



**CITY OF PELHAM PARKS AND RECREATION  
USING PARKS, TRAILS, AND OPEN SPACE WHILE MAINTAINING SOCIAL DISTANCING**

The City of Pelham joins more than 500 groups nationwide to support safe use of parks and trails during COVID-19 outbreak. Open spaces and trails at Pelham City Park, Fungo Holler Park, Coker Park, Carrol Park, and Creekview Neighborhood Park remain open for citizens to enjoy.

“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.”

While all City of Pelham park playgrounds, dog park, basketball courts, and sand volleyball courts are closed we encourage users to follow these recommendations when using park open spaces and trails.

- Refrain from using parks or trails if you are exhibiting COVID-19 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.
- While on trails, warn other users of your 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.
- Consult local and state ordinances and guidelines for the most-up-to date recommendations on park and trail use.



Image Credit: National Recreation and Park Association (NRPA) [www.nrpa.org](http://www.nrpa.org)

Joint Statement on Using Parks and Open Space While Maintaining Social Distancing. Retrieved from <https://www.nrpa.org/about-national-recreation-and-park-association/press-room/NRPA-statement-on-using-parks-and-open-space-while-maintaining-social-distancing/>.

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