



COLORADO
Department of Public
Health & Environment

COVID-19- **DRAFT**Guidance for Personal Recreation (parks, sports, and outdoor pools)

The guidance provided below is DRAFT guidance posted in order to solicit feedback. This guidance is NOT in effect. Coloradans have until 12 p.m. on Wednesday, June 3 to provide feedback [here](#).

Recreation of any kind can be conducted in groups of 10 or fewer, unless specified below, with participants spaced at least 6 feet apart, face coverings worn as feasible, and observation of appropriate sanitation and hygiene practices.

PARKS	ORGANIZED RECREATIONAL SPORTS	RECREATORS
<ul style="list-style-type: none">•• Post signage throughout the area reminding individuals to stay at least 6 feet away from members of other households.• Playgrounds may be open to up to 10 people at a time -- consider signage with the capacity limit and spacing recommendations.• Outdoor sport facilities (i.e. tennis courts, basketball courts, pickleball courts, fields) may be open to up to 10 people at a time per court or per field.• Clean frequently touched areas often (i.e. park benches or playground equipment).• Space out visitor attendance by extending operating hours or limiting capacity	<ul style="list-style-type: none">• Organized youth or adult recreational sports leagues in groups of up to 25 people (outside) or 10 (inside) are permitted.• Spectators are strongly discouraged for adult sports. Spectators, like parents, are permitted for youth sports, so long as members from different households maintain at least 6 feet of physical distance from each other.• Maintain contact information and team rosters, and be prepared to support local public health contact tracing efforts if exposures occur.• Consider participating in low or no-contact sports (like baseball, cross country, running) instead of high-contact	<ul style="list-style-type: none">• Limit the size of your group.• Continue to physical distance, staying at least 6 feet from members of other households .• Stay home other than getting tested if you are sick or have COVID-19 like symptoms.• Avoid recreating in public spaces if anyone in your household is experiencing COVID-19 like symptoms.• Encouraged to wear a mask while recreating.• Bring hand hygiene supplies (i.e. hand sanitizers) to clean hands when soap and water is not available.

whenever possible.

- sports (like wrestling or soccer).
- Do not share snacks or water, except in emergency situations.
- Consider only holding games every 2 weeks, to minimize the number of new teams of players interacting.

OUTDOOR SWIMMING POOLS

- Limit pool to 50% capacity, up to 50 people, whichever is fewer.
- Swimmers not living in the same household should stay at least 6 feet apart during recreational swim, and there should only be one swimmer per lane for lap swim.
- Encouraged to establish a reservation system to space out visitor attendance, aid in contact tracing if exposures occur, and to allow for equitable use of the facility.
- While restrooms and showers must remain open, close off locker access to reduce congregation in enclosed spaces and sharing lockers.
- All frequently touched surfaces and shared objects such as handrails, chairs, and tables should be disinfected every hour between use.
- Surfaces in restrooms should be routinely cleaned every hour.
- Provide physical cues or guides (for example, lane lines in the water or chairs and tables on the deck) and visual cues (for example, tape on the decks, floors, or sidewalks) and signs to ensure that staff, patrons, and swimmers stay at least 6 feet apart from members of other households, both in and out of the water.

INDOOR GYMS, REC CENTERS, AND POOLS

- Personal training groups of 4 or less may continue.
- Recreators in groups of 10 people per room indoors at a time, permitted that people can maintain 6ft apart from one another, are permitted, unless you have an approved county-variance for expanded capacity.
- Use a reservation system if feasible to space out and limit recreators gathered at one time.
- Discourage use of any shared equipment, and ensure all equipment is cleaned and disinfected in between each use.
- While restrooms and showers must remain open, close off locker access to reduce congregation in enclosed spaces and sharing lockers.
- Maximize ventilation by using fans and opening windows, wherever possible.
- Provide access to hand sanitizer.
- Request staff members and patrons wear face coverings when they can do so safely.
- Conduct symptom and temperature checks for employees and refer symptomatic employees to the [CDPHE Symptom Tracker \(Additional Guidance\)](#).
- Employees who exhibit COVID-19 symptoms should not come to work.

This includes any pool open to the public, including but not limited to, municipal pools and homeowner association pools.

Full CDC guidance on COVID-19 pool safety can be found [here](#).

- Employees who develop COVID-19 symptoms while at work should immediately notify their supervisor and be separated from others, sent home, and referred to state or company support services.
- Post signs for employees and customers outlining good hand/respiratory hygiene and safety measures being taken. Signs should be in languages customers will understand. ([CDC examples](#))