

Recommendations To Stay Safe During Summer Activities

In addition to general hygiene guidance for COVID-19, we encourage additional preventive measures during the following activities.

CAMPING



- Poses low risk when outdoors and isolated
- Sleeping in tents together does pose risk
- If you go with a group, ensure they symptoms check prior to camping and social distance during the activity

SWIMMING



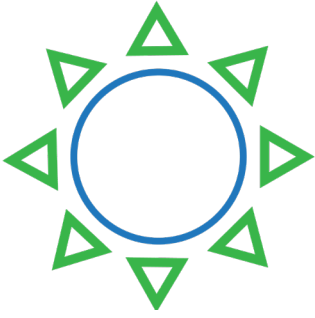
- Outdoor swimming helps to reduce risk
- Go in the morning or late afternoon to avoid crowds
- Look for beaches or pools that mark off spots for people to set up
- Wear fabric face covering when out of the water. Please do not wear coverings while swimming as it may cause difficulty breathing

EXERCISE OUTDOORS



- Participate in activities that allow for social distancing such as golf and tennis
- Contact sports such as soccer, football or basketball post a greater risk
- When running, avoid crowded paths

SUMMER CAMPS



- Look for small groups of campers that stay together all day, each day
- Look for camps that prioritize outdoor activities
- Campers should not share objects, such as toys, belongings, supplies, and equipment
- Campers should be from the same local geographic area, such as city, town, country, or community
- Bring your own food and water, and do not share with others
- Use disposable food service items
- At naptimes, ensure campers nap mats are assigned to individual children and not shared, and spaces at least 6 feet apart
- Prioritize outdoor activities where social distancing can be maintained
- Anyone that is sick should stay home

YOUTH SPORTS



- The size of the team determines risk, avoid being in groups larger than 10 individuals
- Avoid sharing of equipment by multiple players
- Minimize how long players interact
- Avoid competition between teams from different geographic areas.
- Avoid playing on large teams
- Limit nonessential visitors, spectators and volunteers. They should all wear mask

How to Protect Yourself and Others



Wash your hands with soap and water for 20 seconds



Keep 6 feet or more between yourself and others



Clean and disinfect frequently touched surfaces



Avoid touching your eyes, nose, and mouth with unwashed hands



Wear a face covering in public