COVID-19 INFORMATION
GUIDANCE FOR BEACHES AND RECREATIONAL AREAS NEAR WATER

Overview

Under current Chief Medical Officer of Health Orders, businesses and entities are required to:

- implement practices to minimize the risk of transmission of infection among attendees;
- provide procedures for rapid response if an attendee develops symptoms of illness;
- ensure that attendees maintain high levels of sanitation and personal hygiene;
- comply to the extent possible, with the COVID-19 General Relaunch Guidance, this guidance, and any other applicable Alberta Health guidance found at: https://www.alberta.ca/biz-connect.aspx.

This document has been developed to support visitors and operators/local authorities in reducing the risk of transmission of COVID-19 at recreational water sites (e.g., beaches). The guidance provided outlines public health and infection prevention and control measures specific to these locations.

This document and the guidance within it are subject to change and will be updated as needed. Current information related to COVID-19 can be found at: https://www.alberta.ca/covid-19-information.aspx

COVID-19 Risk Mitigation for Beach Visitors

<table>
<thead>
<tr>
<th>General Guidance</th>
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</thead>
<tbody>
<tr>
<td>- All Albertans must follow CMOH Orders 05-2020 and 28-2020, which establish legal requirements for quarantine and isolation.</td>
</tr>
<tr>
<td>- Anyone with symptoms of COVID-19; with a history of international travel in the last 14 days; or with close contact with a confirmed case of COVID-19 in the past 14 days must remain at home.</td>
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<tr>
<td>- Those with symptoms should arrange to get tested.</td>
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<tr>
<th>Before You Leave the House</th>
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<tbody>
<tr>
<td>- Pack supplies such as masks and hand sanitizer.</td>
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<tr>
<td>- Download the ABTraceTogether app to help you get notified if you are exposed to COVID-19.</td>
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<tr>
<td>- Plan ahead – check if your intended beach takes advance reservations, or has any entrance limits, and make back-up plans in case the beach is full when you arrive.</td>
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<table>
<thead>
<tr>
<th>Physical Distancing</th>
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<tbody>
<tr>
<td>- All visitors to beaches should maintain physical distancing of 2 metres from others not from the same household or cohort at all times and during all types of activities that may be undertaken at the beach (both in and out of the water).</td>
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</tbody>
</table>
COVID-19 INFORMATION
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- Wear a mask when you are not in the water, and as often as possible if you are near people outside your household or cohort.
- Consider another activity if your intended beach is overcrowded.

Hand Hygiene
- Wash your hands with soap and water for at least 20 seconds, especially before eating or drinking, and when you arrive and leave the swim area. If soap and water are not available, use hand sanitizer with at least 60% alcohol and rub until your hands are dry.
- Hand sanitizers are not as effective when hands are visibly dirty or greasy, so wipe sand or dirt off before applying it.
- Avoid sharing items, such as food, equipment, toys, and supplies, with people who don’t live with you or are not part of your cohort group.
- If you are not wearing your mask, make sure to cover coughs and sneezes with a tissue or inside of your elbow, throw the tissue in the trash, and wash your hands immediately, or if soap and water are not available, use hand sanitizer.

COVID-19 Risk Mitigation for operators/local authorities

General Guidance
- COVID-19 signage should be posted in highly visible locations around the beach, and also at all entrances and exits:
  - “Help prevent the spread” posters are available.
- Encourage potential visitors to plan ahead when deciding on a trip to the beach, including understanding the rules and restrictions, how to stay safe, how to come prepared, and having a back up plan for an alternate activities if there is insufficient space when they arrive.
- Operators/local authorities should determine a reasonable capacity for the beach/recreation area which will allow for adequate physical distancing by attendees, in consultation with the local public health inspector.
  - The capacity determined should be monitored and adjusted appropriately based on observations of its effectiveness.
- Operators/local authorities should implement methods to minimize overcrowding. Consider:
  - Widely communicating capacity limits established, including online.
  - Setting up electronic signage along roadways to indicate when the beach is full or near full.
  - Limiting parking spaces.
  - Marking off spaces on the ground/sand where people should stay to maintain distancing.
COVID-19 INFORMATION

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|   |  o Allowing access by reservation only (e.g. online or other mechanisms) with staggered times, if feasible.  
|   |  o Operators/local authorities should consider limiting access to the beach to prevent overcrowding, such as blocking or closing off access points. Operators/local authorities should install physical barriers to prevent uncontrolled access to the beach. If there are access points from private property, consider working with property owners to prevent any inappropriate access to public areas.  
|   |  o Operators/local authorities can choose to limit access or close beach and recreation areas if overcrowding is a problem.  
|   |  o Encourage staff and attendees to wear face masks as much as possible, except when in the water in order to avoid getting the masks wet.  
|   |  o Encourage attendees to reschedule their visit if the area is busy or if they are at higher risk for COVID-19 infection.  
|   |  o Encourage visitors to download the ABTraceTogether app to help them know if they have been exposed to COVID-19.  
|   |  o All Albertans must follow CMOH Orders 05-2020 and 28-2020, which establish legal requirements for quarantine and isolation.  
|   |  o Anyone with symptoms of COVID-19; with a history of international travel in the last 14 days; or with close contact with a confirmed case of COVID-19 in the past 14 days must remain at home.  
|   |  o All other activities and amenities provided in the beach or recreation area (e.g. retail, food services, entertainment, fitness, etc.) should follow their respective guidance documents as posted on Alberta BizConnect.  
|   |  o The risk of transmission through bodies of water is currently unknown and attendees should be advised they are entering the water at their own risk.  

| Staff and Volunteers |  o Operators/local authorities should ensure staff and volunteers:  
|---|---|
|   |  o Are trained on physical distancing, hand hygiene, respiratory etiquette, cleaning and disinfecting, and any updated policies or procedures related to preventing transmission of COVID-19.  
|   |  o Have access to hand sanitizer or hand washing stations, as required.  
|   |  o Are permitted to wear non-medical face masks if preferred, even if a mask is not necessary for the work they are performing. Guidance is available online.  

alberta.ca/BizConnect
Email: BizConnect@gov.ab.ca
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**COVID-19 INFORMATION**

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<table>
<thead>
<tr>
<th>Physical Distancing</th>
<th>All operators/local authorities should implement measures to avoid overcrowding and ensure that 2 metre distancing can be maintained on beaches and in recreational water areas.</th>
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<tbody>
<tr>
<td></td>
<td>• Staff and visitors should be encouraged to maintain physical distancing of 2 metres at all times, during all types of activities that may be undertaken at the beach (both in and out of the water).</td>
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<td></td>
<td>• Limit occupancy of small spaces (such as bathrooms and visitor centers) to make it easier to maintain a minimum of 2 metres from others.</td>
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<td>• Limit or close outdoor features such as floating docks, basketball and volleyball courts, water features, or other equipment that may encourage gathering or where 2 metre distancing would be challenging.</td>
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<td>• Post signage about physical distancing at playgrounds and play structures around the beach.</td>
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<td>• Place additional trash receptacles around the beach area and entrance and exits.</td>
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<td>• Where picnic tables are available, ensure they are spaced at least 2 meters apart.</td>
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<td>• Where physical controls are not possible or appropriate, the operator should consider:</td>
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<td>• Reducing the number of visitors at one time.</td>
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<td>• Directing traffic flow within a site.</td>
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<td>• Establishing dedicated entry and exit points.</td>
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<td>• Removing all shared items that cannot be easily cleaned.</td>
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<td>• Operators/local authorities should consider the impact of weather events that may cause people to rush to entrances, exits, or sheltered areas and crowd together when planning so that crowding is minimized and distancing is maintained.</td>
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</tbody>
</table>
# COVID-19 INFORMATION

## GUIDANCE FOR BEACHES AND RECREATIONAL AREAS NEAR WATER

### Hand Hygiene and Respiratory Etiquette
- Operators/local authorities should promote proper hand hygiene among staff and attendees.
  - All staff and attendees should wash their hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer (greater than 60% alcohol content).
  - Ensure there are stations around the beach and premises to maintain hand hygiene, and that the stations are fully stocked with supplies.
  - Display signage encouraging visitors to perform frequent hand hygiene.
  - The [AHS Hand hygiene education webpage](https://www.ahe.ca/hand-hygiene) has more information, posters and videos about hand hygiene.

### Cleaning and Disinfection
- In addition to the cleaning and disinfecting recommendations found in the [COVID-19 General Relaunch Guidance](https://www.gov.ab.ca/covid-19/guidance.html):
  - Enhance the cleaning and disinfecting of public washrooms and change rooms.
  - Increase frequency of cleaning and disinfecting of high-touch surfaces, such as door handles, railings, taps, and toilet flush handles.
  - If not already standard practice, institute a log of daily cleaning and keep records, including inventory of gloves, masks and supplies.
  - Consider closing high traffic facilities that cannot be frequently cleaned.
  - Picnic tables should be cleaned and disinfected frequently.
- Where handwashing facilities are not available, such as in pit toilets, hand sanitizer containing at least 60% alcohol should be provided.
  - Water fountains may remain open and should be cleaned and disinfected frequently.
- Rental equipment should be cleaned and disinfected after each use (e.g., watercraft, tents, lifejackets and sports equipment) and should only be shared among members of the same household or cohort.
  - Wash hands with soap and water for at least 20 seconds or alcohol based hand sanitizer with a minimum of 60% alcohol before and after handling a shared item.
  - Soft-surface items, or other items that cannot be cleaned and disinfected should be isolated for a period of 24 hours.