

COVID-19 GUIDELINES FOR BEACH USERS

Fresh air and exercise can be especially helpful in supporting a person's mental and physical health and well-being. As cities and towns and beach associations in York Region begin the process of re-opening their beaches, the following tips and information will assist you in having a safe and enjoyable beach experience.

PLAN AHEAD

It is expected that many residents will want to head outdoors and take advantage of beaches once they are open. Knowing what to do and what plans to make prior to visiting the beach will help reduce crowding and ensure you stay safe.

Once beaches re-open, here are the things you should **DO**:

- Visit beaches close to your home. Traveling long distances to a different beach may contribute to the further spread of COVID-19
- Check york.ca/beaches before leaving your home to ensure the beach you are going to is open and to get water quality information from York Region Public Health
- Be prepared and bring the following with you:
 - A supply of hand sanitizer and disinfectant wipes (keep stored in a cool dry place)
 - Sunscreen and insect repellent
 - Items that can help you or your children maintain physical distance from other families on the beach or in the water (the recommendation is at least 2-metres apart)
 - Fun activities to keep kids engaged and distanced from others
 - Tents, umbrellas, blankets
 - Patience; please be patient and prepared to wait
 - A back-up activity or plan in case the beach is too crowded

MAINTAIN PHYSICAL DISTANCING

- Staying away from others may help keep you safe from COVID-19. Stay at least 2-metres from others at all times when on the beach, in the water or when using public washrooms
- Do not go into crowded areas and avoid gathering with others outside of your household and social circle
- Look for your space! Maintain at least four metres between your beach location and other families

PRACTICE GOOD HAND HYGIENE AND RESPIRATORY ETIQUETTE

- Wash your hands often with soap and water for at least 20 seconds, especially before eating, after going to the bathroom or after blowing your nose, coughing or sneezing
- Use an alcohol-based hand sanitizer when soap and water aren't available
- Cover your nose and mouth when you sneeze and cough
- Avoid touching your eyes, nose and mouth

PUBLIC HEALTH

1-877-464-9675
TTY 1-866-512-6228
york.ca/beaches



FOLLOW BEACH RULES

- Follow the signs and listen to staff instructions
- Take your garbage and recyclables home with you
- Provide other guests time and space to safely enter or exit vehicles
- Review and follow all signage before entering the beach
- Wear a non-medical mask or face covering when physical distancing isn't possible. Remember wearing a non-medical mask or face covering is not a replacement for physical distancing, hand washing and health screening
- Clean and disinfect picnic tables and barbecue units with disinfectant wipes before and after use. These are high-touch surfaces which are more likely to be contaminated

Here are some things you should AVOID:

- Going out in public if you feel unwell. If you think you might have or are sick with COVID-19:
 - Visit a COVID-19 Assessment Centre
 - Self-isolate for 14 days (include any members of your household or people you were in close contact with **48 hours** before your symptoms began)
- Visiting the beach if it's crowded or you aren't prepared to wait
- Participating in organized activities like beach volleyball, football, bocce, etc.
- Swallowing, spitting or spouting water
- Leaving behind garbage including masks or gloves

What to expect at the beach

- Organized ball games and beach sports are not permitted at this time
- Walkways and access points from parking lots to beaches may be designated as one-way or single file
- Parking capacity may be restricted or limited; allow other guests time and space to safely enter or exit vehicles
- Beach visitors shall follow physical distancing requirements and visual indicators when standing in bathroom lines to help maintain physical distance

Visitors should bring their own hand hygiene products, including hand sanitizer and disinfectant wipes. Visitors are responsible for their own safety and should refrain from touching surfaces unnecessarily and wash hands or use hand sanitizer frequently.

For more information, visit york.ca/COVID19 or york.ca/beaches

RESOURCES

- [6 Ways to Stay Safe at the Beach During the Pandemic](#)
- [Visiting Parks and Recreational Facilities](#)
- [BC Parks Re-Opening Frequently Asked Questions](#)
- [Visitor Guide to Camping During COVID-19](#)