



 **Parks &  
Recreation**  
M-N C P P C

*live more, play more*  
pgparks.com

NATIONAL RECREATION AND PARK  
 **EMS**  
*Ethnic Minority Society*





# WHO WE ARE



*live more, play more*  
pgparks.com



*vive más, juega más*  
pgparks.com



**Total M-NCPPC owned Parkland: 28,671 acres**

**Developed Parkland: 11,541 acres**

**Passive Parkland: 17,130 acres**

# COVID -19

**Proactively** made the difficult decisions to close our facilities to the public.  
Protect the health and safety of employees and patrons.

**Kept our parks open** to offer spaces for residents to exercise and get fresh air.  
Providing virtual activities to help patrons **Live More, Play More...Indoors!**



ONLINE RESOURCE CENTER

*A one-stop shop for*  
fun & fitness *at home*



**WELLNESS WEDNESDAYS**

Stay healthy & motivated  
on your path to wellness.

Watch on YouTube

*Live more, play more ... indoors*

# Wellness Wednesdays!



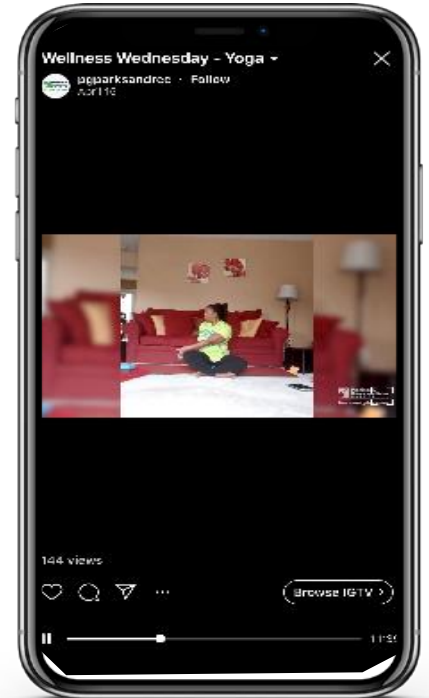
Wellness Wednesday

**Parks & Recreation**  
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YOUR **Path** TO **Wellness**  
M-NCPRC, Department of Parks and Recreation

13:57



Wellness Wednesday - Yoga

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# National Physical Fitness & Sports Month

**Join Us!**  
**MAY IS NATIONAL PHYSICAL FITNESS & SPORTS MONTH!**

We are offering virtual activities to help you **Live More, Play More... Indoors!**

**#MoveInMay**

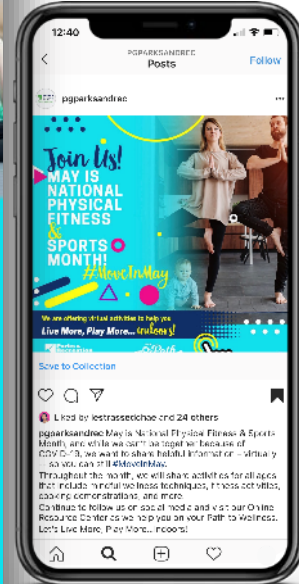
YOUR **Path to Wellness**  
 Visit [pparks.com](http://pparks.com)

**Join Us!**  
**MAY IS NATIONAL PHYSICAL FITNESS & SPORTS MONTH!**  
**#MoveInMay**

We are offering virtual activities to help you **Live More, Play More... Indoors!**

MINDFUL MONDAYS	WELLNESS WEDNESDAY	FITNESS FRIDAYS
MONDAY, MAY 4 <b>MINDFUL MEDITATION</b> 5:00-6:00 PM	WEDNESDAY, MAY 6 <b>STRESS MANAGEMENT</b> 7:00-8:00 PM	FRIDAY, MAY 1 <b>CHAIR FITNESS</b> 7:00-8:00 PM
MONDAY, MAY 11 <b>BRAIN FOOD</b> 5:00-6:00 PM	WEDNESDAY, MAY 13 <b>ANTIOXIDANTS ANYONE? SMOOTHIE MAKING SEGMENT</b> 6:00-7:00 PM	FRIDAY, MAY 8 <b>LOWER BODY WORKOUT</b> 5:00-6:00 PM
MONDAY, MAY 18 <b>HELPING YOUR CHILDREN COPE WITH STRESS</b> 5:00-6:00 PM	WEDNESDAY, MAY 20 <b>IMPORTANCE OF GOAL SETTING DURING STRESSFUL TIMES</b> 6:00-7:00 PM	FRIDAY, MAY 16 <b>FAMILY FITNESS</b> 7:00-8:00 PM
MONDAY, MAY 25 <b>HEALTHY SLEEPING TIPS</b> 5:00-6:00 PM	WEDNESDAY, MAY 27 <b>SPICE UP YOUR LIFE! COOKING DEMONSTRATION</b> 3:00-4:00 PM	FRIDAY, MAY 22 <b>DESK EXERCISE</b> 7:00-8:00 PM
		FRIDAY, MAY 29 <b>YOGA</b> 6:00-7:00 PM

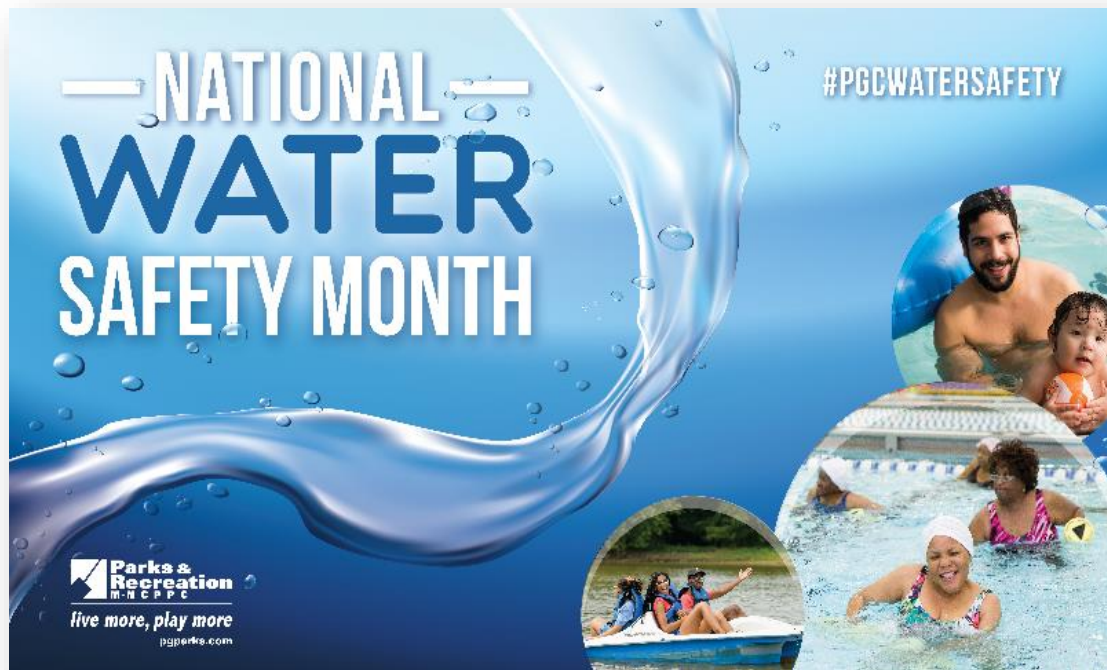
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 Visit [pparks.com](http://pparks.com)





live more, play more

# National Water Safety Month



# So what's next...

## Post COVID-19

- Stay informed of local, state, national guidance on reopening
- Pay close attention to CDC guidance on cleaning & disinfection
- Stay abreast of parks and recreation specific recommendations offered via State and National Associations
- Utilize **NRPA's Path to Recovery** Guidance via [www.nrpa.org](http://www.nrpa.org) to assist with developing your plan
- Rely on national networks of Parks and Recreation Professionals for recommendations and information sharing



*live more, play more*





# Path to Recovery

As communities begin to see reductions in virus transmission, local park and recreation professionals are developing plans for reopening spaces, facilities and programs impacted by the coronavirus disease 2019 (COVID-19) pandemic. Agencies should adhere to all federal, state and local guidance, including meeting a set of outlined indicators and gating criteria prior to implementing a phased approach that prioritizes public health and safety when reopening. Park and recreation professionals should recognize that phased reopening plans will not be an immediate return to normal operations, rather, they should include additional mitigation measures to maintain states of low to no community transmission.

Agencies should consider in their plans how they will support adherence to CDC's personal protective guidance, including recommendations on physical distancing, wearing face coverings where physical distancing is challenging, encouraging proper hygiene, etc. Plans should also identify further mitigation and control measures that can be adjusted as the situation changes as well as incorporate communication procedures and emergency response.

1. Creation of a Cross-Sector Recovery Team
2. Meeting Essential Public Health Indicators
3. Assessing the Risk of Spaces, Facilities and Programs
4. Centering Health Equity in Recovery Efforts
5. Phased Reopening Planning – Gradually Restoring Operations to Protect Public Health
6. Specific Guidance for Common Park and Recreation Spaces, Facilities and Programs
7. Developing a Communications Plan
8. Staff Training and Measures to Protect Staff and Public
9. Cleaning and Disinfection Practices
10. Managing Contracts and Vendor Relationships to Ensure Safety
11. Securing Critical Supplies
12. Evaluating and Informing Emergency Plans
13. Resource Database – National and Local Reopening Resources


## Contact Us

General inquiries, please contact NRPA Customer Service, 800.626.NRPA (6772) or [customerservice@nrpa.org](mailto:customerservice@nrpa.org).

Members of the media with inquiries or interview requests should contact:

Suzanne Nathan, Public Relations Manager, at 703.858.4748 or [snathan@nrpa.org](mailto:snathan@nrpa.org).

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# Specialty Resources for Post COVID-19

Refer to guidance from national organizations...

**USA Swimming** – [www.usaswimming.org](http://www.usaswimming.org)

- Facility Reopening, Messaging, and Planning Guidelines

**US Tennis Association** – [www.usta.com](http://www.usta.com)

- Coronavirus: COVID-19 Tennis Program Updates

**USA Gymnastics** – [www.usagym.org](http://www.usagym.org)

- Coronavirus (COVID-19) Updates and Resources

**US Ice Rink Association** – [www.usicerinks.com](http://www.usicerinks.com)

- Covid-19 Information Page

**US Golf Association** – [www.usga.org](http://www.usga.org)

- Covid-19 Resource Center



UNITED STATES TENNIS ASSOCIATION



# Re-Engaging Minorities in Aquatics

## A Reminder of the Alarming Drowning Statistics Impacting “Our Community”...

- Drowning claims the lives of approximately 3,500 people per year, with nearly 25 percent being children under the age of 14.
- The problem is particularly prevalent in ethnically diverse communities, where the drowning rate is almost three times the national average.
- 64% of African-American, 45% of Hispanic/Latino, and 40% of Caucasian children have few to no swimming skills.
- African-American children between the ages 5-19 drown at a rate nearly 5.5 times higher than their Caucasian peers.

# Re-Opening Planning Utilizing an Equity Lens...

- Continue to promote water safety & learn-to-swim programs
- Reassure the community that they will be safe returning to your facilities
- Share new procedures broadly and in multiple languages
- Work to minimize barriers
- Promote equitable access and admission procedures
- Develop programs that encourage family participation



# Questions?



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