



REVISED Exercise and Recreate Close to Home

Date: May 21, 2020

From: Andrew Woodruff, Public Health Director, Todd Johns, Plumas County Sheriff, David Hollister, Plumas County District Attorney

The Governor's March 19, 2020 COVID-19 executive order directed all Californians to stay at home. The order also recommended going outside for fresh air or to take a walk. While exercise and recreation are essential to personal health and wellbeing, Plumas County's Public Health and law enforcement departments remind everyone to continue practicing protective measures whether you are enjoying the outdoors or are in town on an essential trip. After making great strides in slowing infection rates and bending the curve these past weeks, we cannot let our guard down against this virus. If we do, we could easily put ourselves, our families, our communities and our health care system at risk. Therefore, Plumas County's Public Health and law enforcement departments urges everyone to exercise or recreate close to home while following essential safety and social distancing laws.

General Protective Measures

Wherever you are, it is important to use good personal protective measures. Avoid recreating in groups. Maintain social distancing of 6 feet at all times. Avoid crowded areas like trailheads and parking lots. Wash your hands and use hand sanitizer often. In short, enjoy the outdoors but do it in a safe, isolated, and individual manner.

Activity-specific guidance

During the COVID-19 stay at home order, you may wonder what recreation is allowed, and how to do it safely. Here are some tips to help guide your close-to-home recreation choices:

- Snow sports. Practice snow sports and activities like snowmobiling or cross country skiing individually or in small household groups. Avoid other groups and observe strict social distancing at trailheads, picnic areas and parking areas.
- Court sports. Avoid any activity with shared equipment or that requires close contact with others.
- Boating and fishing. Follow all state regulations for safe and legal activities. Avoid crowded boat ramps or fishing areas. Find another place to recreate if you don't have several yards between you and your neighbor.

- Camping and RV Parks. Camping is not permitted until campsites are opened. Season-long rentals, essential workers and those who are recreating close to home are permitted at RV parks. RV Parks should not have any activities that promote social gatherings.
- Hiking, biking and horseback riding. Avoid crowded trailheads. If you meet someone on a trail, don't stop to talk. Give plenty of space to allow passing at a safe distance.

In summary, recreate close to home and minimize traveling significant distances. Everyone can walk, run, hike and bike close to home. Always practice social distancing, frequent handwashing and wear a face covering while in public places.