It’s important to exercise, play, and enjoy the outdoors during shelter in place—and to protect against spread of COVID-19 while you do. The County’s May 4 Shelter in Place Order keeps most rules for recreational activities in place and lets some additional low-risk outdoor activities resume. Here’s what you need to know.

General requirements for recreational activities:

- *No sports or recreational activities except solo or with members of your household.*
- No use of recreational areas or facilities outside your home that have high-touch equipment or encourage gathering (like playgrounds, picnic and barbecue areas, dog parks, climbing areas, pools, and other facilities listed below). These cannot be open.
- No use of indoor recreational facilities, like fitness gyms, except in your own home. If a recreational center is primarily made up of outdoor areas where recreational activities are allowed (like an athletic field), the public can only use this outdoor portion, and all business and transactions involving the public must take place outdoors.
- No sporting events, team sports, or sports practices/classes, and no spectating.
- Strictly comply with Social Distancing Requirements in the May 4 Order (including keeping 6 feet social distance from people not in your household) and any Social Distancing Protocols posted onsite.
- Abide by any restrictions for the area you visit to reduce crowding and prevent spread of COVID-19. If crowding becomes a problem, people may be told to spread out or leave.
- Follow the Critical Guidance for Face Coverings. You do not need to wear a face covering when exercising, but have one with you and ready to use.
- Confirm the activity is allowed under the State’s Stay Home Order. Even if the County allows it, the State might not.

Use of parks and open spaces:

- You can visit parks and open space areas, so long as you follow any restrictions put in place to reduce crowding and prevent spread of COVID-19.
- Some areas may be closed or restricted to the public. Check the website or call before you visit.

No rentals:

- No rentals of sports or recreational equipment (other than bicycles or scooters for essential travel). When you go out to play sports, take your own balls, bats/racquets, and other equipment. Do not share them with anyone outside your household.
If you follow all these rules, you can do a variety of outdoor exercise and recreation activities alone or with members of your own household, including but not limited to:

- Archery ranges and gun ranges
- Baseball, softball, cricket, and batting cages
- Bicycling
- Boating, canoeing, and kayaking
- Fishing
- Frisbee and frisbee golf/disc golf
- Football
- Golf (following the rules in the State's Stay Home Order) and driving ranges
- Hiking and trail running
- Horseback-riding
- Kite-flying
- Paddle-boarding, kitesurfing, and windsurfing
- Roller-skating and roller-blading
- Skateboarding, including at a skate park
- Soccer
- Swimming and surfing in the ocean and lakes (if allowed in the area you visit)
- Tennis and other outdoor racquet sports
- Track and field activities
- Volleyball
- Walking, jogging, and running
- Yoga, Tai Chi, and similar activities

These recreational facilities remain closed under the order, and cannot be used:

- Bowling alleys
- Climbing walls and gyms, and outdoor bouldering/climbing areas
- Dog parks
- Gyms and fitness/recreation centers
- Ice hockey, ice-skating, and roller-skating rinks
- Indoor tracks
- Martial arts studios
- Mini-golf courses
- Picnic and barbecue areas
- Playgrounds and outdoor fitness equipment
- Spas, saunas, and steam rooms
- Studios for yoga, Pilates, gymnastics, or dance
- Swimming pools and water sports facilities.