



**PARKS AND
RECREATION**

HELP PREVENT THE SPREAD OF COVID-19 AT FITNESS ZONES

GUIDANCE FROM THE COUNTY OF LOS ANGELES



LIMIT VISITING TIMES

LIMIT TIME IN FITNESS ZONES TO 30 MINUTES.



FACE COVERINGS REQUIRED

FACE COVERINGS ARE REQUIRED AT FITNESS ZONES AND PARKING AREAS FOR ANYONE AGES 2 AND ABOVE.



PRACTICE PHYSICAL DISTANCING

PROVIDE SPACE OF AT LEAST 6 FEET, OR ABOUT TWO ARMS' LENGTH, AT ALL TIMES. CHILDREN MUST BE MONITORED BY AN ADULT.



NO FOOD OR DRINK

AVOID EATING OR DRINKING NEAR OR IN FITNESS ZONES.



WASH HANDS FREQUENTLY

WASH HANDS WITH SOAP AND WATER FOR AT LEAST 20-30 SECONDS. BRING HAND SANITIZER.



STAY HOME IF YOU ARE NOT FEELING WELL

STAY HOME IF YOU ARE EXPERIENCING SYMPTOMS OF RESPIRATORY ILLNESS (FEVER, COUGH, SHORTNESS OF BREATH, DIFFICULTY BREATHING, ETC.). ELDERLY AND THOSE WITH UNDERLYING CONDITIONS SHOULD AVOID FITNESS ZONES.

USE AT YOUR OWN RISK!

www.burbankca.gov/covid19 | 818.238.5300

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