

# Guidelines for beach users

Fresh air and exercise can be especially helpful in supporting a person's mental and physical health and well-being. As municipalities in Peel Region begin the process of re-opening their beaches, the following tips and information will assist you in having a safe and enjoyable beach experience.



## 1 Plan ahead

It is expected that many residents will want to head outdoors and take advantage of beaches once they are open. Knowing what to do and what plans to make prior to visiting the beach will help reduce crowding and ensure you stay safe.

### Once beaches re-open, here are the things you should do:

- Visit beaches close to your home. Traveling long distances to a different beach may contribute to the further spread of COVID-19
- Check [peelregion.ca/health/beach/enbeach.asp](https://peelregion.ca/health/beach/enbeach.asp) before leaving your home to ensure the beach you are going to is open and to get water quality information from Peel Public Health
- Be prepared and bring the following with you:
  - A supply of hand sanitizer and disinfectant wipes (keep stored in a cool dry place)
  - Sunscreen and insect repellent
  - Items that can help you or your children maintain physical distance from other families on the beach or in the water (at least 2-metres apart)
  - Fun activities to keep kids engaged and distanced from others
  - Tents, umbrellas, blankets and beach chairs
  - Patience; please be patient and prepared to wait
  - A back-up activity or plan in case the beach is too crowded

## 2 Maintain physical distancing

- Staying away from others may help keep you safe from COVID-19. Stay at least 2-metres from others at all times when on the beach, in the water or when using public washrooms
- Do not go into crowded areas
- Abide by current gathering limit restrictions

## 3 Practice good hand hygiene and respiratory etiquette

- Wash your hands often with soap and water for at least 20 seconds, especially before eating, after going to the bathroom or after blowing your nose, coughing or sneezing
- Use an alcohol-based hand sanitizer when soap and water aren't available
- Cover your nose and mouth when you sneeze and cough
- Avoid touching your eyes, nose and mouth

## 4 Follow beach rules

- Follow the signs and listen to staff instructions
- Take your garbage and recyclables home with you
- Provide other guests time and space to safely enter or exit vehicles
- Review and follow all signage before entering the beach
- Wear a non-medical mask or face covering when physical distancing isn't possible. Remember wearing a non-medical mask or face covering is not a replacement for physical distancing, hand washing and health screening
- Clean and disinfect picnic tables and barbecue units with disinfectant wipes before and after use. These are high-touch surfaces which are more likely to be contaminated

### Here are some things you should AVOID:

- Going out in public if you feel unwell. If you think you might have or are sick with COVID-19
  - Stay home and self-isolate. Self-isolation means temporarily staying apart from others, except when essential support is required, such as for caregivers of children or those requiring support with daily living. How to self-isolate [peelregion.ca/coronavirus/self-isolation/](https://www.peelregion.ca/coronavirus/self-isolation/)
- Visiting the beach if it's crowded or you aren't prepared to wait
- Participating in organized activities like beach volleyball, football, bocce, etc.
- Swallowing, spitting or spouting water
- Leaving behind garbage including masks or gloves

### What to expect at the beach:

- Walkways and access points from parking lots to beaches may be designated as one-way or single file
- Parking capacity may be restricted or limited; allow other guests time and space to safely enter or exit vehicles
- Beach visitors shall follow physical distancing requirements and visual indicators when standing in bathroom lines to help maintain physical distance

Visitors should bring their own hand hygiene products, including hand sanitizer and disinfectant wipes. Visitors are responsible for their own safety and should refrain from touching surfaces unnecessarily and wash hands or use hand sanitizer frequently.

### Resources

[COVID-19 in Peel](#)

[Roadmap to reopen](#)

[Guidance for beaches during COVID-19 CDC](#)

The information in this document is current as of June 8, 2021

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For more information visit [peelregion.ca/coronavirus](https://www.peelregion.ca/coronavirus)

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