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COVID-19 UPDATE

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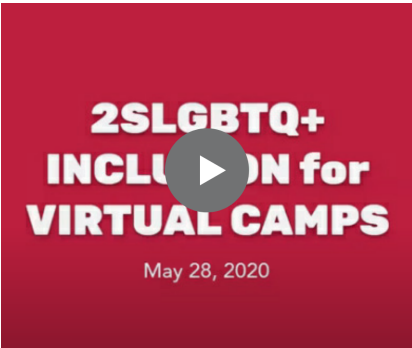
- The province released the [Phase 2 Reopening plan](#) which has already come into effect in some regions. This allows some recreational facilities to reopen (to allow for camps for example) and indoor and outdoor pools, and splash pads to open.
- The Ministry of Health released [the guidelines](#) for Summer Day Camps.
- Government extends [Emergency Orders](#) until June 30

RESOURCES

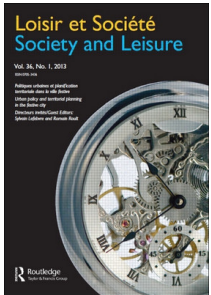
To Watch

2SLGBTQ+ Inclusion for Virtual Camps

Many camps are pivoting to offering programs in virtual spaces. Virtual spaces present unique challenges when it comes to creating and maintaining supportive and engaging communities. This is especially true for 2SLGBTQ+ individuals who face higher incidents of mental health concerns and who may not live in a supportive environment. Hosted by the [Pride Camping Association](#), the following recorded webinar shares easy and effective tips that any camp can use to create virtual spaces that are inclusive for 2SLGBTQ+ campers, staff and families.



To Learn



Let's (not) meet at the pool: A Black Canadian social history of swimming (1900s–1960s)

While sport has been touted as a bridge for racial equality, racial discrimination has been as present in recreational and sporting spaces as in any other public spaces. Discrimination in these spaces can thus inform racial relations in a society. Few Canadian studies have been conducted on the development of racial discourses in the context of recreational spaces, especially from a historical perspective. Using Black Canadians' swimming practices in the first half of the twentieth century as a lens, this paper examines racial discrimination through public recreational spaces.

[Click here](#) to read the article.

To Do

CPRA Webinar - Today at 12 pm

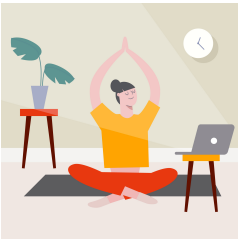


The CPRA is hosting a six-part series on reopening parks and recreation facilities. The second webinar in the series is taking place today, Thursday, June 18 at 12:00 EDT on the topic of Reopening Aquatic Facilities. During this hour-long webinar, you will hear from aquatic professionals on the changes to new guidelines for opening pools and splashpads.

[Click here](#) to register for the webinar. The webinar will also be available on the CPRA website following the presentation.

PHYSICAL ACTIVITY CORNER

Tips and tricks for staying active and healthy while practising physical distancing at home



How cautious should we be about exercising while wearing a face mask? Athlete Lindsay Bottoms tested the oxygen levels when exercising with a mask and discovered that wearing a face mask under her fencing mask reduced her oxygen level to around 17% – the equivalent of exercising at 1,500 m. From this experiment, she concludes that any further decreases in oxygen concentration – by exercising longer or harder – could increase the effect on the physiological responses to exercise, causing altitude-sickness symptoms such as dizziness or headache. [READ MORE](#)

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