The City of Edmonton is taking a phased and balanced approach to relaunch efforts. Starting Friday, May 22, playgrounds, skateparks, tennis, pickleball, volleyball and basketball courts, disc golf, outdoor fitness parks and athletic tracks will begin reopening.

**SPORTS FIELDS / ATHLETIC TRACKS**

**What Can I Do?**
- Sports training, dryland training, skills practice
- With my household or cohort, games of:
  - Baseball, and other diamond sports
  - Football
  - Cricket
  - Lacrosse
  - Soccer
  - Rugby
  - Field Hockey
  - Ball Hockey

**What Can’t I Do?**
- League play
- No scrimmages or pick up games with people outside your family or cohort

**How can I do things there?**
- Take measures to ensure no accidental contact between participants
- Make sure participants do not touch the same ball or equipment with their hands
- Bring my own hand sanitizer and water

**SPORT COURTS**

**What Can I Do?**
- Tennis, singles
- Pickleball, singles
- Disc golf
- With my household or cohort:
  - Tennis, doubles
  - Pickleball, doubles
  - Badminton, doubles
  - Basketball
  - Volleyball

**What Can’t I Do?**
- League play

**How can I do things there?**
- Bring my own marked equipment to play with (e.g. marked tennis balls) and only touch that equipment
- Come back another time if the courts are busy, or try another court
- Bring my own hand sanitizer and water

**PARKS AND OPEN SPACES**

**What Can I Do?**
- Picnics / barbecues
- Use the trails
- Paddling, singles
- Kicking a ball
- Informal stick sports (e.g. shooting, passing)
- With my household or cohort:
  - Frisbee
  - Lawn bowling
  - Horseshoes
  - Bocce ball
  - Paddling

**What Can’t I Do?**
- League play

**How can I do things there?**
- Consider wearing a mask to limit the risk of spread to others
- Bring my own hand sanitizer and water
- Take measures to ensure no accidental contact between participants
- Make sure participants do not touch the same ball or equipment with their hands

**SKATEPARKS**

**What Can I Do?**
- Skateboarding
- BMX riding
- Push scooters
- Inline skating

**How can I do things there?**
- Wait my turn to use ramps, bars, etc.
- Consider wearing a mask to limit the risk of spread to others
- Bring my own hand sanitizer and water

**PLAYGROUNDS / FITNESS PARKS**

**What Can I Do?**
- Playgrounds
- Fitness parks

**How can I do things there?**
- Bring my own hand sanitizer and water
- Visit the one in my neighborhood
- Encourage children not to share toys and limit contact with others
- Ensure children wait turns to use slides, tunnels and other equipment

**WHAT ARE THE RULES?**

- Gather in a group less than 50 people
- Maintain 2 metres from others not in my household or cohort
- Only share common equipment with my household or cohort
- Stay home if I am experiencing symptoms (go home if I develop symptoms)
- Wash or sanitize my hands and cough/sneeze into my elbow or a tissue
- Disinfect your sports equipment before and after use

*(in accordance with CMOH Orders 18-2020, 20-2020 & 07-2020 and Guidance for Outdoor Recreation and Playgrounds)*