

Phase Two Guidance
Coronavirus 2019 (COVID-19) Guidance for Parks and Recreational Facilities

During Phase Two, the public and businesses must adopt behaviors and rigorous safeguards to reduce risk for all. This guidance is intended for the public, employees and management of parks and recreational facilities during Phase Two and reflects the modifications put in place with Mayor's Order 2021-038, issued March 17, 2021. **The following measures must be implemented at parks and recreational facilities to help reduce the risk of COVID-19 transmission.** For additional information, visit coronavirus.dc.gov/phasetwo.

Please note that any individual experiencing symptoms of COVID-19, or who is required to isolate due to COVID-19 diagnosis or exposure¹, must not work in or visit public places due to the risk of exposing others. Symptoms of COVID-19 may include: fever (subjective or 100.4 degrees Fahrenheit), chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, or otherwise feeling unwell.

Phase Two Basic Information for Parks and Recreational Facilities

- **UPDATE: Starting May 1, 2020 recreation facilities that do not sell alcohol² may increase their capacity to 50% (up from 25%) of their rated capacity as specified on their Certificate of Occupancy, or 250 persons (including staff), whichever number is less, at any one time in the facility.**
- Even with small, spaced cohorts of participants engaging in exercise or using Department of Parks and Recreation (DPR) facilities, there must be no more than 250 persons on a (DPR) field at one time.
- Field permits may be issued for gatherings outside the limits for a single outdoor activity (currently 50 people) provided groups are cohorted and social distance is maintained.
 - Be prepared to cancel large events and gatherings if necessary. Stay up to date on any changing regulations on permitted size of gatherings.
- **High-contact sports are prohibited** in the District of Columbia during Phase Two³.
- Outdoor activities are preferred over indoor activities; however, it is important to understand that **the more people that interact in any setting increases the risk of COVID-19 transmission and outbreaks**, and the same preventive measures need to be followed.
- For information about operation of pools and other aquatic facilities please see *Guidance for Pools and Aquatic Facilities* at coronavirus.dc.gov/healthguidance.

The following are open/allowed with safeguards:

- Parks, playgrounds, walking paths, fields, cemeteries, and waterways
- Dog parks
- Golf courses, tennis courts, and tracks
- Clubhouses (If open, services offered in clubhouses must adhere to setting specific guidance that can be found at coronavirus.dc.gov/healthguidance)

¹ For more information, including information about quarantine and testing exemptions, please see *Guidance for Quarantine after COVID-19 Exposure* at coronavirus.dc.gov/healthguidance.

² Facilities that sell alcohol must follow all guidelines in *Guidance for Restaurants* at coronavirus.dc.gov/healthguidance.

³ Except for those specifically permitted. For detailed information about sports, including the definitions of low, medium, and high contact sports, see *Guidance for Playing Sports* at coronavirus.dc.gov/phasetwo.

- Plazas
- Low-contact community sports
- Skateboard parks
- Individual exercise with social distancing

Staff and Visitors Must Practice Everyday Prevention Measures

- **Get the COVID-19 vaccine.** Find out more at coronavirus.dc.gov/vaccine.
- **Stay at home if you feel unwell** or you were recently exposed to someone with COVID-19⁴.
- **Practice social distancing.** Keep 6 feet of distance between you and other people who are not in your household.
- You must **wear a mask or cloth face covering** when around other people who are not in your household.
 - Masks protect the wearer and protect other people.
 - Masks should not be placed on babies and children younger than age 2.
 - Masks are most effective if they fit snugly to the face and have 2-3 layers of tightly woven fabric.
 - For more information about mask wearing see *Masks and Cloth Face Coverings for the General Public* at coronavirus.dc.gov/healthguidance.
- Perform frequent hand hygiene (with soap and water or alcohol-based hand sanitizer). Bring hand sanitizer with you from home.
 - Supervise children when they are using hand sanitizer to ensure they use it safely.
 - Key times to perform hand hygiene include
 - Before eating food,
 - After using the toilet,
 - Before and after putting on, touching, or removing cloth face coverings,
 - Before and after visiting playgrounds,
 - Before and after participating in activities or events, and
 - After blowing your nose, coughing, or sneezing.

Safety Tips for the Public

- The more people you interact with from outside your household, and the closer and longer the interactions, the higher the risk of transmission of the virus that causes COVID-19.
- The higher the level of community transmission, the higher the risk of the virus spreading in any setting.
- Visit parks and recreational facilities close to your home.
- Avoid crowded parks and recreational facilities.
- Bring your own water to avoid touching water fountains.
- Help children follow safety guidelines.
- **Examples of recreational activities by risk level:**
 - Lowest risk:
 - Staying home and having a picnic in your backyard with members of your household.
 - Virtual activities, such as virtually exploring National Parks online (See “Find Your Virtual Park” at nps.gov/subjects/npscelebrates/find-your-virtual-park.htm).
 - Lower risk:

⁴ For more information, including information about quarantine and testing exemptions, please see *Guidance for Quarantine after COVID-19 Exposure* at coronavirus.dc.gov/healthguidance.

- Participating in outdoor activities at a park close to home, with members of your household only while wearing masks and keeping at least 6 feet of distance between people not from your household.
- High risk:
 - Crowds of people from different cities or countries who aren't wearing masks or social distancing.

Considerations for Park or Facility Management

- Management must provide supplies to allow for frequent hand hygiene (e.g., soap and water or alcohol-based hand sanitizers with at least 60% alcohol) in employee and public areas.
- Management must provide staff with appropriate personal protective equipment (e.g., masks, gloves) and cloth face coverings.
- Gloves must only be worn as indicated per routine job responsibilities.
- Signage must be displayed that encourages appropriate use of face coverings, social distancing, and hand hygiene throughout the space.
- Stagger shifts, start times, and break times.
- Implement leave policies that are flexible and non-punitive, and that allow sick employees to stay home. Leave policies are recommended to account for the following:
 - Employees who report COVID-19 symptoms,
 - Employees who were tested for COVID-19 due to exposure, travel, or symptoms and test results are pending,
 - Employees who tested positive for COVID-19,
 - Employees who are a close contact of someone who tested positive for COVID-19,
 - Employees who need to stay home with their children if there are school or childcare closures, or to care for sick family members.
- Encourage and support staff to get the COVID-19 vaccine by providing leave options to get the vaccine and if they experience common side effects.
- Keep abreast of current law, which has amended both the DC Family and Medical Leave Act and the DC Sick and Safe Leave Law and created whole new categories of leave, like Declared Emergency Leave.
- Learn about and inform your employees about COVID-related leave provided through new federal law, the Families First Coronavirus Response Act (FFCRA) and all applicable District law relating to sick leave.
- Management must educate employees about COVID-19. Refer to coronavirus.dc.gov for more information.
- **For additional information specific to Parks and Recreational Facilities**, see the Centers for Disease Control and Prevention (CDC) website: cdc.gov/coronavirus/2019-ncov/community/parks-rec/park-administrators.html.

Avoid Close Contact and Reduce Touchpoints

- Post signage reminding people not to gather in larger groups than allowed.
- Areas where people are likely to congregate must be monitored (e.g., restrooms, sports fields, playgrounds, skateparks, basketball courts, tennis courts, picnic areas).
 - Consider temporary closure of these areas, with placement of physical barriers and signage communicating that these areas have been closed.
- Provide physical guides to ensure that people remain at least 6 feet apart while in the park/facility. For example, markings on the ground, colored tape, or signs to indicate safe distances.
- For playgrounds, remind visitors to maintain social distancing, and practice hand hygiene,

including before and immediately after use of playgrounds or other shared recreational structures.

- Have guests use every other stall for driving ranges at golf courses.
- Use contactless payment and waiver process. Prohibit the use of fingerprinting for verification of membership.

Locker Rooms

- Locker rooms may be used to change clothes, or to access the toilets/restrooms provided that:
 - Social distance of at least 6 feet is strictly maintained and monitored frequently to limit congregating of guests.
 - Frequently touched surfaces (e.g. such as benches, chairs, and sinks) are cleaned and disinfected at least every 4 hours.
 - Face masks are worn at all times.
- Mark or block off space in seating areas to encourage social distance between guests.
- Use of lockers to store personal items is only allowed for lockers that are used by a single guest. Lockers must not be available for temporary use by guests and must not be shared between guests.
- Showers must remain closed.

Screen and Monitor for Symptoms

- Management must conduct employee health screenings daily (e.g., symptom questionnaires), prior to beginning work, over the phone or in person.
 - For **Screening Tool Guidance**, visit coronavirus.dc.gov/healthguidance.
- Employees who report symptoms or testing positive for COVID-19 must not enter the premises.
- Management must post signage at entrances to inform staff of screening procedures and to inform staff and visitors not to enter if they feel sick.
- If an employee develops any symptoms of COVID-19 during the workday, there must be a plan in place for that individual to immediately isolate, notify their supervisor, and leave the facility.
- Management must maintain a daily record of staff and individuals attending permitted activities for at least 30 days to facilitate contact tracing. Information collected must include name, date and time of visit, phone number, and email (if available). This information must be provided within 24 hours if requested by DC Health if a case of COVID-19 occurs at your establishment, in order to assist with contact tracing.

Clean and Disinfect

- Facilities must develop a comprehensive plan for increased routine cleaning (and disinfection as needed) of common spaces and frequently-touched surfaces within the facility (e.g., countertops, sink handles, workstations, computers, cash registers, handrails, door handles, light switches).
 - Ensure that any other group that uses the facility follows this cleaning protocol.
- Cleaning procedures throughout the facility must be developed in advance of opening and shared with staff. Management must properly train staff on cleaning procedures and monitor cleaning schedules to ensure compliance.
- If the facility has been closed, it must be thoroughly cleaned prior to re-opening.
- Frequently touched surfaces should be cleaned at least daily.
- Clean any shared objects frequently, based on level of use.
- Restrooms must:
 - Remain open with operational and functional toilets,
 - Be cleaned and disinfected at least every 4 hours when in use, with special attention to high-touch surfaces (such as faucets, toilets, stall doors, door handles, countertops, diaper changing tables, and light switches). Restrooms should be appropriately marked and

- monitored to ensure social distancing guidelines are followed (neighboring stalls may be used). Ensure an adequate supply of soap and paper towels is present at all times.
- Use disposable gloves when handling trash bags. Once done handling trash, dispose of gloves in a lined trash can. Do not reuse gloves. Perform hand hygiene after removing gloves.
 - Outdoor Areas:
 - Spraying cleaning products or disinfectants in outdoor areas – such as on sidewalks, roads, or groundcover – is not necessary, effective, or recommended.
 - High-touch surfaces made of plastic or metal, such as grab bars, play structures, and railings, should be cleaned regularly.
 - Cleaning and disinfection of wooden surfaces (such as wood play structures, benches, tables) or groundcovers (such as mulch and sand) is not recommended.
 - Drinking fountains must be cleaned and disinfected at least daily.
 - For comprehensive information about cleaning and disinfection, please see the following DC Health guidances at coronavirus.dc.gov/healthguidance:
 - *Guidance on Cleaning and Disinfection for Community Facilities with Suspected or Confirmed COVID-19*
 - *Guidance on Routine Cleaning and Disinfection for Community Facilities*

Building Considerations

- Consider making the following improvements to improve building ventilation (cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html):
 - Increase circulation of outdoor air as much as possible, for example by opening windows and doors. Use fans to increase the effectiveness of open windows.
 - Do not open windows and doors if doing so poses a safety or health risk (e.g., risk of falling, triggering asthma symptoms).
 - Ensure ventilation systems operate properly and provide acceptable indoor air quality for the current occupancy level for each space.
 - Decrease occupancy of spaces with poor ventilation.
 - Improve central air filtration to the highest level compatible with the filter rack, and seal edges of the filter to limit bypass.
 - Check filters to ensure they are within service life and appropriately installed.
 - Turn off any demand-controlled ventilation (DCV) controls that reduce air supply based on occupancy or temperature during occupied hours.
 - Consider portable high-efficiency particulate air (HEPA) fan/filtration systems to help enhance air cleaning (especially in higher risk areas).
 - Keep systems running longer hours, 24/7 if possible, to enhance air exchanges in the building space.
 - Consult with a specialist to see what works for your building.
- If buildings were closed for an extended period of time, remember to ensure all building and water features (e.g., drinking fountains, decorative fountains) are safe to use. For more information, see CDC's Guidance for Reopening Buildings after Prolonged Shutdown or Reduced Operation: cdc.gov/coronavirus/2019-ncov/php/building-water-system.html.

Establish a Plan for COVID-19 Exposure

- Establish a plan in the event an employee or participant of a permitted event is diagnosed with COVID-19.
- Identify a point of contact at the facility that someone can notify if they test positive for COVID-19 and choose to disclose this information.
- If an employee chooses to report to the facility that they are positive for COVID-19, the facility must have a notification process to share the following with staff:
 - Education about COVID-19, including the signs and symptoms of COVID-19

- Referral to the *Guidance for Contacts of a Person Confirmed to have COVID-19*, available at coronavirus.dc.gov
- Information on options for COVID-19 testing in the District of Columbia, available at coronavirus.dc.gov/testing
- Refer to the guidance “*First Steps for Non-Healthcare Employers when Employees Test Positive for COVID-19*” at coronavirus.dc.gov/healthguidance.
 - A close contact is someone who was within 6 feet of a person who tested positive for COVID-19 for at least 15 minutes over a 24-hour period, during that person’s infectious period.
 - The infectious period starts two days before symptom onset and typically ends 10 days after the symptom onset date (or test date for people who do not have symptoms).
- Facilities must notify DC Health when:
 - An employee who frequently interacts with guests notifies the facility they **tested positive for COVID-19** (not before results come back)
 - OR**
 - a participant of a permitted event notifies the facility they tested positive for COVID-19
 - AND**
 - the person was on the premises **during their infectious period**.
- Notify DC Health by submitting an online form on the DC Health COVID-19 Reporting Requirements website dchealth.dc.gov/page/covid-19-reporting-requirements:
 - Submit a **Non-Healthcare Facility COVID-19 Consult Form**.
- An investigator from DC Health will follow-up within 48 hours to all appropriately submitted notifications. Please note this time may increase as cases of COVID-19 increase in the District.

The guidelines above will continue to be updated as the outbreak evolves. Please visit coronavirus.dc.gov regularly for the most current information.