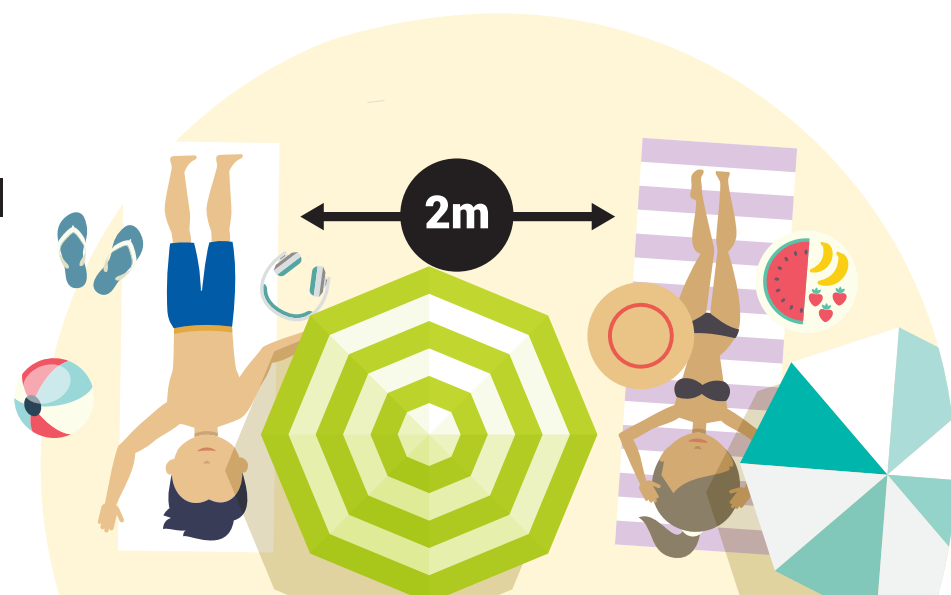


TIPS FOR ENJOYING THE BEACH SAFELY

Fresh air and exercise is important in supporting mental and physical health and well-being. When venturing outside or visiting the beach, knowing what to do and what plans to make prior to going can help reduce crowding and ensure you have a safe and enjoyable beach experience during COVID-19.



Plan ahead

- Visit beaches close to your home
- Bring necessities such as hand sanitizer, disinfectant wipes, sunscreen, insect repellent, umbrellas, blankets and activities
- Have a back-up activity/plan if the beach is too crowded



Maintain physical distancing

- Stay 2-metres from others on the beach, in the water or when using public washrooms
- Maintain at least 4-metres between your beach location and other families
- Wear a non-medical mask or face covering when physical distancing isn't possible.
- Stay away from crowded areas
- Only gather with those in your household and social circle



Practice good hand hygiene and respiratory etiquette

- Wash your hands often with soap and water for 15 seconds or use an alcohol-based hand sanitizer
- Cover your nose and mouth when you sneeze and cough
- Avoid touching your eyes, nose and mouth



Follow beach rules

- Follow the signs and listen to staff instructions
- Take your garbage (including masks or gloves) 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
- Clean and disinfect high-touch surfaces (picnic tables and barbecue units) with disinfectant wipes before and after use.



Things to 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 and self-isolate for 14 days
- Participating in organized activities like beach volleyball, football, bocce, etc.
- Swallowing, spitting or spouting water

Tips to remember

- Walkways and access points may be designated as one-way
- Parking capacity may be restricted or limited; give others time and space to safely enter or exit cars
- Follow physical distancing requirements and visual indicators when standing in bathroom lines

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