

Checklist for Parents and Families about using Playgrounds

This checklist is one of several resources intended to support parents and families with reducing the spread of COVID-19 while using outdoor playgrounds. It is to be used in conjunction with other public health directives that can be found on the Wellington-Dufferin-Guelph Public Health (WDGPH) website.

Visit wdgpublichealth.ca for ongoing updates and links to additional resources. WDGPH is unable to review individual policies and protocols. These are not legal documents.

Screening

Considerations	Details
Stay home if you or your child is unwell, feels sick or has symptoms.	<ul style="list-style-type: none"> <input type="checkbox"/> Monitor for signs and symptoms of COVID-19 before leaving for the playground. <ul style="list-style-type: none"> <input type="checkbox"/> Parents/guardians should check their temperature and their children's temperature in advance. <input type="checkbox"/> Consider using the Ontario's Self-Assessment tool to screen for signs and symptoms. <input type="checkbox"/> If any signs or symptoms, the individual should stay home.

Physical Distancing

Considerations	Details
Physical distancing of at least 2 metres	<ul style="list-style-type: none"> <input type="checkbox"/> Physical distancing of at least 2 metres (6 feet) should be maintained between individuals while at the playground: <ul style="list-style-type: none"> <input type="checkbox"/> If the playground is busy, consider coming back when there are fewer people or using another one. <input type="checkbox"/> All individuals should try to stay 2 metres from others, but if challenging for children, focus on avoiding physical contact.

	<ul style="list-style-type: none"> <input type="checkbox"/> Encourage using different pieces of play equipment or other spaces when others are at the playground to maintain physical distancing.
--	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Hand Hygiene & Respiratory Etiquette

Considerations	Details
Hand Hygiene	<ul style="list-style-type: none"> <input type="checkbox"/> Wash hands often: <ul style="list-style-type: none"> <input type="checkbox"/> Before and after touching play equipment or shared areas <input type="checkbox"/> Before and after eating or drinking; try to eat before playing on the equipment <input type="checkbox"/> Before leaving the playground and as soon as you get home. <input type="checkbox"/> If unable to wash your hands with soap and water, bring and use an alcohol-based hand sanitizer (at least 60%) and follow directions above. <input type="checkbox"/> Avoid touching your face (eyes, nose and mouth) with unclean hands.
Respiratory Etiquette (coughing and sneezing instructions)	<ul style="list-style-type: none"> <input type="checkbox"/> To prevent the spread of respiratory infections, proper respiratory etiquette needs to be followed. <input type="checkbox"/> Respiratory etiquette includes: <ul style="list-style-type: none"> <input type="checkbox"/> Covering your nose and mouth during coughing and sneezing with a tissue or sneezing or coughing into your sleeve or elbow. <input type="checkbox"/> Disposing of used tissues into the garbage immediately after use. <input type="checkbox"/> Practicing proper hand hygiene immediately after coughing or sneezing. <input type="checkbox"/> Consider posting Respiratory etiquette posters at your home as a reminder for proper coughing and sneezing instructions.

Cleaning & Disinfection

Considerations	Details
Shared Toys and Items	<ul style="list-style-type: none"> <input type="checkbox"/> Avoid sharing toys, sports equipment, food, etc. with others not part of your household. <input type="checkbox"/> Clean and disinfect toys and equipment before and after use.

Other Considerations

Considerations	Details
Playground Cleaning	<ul style="list-style-type: none"> <input type="checkbox"/> Playgrounds and play equipment are not being cleaned and disinfected.
Sun safety	<ul style="list-style-type: none"> <input type="checkbox"/> Consider wearing hats, sunscreen, and clothing for sun protection. <input type="checkbox"/> Consider bringing individual water bottles to stay hydrated. <input type="checkbox"/> Be aware of heat warnings and humidex values before leaving for playground.
Supervision	<ul style="list-style-type: none"> <input type="checkbox"/> Adults should be on site to supervise when possible.

Additional Resources

Visit www.wdgppublichealth.ca for additional COVID-19 tools and resources.

References

BC Centre for Disease Control. (2020, July 15). Playgrounds. <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/community-settings/playgrounds>