While at parks or outside, keep at least six feet (6’’) of space between yourself (or your family) and other individuals or family groups. Family groups or individuals from separate households should avoid contact with each other;
- Respect park and playground closures. If a playground is closed, please do not play on the equipment or allow your children to do so. These structures are difficult to sanitize and clean.
- Be sure to wash your hands thoroughly and frequently with soap and water, and always wash your hands before eating. Hand sanitizer before meals is not an adequate substitute for handwashing;
- Do not buy or consume food from unapproved or unpermitted vendors. These vendors often do not have access to handwashing facilities and may be handling food and money with unwashed hands. This can increase the risk of diseases, including COVID-19;
- Clean and disinfect shared surfaces such as picnic tables, especially before eating or using them to prepare and serve food;
- If you see restrooms or other park property in need of maintenance or repair, please let park staff know promptly.

**Thank you for helping us all be safe in the great outdoors!**