



BC Centre for Disease Control

Playgrounds

Information for parents and families about using playgrounds during COVID-19

Many playgrounds and play structures are starting to re-open for children of all ages. With warmer weather arriving and summer coming, playgrounds are important spaces for getting some exercise and having fun. Although going to a playground is low risk for exposure to COVID-19, there are things you can do to make sure you, your family and your friends stay safe.

Stay Home if You or Your Child Feels Sick or Has Symptoms

- Before you go to the playground, ask your child if they feel sick. If you or your child feel sick or have any symptoms of COVID-19, stay at home
 - COVID-19 symptoms are listed [here](#)
 - COVID-19 self-assessment tool is available [here](#), or call 8-1-1 for more information.

Know Before you Go

- Check if the playground, and its bathrooms or change rooms are open
- Review any park-specific notices from your city or region
- While at the playground, your children must be supervised at all times
- Remember that playground equipment won't be cleaned and sanitized regularly

Bring Some Things with You

- Hand sanitizer, wipes, water and paper towels
- Your own toys and sports equipment
- Drinking water
- Hats, sunscreen or clothing for sun protection

Follow the Playground's Signs for Physical Distancing; Avoid Large Gatherings

- If the playground is busy, come back when there are fewer people
- Adults and teenagers should stay 2 metres (6 feet) away from others
- Children are less likely to get sick from COVID-19 so focus on avoiding direct physical contact with other children; this is more important than keeping them 2 metres apart
- Be patient when parking and maintain physical distancing when entering and leaving the park

Reduce Touching and Sharing Outside of your Household

- Try to minimize your child's direct physical contact with people outside of your household
- Ask your child cough and sneeze into their elbows or a tissue
- Encourage your child to keep their hands away from their eyes, nose and mouth
- Don't share toys, bikes or food with people outside of your household`Keep your pets away from others; do not pet other peoples' animals

Wash Hands Often

- Wash hands often, especially:
 - Before and after touching play equipment or shared areas
 - Before and after eating or drinking; try to eat before playing on the playground
 - Before leaving the playground and as soon as you get home
- If you can't wash with soap and water, use a Health Canada approved hand sanitizer (read the label as some are not approved for children). If hands are visibly dirty, first use wet wipes or water to clean hands, then dry them with paper towels and apply the hand sanitizer

Playgrounds infographic

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SOURCE: Playgrounds (<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/community-settings/playgrounds>)

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