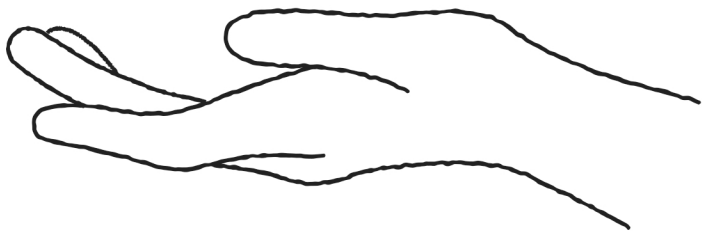


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Fill with  
*preparedness.*

Rx



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**OPIOIDS**  
FILL with CARE

## New Rockford Park District issues guidelines for safe use of parks, playgrounds, courts and open spaces

Concerns about the coronavirus disease (COVID-19) outbreak continue to grip our nation. New Rockford Park District (NRPD) supports the power of parks and open spaces as essential resources for health and wellness, and understands that people may have questions and concerns about visiting parks, playgrounds, outdoor courts/fields, or open spaces at this time.

The Centers for Disease Control and Prevention (CDC) has flagged mental health as a top concern associated with the COVID-19 outbreak. Social distancing may take a toll on our mental health, especially during high-stress and anxiety-producing global public health emergencies. Parks and open spaces provide a connection to the outdoors as well as opportunities for physical activity, which studies demonstrate reduces stress and improves mental health.

Parks, playgrounds, outdoor courts/fields, and open spaces can continue to be used in a safe manner. At this time, there

are no restrictions on the use of local parks, playgrounds, outdoor courts/fields, and open spaces. However, there are a few NRPD park spaces that are not yet open due to seasonal restrictions.

New Rockford Park District (NRPD) encourages all outdoor space enthusiasts to take part in outdoor recreation and to follow these recommendations:

- Refrain from using parks, playgrounds, outdoor courts/fields, and open spaces if you are exhibiting symptoms.
- Follow CDC's guidance on personal hygiene prior to and during use of parks, playgrounds, outdoor courts/fields, and open spaces.
- If you are on a playground or are using outdoor courts/fields, please practice social distancing and use your own hand sanitizer when you are done. You may also choose to use your own bacterial wipes to wipe off any surfaces prior to playing.
- Prepare for no access to public restrooms, portable restrooms or water fountains.
- While on walks/runs,

warn other users of your presence and step aside to let others pass.

- Having dogs in a park or open space is allowed, but residents are reminded that dogs are required to be on a leash at all times in accordance with city ordinances. PLEASE REMEMBER TO CLEAN UP AFTER YOUR DOG!!

- Follow CDC guidance on the recommended size of social gatherings, including outdoor picnicking, pick-up sports and other group hangouts, and maintain proper physical distance at all times.

- Observe CDC's minimum recommended social distancing of six feet from other individuals at all times. If this is not possible, users should find an alternate location or depart that space.

**\*\*USE OF PARKS, PLAYGROUNDS, OUTDOOR COURTS/FIELDS, AND OPEN SPACES COULD BE CLOSED TO THE PUBLIC IF THE PUBLIC DOES NOT FOLLOW THE GUIDELINES OR A DIRECTIVE BY THE GOVERNMENT!!**

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