

## **Guidance on use of Stratham Hill Park and Open Space Properties in Stratham**

We hope to be able to keep the Park open to the public during this time of COVID-19, please note the message from the National Recreation and Park Association regarding public usage of park facilities:

"Concerns about the coronavirus disease 2019 (COVID-19) outbreak continue to grip our nation. As organizations that support the power of parks and open spaces as essential resources for health and wellness, we understand that people may have questions and concerns about visiting their local parks, trails or open spaces at this time.

The Centers for Disease Control and Prevention (CDC) has flagged mental health as a top concern associated with the COVID-19 outbreak. We recognize that social distancing may take a toll on our mental health, especially during high-stress and anxiety-producing global public health emergencies. We also know that parks provide a connection to the outdoors and green space as well as opportunities for physical activity which studies demonstrate reduces stress and improves mental health.

We believe that many parks, trails and open spaces can continue to be used in a safe manner that allows people to enjoy the mental and physical health benefits these spaces provide. In all instances, we recommend people follow local, state and national ordinances and guidelines regarding the use of these spaces and recognize that these vary from community to community."

- Refrain from using parks or trails if they are exhibiting symptoms.
- Follow CDC's guidance on personal hygiene prior to and during use of parks or trails.
- Prepare for limited access to public restrooms or water fountains (currently closed at Stratham Hill Park).
- Dogs must be on leash at Stratham Hill Park and Town Forest.
- While on trails, warn other users of their presence and as they pass, and step aside to let others pass.
- Follow CDC guidance on the recommended size of social gatherings including outdoor picnicking, pick-up sports and other group hangouts, and maintain proper physical distance at all times.
- Observe CDC's minimum recommended social distancing of 6 feet from other individuals at all times. If this is not possible, users should find an alternate location or depart that space

Please also add that dogs must be on leash at Stratham Hill Park and Town Forest.

Seth Hickey

Town of Stratham

Parks and Recreation Director

Cell Phone (603) 997-1766

<https://www.strathamnh.gov/parks-recreation>