



Pathway to Recovery: Wellbeing and Resilience

September 2020

COVID-19 Resource Document
for Parks and Recreation, Planners, & Public Health Field

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Introduction

The COVID-19 Pandemic has been a globe altering event, forever re-shaping the future of parks and recreation services. As many countries and cities prepare to ease lockdown restrictions and 'stay at home' orders to reopen economies, the need to focus on investment in urban green spaces is more critical than ever. This global crisis has highlighted how integral parks are to urban residents' mental, physical, and social wellbeing. However, COVID-19 has also revealed the disproportionate vulnerabilities that certain populations and communities have faced - communities of color, the elderly, and historically under resourced communities where a lack of access to parks, green space and health too frequently still exist. Therefore, we must take this opportunity to create lasting change in our cities across the globe.



World Urban Parks Pathway to Recovery: Wellbeing & Resilience document is a live updated international guide of resources, insights and community perspectives. This document aims to help connect parks agencies, community organizations, individuals, cities, and park conservancies to better navigate a path towards recovery, equity, wellbeing, social justice and resilience in response to the COVID-19 pandemic. This document outlines key principles and partnerships cities should consider and incorporate as they approach a 'post-COVID-19' recovery period. A practical guide 'Path to Recovery Framework' for the Park and Recreation field is incorporated (as developed by the United States' National Recreation and Parks Association (NRPA)).

This document also takes the opportunity to envision 'Design as critical to Health' in specific reference to greenspaces, and encourages us to reimagine and incorporate a more 'health design' centered framework when designing our cities and engaging in greenspace design.

We recognise that there are many unknowns and many challenges of this Black Swan event ranging from positive and negative impacts of climate change, equity, and understanding the relationship between ecosystems of high ecological integrity (i.e., healthy nature/parks) and the reduction in the likelihood of emergence and spread of zoonotic diseases. However, we must take action and look forward to building a brighter and more resilient future for the next generation.

We are in the midst of a global environmental and public health crisis, now is the time to realise the synergies between public health, nature conservation and climate change adaptation. If we truly want things to be different, then it is time to make equity, wellbeing, nature conservation, climate change adaptation and health priorities in long term urban policy and planning.

Meeting Essential Public Health Indicators

As Park and Recreation professionals, Park Departments, and Conservancies contemplate a “post COVID-19” parks and greenspaces look like, thoughtful and methodical approaches that protect public health and safety should be integrated when reinstating operations as well as reopening certain spaces.

Below is a list of World Health Organization’s Core Public Health indicators that communities impacted by the COVID-19 Pandemic should meet as they begin transitioning to a phased reopening approach. Please also consistently refer to your local government and public health guidelines, to better inform and understand the necessary measurements that need to be in place to help draft the safest phased reopening plan.

According to the [World Health Organization](#), communities should meet the following six indicators prior to lifting mitigating measures.

1. Confirming that transmission of the virus has been controlled
2. Ensuring the health systems are capable of testing, isolating and treating every case of COVID-19 and tracing every contact
3. Making sure that outbreak risks are minimized in health facilities and places that serve vulnerable populations
4. Putting preventative measures in workplaces, schools and other essential places
5. Managing and assessing the risk of imported cases from travelers via a combination of measures
6. Fully educating, engaging and empowering communities to adjust to these critical measures as part of everyday life (as seen on [NRPA Meeting Essential Public Health Indicators Page](#))

Individual Behaviour Guidelines in Parks

Below are general guidelines for how individuals should behave in greenspaces: Do not use parks or trails if you are feeling ill and/or are exhibiting symptoms, or have been exposed to someone who has tested positive for COVID-19.

1. Follow public health guidelines: It is still critical that individuals follow local public health guidelines and practice safe “physical distancing” in accordance with national and/or local guidelines (generally 6 ft or 2 m).
2. Wear a face mask/covering.
3. Recreate locally: Recreate within easy walking distance of your home (if you are able to and have access).
4. Practice good hygiene: Use hand sanitiser when out and wash hands frequently.
5. Keep your group size small: Try to recreate with people from your own household and do not recreate in large groups.
6. Leave no trace: Respect the green spaces you visit and be mindful of your impact. Please take your litter home and ensure proper disposal.
7. Keep dogs on leads



Key Principles

As organisations shape their Recovery Plans, they should be developed around the following Key Principles: meeting public health indicators, parks as key health indicators, integrate sustainable development goals, developing partnerships, and focusing on design as critical to health to ensure the best social, environmental and economic outcomes and achieve the concept of ‘Parks for All’. It is critical that COVID-19 responses advance not only the restoration of nature and support climate adaption, but the intentional integration of more nature and green spaces into communities that lack them, as well as foster a more resilient planet that promotes health and wellbeing for all.

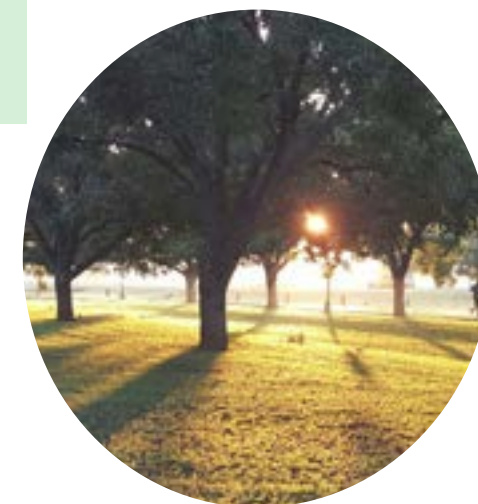
Cities have an opportunity to incorporate these Key Principles into their policies and frameworks to create more equitable, liveable, resilient, and healthy cities for all.



1. Parks as Key Health Indicators

Prior to the COVID-19 pandemic cities were facing global health crises - obesity, diabetes, rising stress, anxiety, depression, social isolation, and increasingly sedentary lifestyles etc. There is newfound interest in amplifying the critical role that parks can play in addressing today’s most pressing global health challenges and provide essential infrastructure and services during this time of crisis and recovery.

The valuable role that parks play in serving as spaces for restoration, physical activity, and social wellbeing has been especially apparent during the time of COVID-19. The notion of parks being [critical public health and essential infrastructure](#) is receiving increasing recognition and support. It has highlighted, more than ever, the need for greenspaces, for the health and wellbeing of people and the planet. In many cities, parks are the only significant forms of nature that can be readily accessed and enjoyed by urban residents. In the U.S, NRPA found that “eighty-three percent of U.S. adults agree that visiting their local parks, trails and open spaces have been essential for their mental and physical well-being during the COVID-19 pandemic”. However, these resources are not equally experienced. The urban environment affects health through myriad ways including the built and social environment. There is growing acknowledgement that poor urban design can contribute negatively to people’s health and wellbeing, and exacerbate stress and anxiety. One way that we can design urban places that improve health and wellbeing is by understanding the power and impact that parks can have.



Learn more about NRPA’s Data Points and definitions that amplify the critical role of parks and recreation during COVID-19



Park Benefits

Green Exercise: Parks offer opportunities to engage in physical activity, which can reduce or prevent serious health problems

Promote longevity: A [study in Japan](#) found that elderly people who live closer to green spaces tend to live longer

Alleviate stress & boost mental health: A daily 20 to 30 minute urban nature experience is the most efficient duration to provide restoration from stress

Improve quality of life for vulnerable populations: the health benefits of being near urban green spaces can play a meaningful role in wellness and quality of life for the Elderly. Older people benefit from engagement with outdoor environments in three main ways: participation in outdoor physical activity, better mental health and function, and social interaction with others. ([Nature Sacred](#)).

Reduce Air Pollution: According to a [recent Harvard study](#), pollution can cause higher death rates from COVID-19 since the disease is a respiratory illness. Pollution affects the lungs, which emphasizes the need for more green space. With more natural areas, air contamination can decrease, and individuals can stay at a low risk for contracting the virus.

Social Connections: Parks allow for individuals to socially interact and connect with individuals, staving off loneliness.

Comfortable climate: Green and blue infrastructure can help to mitigate heat stress by providing shade and cooling.

Parks can help address health inequities: investing in under resourced communities can help mitigate [urban stressors and promote wellbeing](#). Access to parks and green spaces have the most dramatic positive impact on the [most vulnerable](#) – young, old, communities of color and low-income.

2. Wellbeing Indicators - 'Healthy Cities'

Designing cities that focus on wellbeing is a multifaceted process, but investment in green spaces is a critical component. [The World Health Organisation \(WHO\)](#) defines “a healthy city” as one that offers “a physical and built environment that supports health, recreation and wellbeing, safety, social interaction, easy mobility, a sense of pride and cultural identity, and that is accessible to the needs of all its citizens.” Therefore, cities must consider how wellbeing indicators contribute to fostering healthier cities.

Cities that conceptualize parks as critical green infrastructure and part of a larger sustainable city system (ex. active transportation on roadways and through parks) and choose to focus on wellbeing indicators are proactively and positively contributing to individuals and communities physical and mental wellbeing. Abundant, diverse and well-maintained green spaces are important features of a healthy and resilient city. Connect wellbeing to resiliency - Urban green space is critical in addressing climate change. Parks are green infrastructure that support urban cooling, biodiversity, stormwater management, and more. Parks also help build social resiliency by providing spaces for communities to come together. .

Consider some of the following wellbeing Indicator resources and Healthy City Strategy resources that are being implemented across the globe.

[OECD Better Life Index](#) - This index allows you to compare well-being across countries, based on 11 topics the OECD has identified as essential, in the areas of material living conditions and quality of life.

[Well Being in the Nation \(WIN\) Network](#) - This resource outlines a set of vital conditions for well-being including both social factors and individual factors for people to thrive.

[“Healthy City Strategy in Vancouver](#) - The City of Vancouver in Canada has started implementing a “Healthy City Strategy” that includes a goal to have all residents live within 400 metres of a park. It also wants at least 18 percent of the city’s land area to be covered by tree canopy.

[Active City: Designing For Health - City of Toronto](#): This focuses on the city’s built environment to create healthy places that encourage active living for all Torontonians. This report outlines design principles to guide changes to neighbourhoods, streets and buildings so that physical activity becomes a regular part of everyday life for more people.

[Inclusive Healthy Places - Gehl Institute](#) - The Inclusive Healthy Places report introduces tools for evaluating and creating public places that support health equity.

[Healthy Liveable Cities Group: RMIT University - Centre for Urban Research](#) Focus is on “conduct(ing) innovative interdisciplinary and collaborative research that advances understanding about the connection between health and urban planning to inform and improve policy and practice on how to plan and build healthy, equitable and sustainable cities”

[Toward More Physical Activity in Cities](#) - WHO Regional Office for Europe describes strategies for promoting physical activity in cities through the enhancement of public spaces.

[The Centre for Urban Design and Mental Health’s](#) - Resources regarding ways in which urban design can help improve mental health -

[Integrating health in urban and territorial planning: A sourcebook](#) (pg 13) - Is designed to guide decision makers from the public health, urban and territorial planning sectors including planners, city managers, health professionals and others towards developing cities planned and built with a focus on human and environmental health Collaborative report between UN-Habitat and the World Health Organization.



3. Sustainable Development Goals

When paving a pathway to recovery in response to COVID-19 it is essential that governments and park professionals consider how the United Nations Sustainable Development Goals (SDGs) fit within this framework.

The SDGs address the global challenges we face, including those related to poverty, inequality, climate change, environmental degradation, peace and justice. The 17 Goals are all interconnected and timebound to 2030. Efforts to create greener and healthier cities seamlessly align with the SDGs. For instance, urban planning strategies and green spaces strategies can contribute meaningfully to ending poverty (1), making cities and human settlements inclusive, safe and resilient (11), taking action to combat climate change (13), and conserving life on land (15).



SUSTAINABLE DEVELOPMENT GOALS



4. Partnerships

As park professionals assess the reopening of many facilities and continue to support parks in a post COVID-19 time it is critical that they avoid creating recovery plans in silos. “Work collaboratively with a variety of sectors, organizations, and leaders to inform recovery plans. These key stakeholders will help to bring strategic thinking, knowledge, resources, and diverse perspectives to the table, ensuring that recovery plans leverage resources and capacities, and are thoroughly vetted and in alignment with all public health guidance. Working collaboratively also provides an opportunity to ensure that like-minded organizations are adopting shared plans, guidance, and messaging.” [\(NRPA - PARTNERSHIPS\)](#)

Increase the visibility of issues related to local health and wellbeing and the role parks play and will continue to play. Use this opportunity, to position parks as critical public health and civic infrastructure that need continued and increased investment. Creating cross-sector, cross-agency, and local partnerships fosters an environment where comprehensive park investment, maintenance, programming, and innovative design can take root.

Advocate for equitable funding strategies and tools - [Investing in Equitable Urban Park Systems: Emerging Strategies and Tools](#). It is integral to put wellbeing at the center of urban policies.



| Cross Sector Partnerships | Businesses | Not for Profits |
|---|--|----------------------------|
| Urban Planners Landscape Architects Conservationists Public Health Professionals Water Departments Healthcare Education | Consultants Product Developers (ex. Playground equipment) Asset Management Local Businesses | Program & Service delivery |



| Community | Government |
|---|---|
| Parks & Recreation Departments Community Advocates | Strong political leadership and political will in adopting a overarching health, wellbeing, and sustainable development framework |

5. Understanding Changed Community Use & Perceptions in response to COVID-19

In many cities across the globe, urban residents flocked to city parks as a vital respite from the anxiety, grief, social isolation and stress associated with COVID-19. There is now a renewed realization of the importance of parks as critical green and public health infrastructure. However, the extent to which COVID-19 has shifted our relationship and perception with urban green space is difficult to discern. There has been a distinct emphasis on the role that parks and urban green spaces play for individuals’ mental health during this time. Individuals were encouraged to think hyper locally and consider visiting parks that were within walking distance. In many instances, people may have discovered new local green spaces and gained a newfound appreciation for a variety of greenspaces. There is newfound pressure on city governments to continue to support and invest in accessible and high quality greenspace.

Communities are using parks in creative ways, from engaging in individual physical activity, bird watching, meditating, forest bathing, or simply going for a run. Additionally, people are less likely to contract COVID-19 in outdoor spaces compared to indoor spaces. Still, individuals have had to adopt ‘physical distancing’ measures while recreating in parks. Physical distancing will continue to play a pivotal role in the uses of city parks. Additionally, it was not advised to congregate in large groups, and touch park facility surfaces. Park and playground usage for children has had to shift as well, as many playgrounds were closed during COVID-19.

COVID-19 has also pointed out in many instances the inequitable distribution and safe access to quality urban greenspaces. Brookings Institution researchers found that in the U.S, at the metropolitan-area level, “regions with lower park access tend to have higher poverty rates.” Additionally, urban parks are often smaller in size and located in higher density areas, creating park crowding and making it more difficult to maintain physical distance in local greenspaces.

Limiting access to nature is one of many ways that coronavirus is heightening existing social disparities. This virus has emphasized the need to continue to expand park access, and invest in the maintenance of these spaces as well. It has led to increased understanding of City parks as critical urban green infrastructure and the human need for these spaces.



[Check out NRPA Parks Snapshot survey data to learn more about changed community park use and perceptions in the US during COVID-19.](#)

Example
More than 190 million U.S. residents visited a park, trail or other public space at least once during the first three months of the pandemic.



Examples

[The Impact of COVID-19 on Public Space: A Review of the Emerging Questions](#) - “article aims to highlight emerging questions at the interface of COVID-19 and city design. It is possible that the COVID-19 crisis may fundamentally change our relationship with public space. In the ensuing months and years, it will be critical to study and measure these changes in order to inform urban planning and design in a post-COVID-19 world.”

- See a demand for smaller greenspaces and focus on neighborhood parks
- Create more spaces for individualized and introspective experiences
- Importance of a decentralized network of greenspaces
- Potential of unused spaces such as brownfield sites and building rooftops

6. Design as Critical Health

As we look towards the future, COVID-19 may present an opportunity to integrate a health perspective into planning in new ways and foster more equitable, sustainable, and healthier cities. We encourage you to take this time to think creatively, re-examine current practices, and develop new ideas. Cities need to be designed to accommodate the needs and patterns of a wide diversity of people to ensure the wellbeing of all. Urban policies need to be designed within this “framework that recognizes people as living diverse social realities and addresses inequality and discrimination as key factors in creating wellbeing in people’s lives”. It is critical moving forward that high quality well designed nearby nature experiences that foster better health and wellbeing are a top priority. There is an opportunity to challenge our thinking around what urban nature and parks can be and incorporate health as a mainstream planning vision.

Embed Equity into Parks

COVID-19 has provided an important opportunity for park and recreation professionals, urban planners, public health, government agencies, etc. to examine existing park policies, access, and design with an equity lens. Ask the following questions: How can parks better serve communities, improve their health, improve their environment, and support social wellbeing? How can organizations prioritize quality park access and greenspace in communities that lack them?

Equity: Access to urban greenspaces for all is of critical importance in order to support the health and wellbeing of all communities. Every individual should have equal opportunity and access to quality urban greenspaces.

Design with Restoration in mind

Design spaces that allow for restoration and respite, and tranquility. “A restorative environment should be visually stimulating; it should include the nuanced complexity and opportunity to access information about one’s surroundings that is experienced in well-designed gardens and parks. An environment that readily supports one’s movements and intentions is also more likely to move your body from a stressed state to a relaxed state. A restorative green space should have slower movement in the visual field, and sensory stimulation that one associates with pleasant memories.” (Nature Sacred) [Research and Design Guidelines + Scientific Principles: Therapeutic Gardens](#)

Design spaces for multi generations

Children Right to Play’: Consider the vital importance of ‘play’ and nature play for children and design flexible spaces for children that help. Design Recommendations: conduct research and co-design with children and young people; create opportunities for flexible and challenging play; capture the history and characteristics of place, maximise the use of natural features and green.

Partner with Community

Involve the local community in the development and design process of the space- have community led projects.

Design as a health prevention

There is a sincere impetus for this work as an opportunity to help prevent or improve rising rates of stress and anxiety in urban populations ie. [forest bathing](#). Invest in programmes and projects in Parks that support public health outcomes.

Design with social/physical distance in mind

Part of the challenge is that many favorite and most notable parks are crowded by design. Consider the width of the trails, the diversity of users and activities.

Design with multiple uses and users in mind

Allow for passive and active activities. Consider [ChangeLab Solutions: Complete Parks Indicators A systems Approach to assessing Parks](#)
[Healthy Parks Healthy People - Parks Victoria](#)

Design as Critical Health Continued

Value all variety and sizes of greenspaces

Invest in the local parklet, small garden space, local neighbourhood park. From smaller, urban pocket gardens to more expansive destination parks. Think hyperlocal and create meaningful spaces. Investing in new parks can help incorporate nature into a community, as can smaller-scale interventions like greening sidewalks and public spaces.

Think Hyperlocal

Create opportunities to connect with nature within walking distance of homes; integrate parks, greenspaces and trails throughout cities; and make interconnections to these spaces across and through cities rather than simply as destination spaces.

Design Accessible and Inclusive Parks for All

Importance of Inclusive design for all abilities -“inclusive design to provide access to public spaces for the widest range of people, regardless of age, disability and circumstance.”

Consider the following resources: [Sensory Trust](#) (UK) and [Universal Design: Parks and Plazas](#) (ASLA).

Focus on mobility and accessibility to the park

The journey to the park must be safe and accessible to all. Create additional walking and cycling apace along key routes to park entrances that allow for greater accessibility. Design streets that can be “dynamically rebalanced” to allow for more walking, biking and running when needed”

Activating & Programming Parks that meet Community need

Parks and recreation provide a vast array of services - everything from access to healthy foods, community gardens, outdoor exercise classes, youth programming, etc. Design of green spaces should focus on core programming and services that meet immediate community needs

Center for Active Design: Civic Design Guidelines

[Center for active design created a comprehensive resource guide/playbook for creating well-designed and well-maintained public spaces as a force for building trust and healing divisions in local communities. Here are some highlights from the report.](#)

- 1. Enhance Community Connection**
 - Expand Transportation options
 - Focus on walkability and pedestrian friendly streetscape
 - Create comprehensive pedestrian network
- 2. Prioritize maintenance**
 - Clean up Vacant Lots
- 3. Incorporate Nature**
 - Celebrate unique natural assets
 - Consider community gardening
 - Maintain urban greenery
- 4. Celebrate Community Identity**
 - Use local Art and artists
 - Connect to diverse local cultures
 - Preserve and repurpose Historic Assets
- 5. Make Public Spaces Welcoming**
 - Focus on wayfinding and navigability
 - Have welcoming entrances + focus on positive messaging
- 6. Make Public Spaces Comfortable**
 - Design for resilience and focus on climate change: tailor design to local climate
 - Focus on safety: lighting
 - Incorporate seating
- 7. Make Space for Activity**
 - Reclaim underutilized infrastructure to create dynamic green spaces
 - Provide space for social interaction
 - Provide space for programming and events
- 8. Foster Local Democracy**
 - Support community driven design processes



7. Fostering a Resilient Future - Build Back Better

Build Back Better is a program that was first defined and officially used in the United Nations Sendai Framework for Disaster Risk Reduction 2015-2030 and is a term used to define returning to a new durable and resilient future that enables society to cope with global shocks such as pandemics. [The OECD in June 2020 outlined a framework to Building Back Better: "A Sustainable, Resilient Recovery after COVID-19"](#). All Cities now have the opportunity to Build Back Better and harness the value of parks and nature to create more equitable, liveable, resilient, and healthy cities for all.

As organisations shape their Recovery Plans, they should develop a Build Back Better Plan built upon the principles in this guideline and the key OECD concepts:

- A central dimension of building back better is the need for a people-centred recovery that focuses on well-being, improves inclusiveness and reduces inequality
- Aligning recovery measures with long-term objectives for reducing GHG emissions.
- Strengthening resilience to the impacts of climate change
- Integrating more ambitious policies to halt and reverse biodiversity loss and restore ecosystem services, including through nature-based solutions
- Fostering innovation that builds on enduring behaviour changes.
- Improving resilience of supply chains, including through increased adherence to circular economy principles
- Catalysing the shift towards accessibility-based mobility systems



It is also critical that cities define the value of their parks and natural systems in a broader context that are linked to the key elements of wellbeing and liveability. It is an imperative to demonstrate that parks and nature are valuable investments to reduce chronic health issues for example.

Examples of the value of parks from real estate to broader park values. It is critical to ensure that this value of parks serves all communities and does not further displace some.

Savings in healthcare costs when focusing on preventative measures rather than reactive measures.

[Prescription to Get Active \(RxTGA\) Parks Rx](#)

Economic Boost due to Bike Lanes

Green Infrastructure can provide significant, quantifiable levels of protection for communities from natural hazards

Additional Examples

[NYC Highline](#)

[Atlanta Beltline](#)

NRPA - [Parks and Economic Development](#)

The Park Catalog- [Economic Benefits of Parks](#)

Operational Excellence - Developed by NRPA

This framework was developed by NRPA and provides a detailed guideline towards safe and effective phased post-COVID-19 recovery for parks and recreation professionals. "As communities begin to see reductions in virus transmission, local park and recreation professionals are developing plans for reopening spaces, facilities and programs impacted by the coronavirus disease 2019 (COVID-19) pandemic. Agencies should adhere to all federal, state and local guidance, including meeting a set of outlined indicators and gating criteria prior to implementing a phased approach that prioritizes public health and safety when reopening. Park and recreation professionals should recognize that phased reopening plans will not be an immediate return to normal operations, rather, they should include additional mitigation measures to maintain states of low to no community transmission.

Agencies should consider in their plans how they will support adherence to local public health personal protective guidance, including recommendations on physical distancing, wearing face coverings where physical distancing is challenging, encouraging proper hygiene, etc. Plans should also identify further mitigation and control measures that can be adjusted as the situation changes as well as incorporate communication procedures and emergency response." (NRPA, Path to Recovery Framework)

Refer to this [page](#) as well for phase reopening examples



NRPA, Path to Recovery Framework)

1. [Creation of a Cross-Sector Recovery Team](#)
2. [Meeting Essential Public Health Indicators](#)
3. [Assessing the Risk of Spaces, Facilities and Programs](#)
4. [Centering Health Equity in Recovery Efforts](#)
5. [Phased Reopening Planning – Gradually Restoring Operations to Protect Public Health](#)
6. [Specific Guidance for Common Park and Recreation Spaces, Facilities and Programs](#)
7. [Developing a Communications Plan](#)
8. [Staff Training and Measures to Protect Staff and Public](#)
9. [Cleaning and Disinfection Practices](#)
10. [Managing a Positive Case of COVID-19](#)
11. [Securing Financial Support](#)
12. [Evaluating and Informing Emergency Plans](#)



Global Recovery Plans & Frameworks

The following recovery plans/resource pages are just a fraction of the amazing resources coming from World Urban Park members and beyond!

| United Kingdom | New Zealand | Alberta, Canada |
|--|--|--|
| Managing Scotland's parks and greenspaces during COVID-19 - Greenspace Scotland | Guidance for Transitioning Through Alert Levels for Local Government - New Zealand Government | COVID-19 Sector specific relaunch guidance documents - Alberta Government |
| Australia | United States | |
| 3 Step Framework for a COVID Safe Australia - Australian Government | Parks, Sports, & Recreation Plan, Prepare, & Respond - Centers for Disease Control & Prevention | |

If you have a recovery plan or a framework and would like to share with us please email the Secretariat Coordinator at office@worldurbanparks.org.

United Kingdom Phase example

| PHASE | DESCRIPTION |
|---------|---|
| Phase 1 | Parks closed* |
| Phase 2 | Parks open, country parks and facilities closed |
| Phase 3 | Urban and county parks open and some facilities |
| Phase 4 | Parks and county parks open and most facilities |
| Phase 5 | Everything open |

*Majority of parks in London and the UK never closed

*All phases, alerts, and stages are locally specific and are subject to change. These tables are summaries. Please refer to the full example for specific detail.

New Zealand Alert Level example

| ALERT LEVEL | DESCRIPTION |
|---------------|---|
| Alert Level 4 | Regional Parks closed |
| Alert Level 3 | Parks open, country parks and facilities closed |
| Alert Level 2 | Urban and county parks open and some facilities |
| Alert Level 1 | Parks and county parks open and most facilities |

Alberta, Canada Stages example

| STAGES | DESCRIPTION |
|---------|---|
| Stage 1 | Parks and playgrounds open with restrictions. Recreation facilities closed. |
| Stage 2 | Parks, recreation facilities, and campgrounds open with restrictions |
| Stage 3 | Everything open |

Additional Resources

Inclusive Healthy Places Framework- as a tool for creating inclusive public places that support health equity.

APA Health Impact Assessment Toolkit:

Evidence-based Urban Design for Health and Wellbeing:

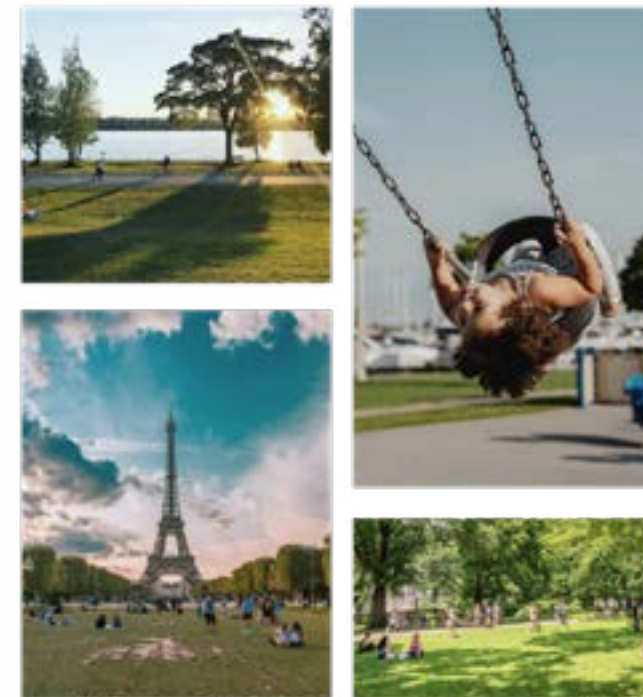
C40 Cities Knowledge Hub: COVID-19 Resources for Cities

ICLEI COVID-19 Resources - watch some of their previously recorded city resilience post covid-19 webinars

Europarc Federation: COVID-19: A green and Healthy Recovery + [Healthy Parks Healthy People: Europe](#)

IUCN: COVID-19 Resources

Managing Scotland's parks and greenspaces during Covid-19



JOIN US

Become stronger together in the face of these global crises



The COVID-19 International Parks Expert Panel Partners



World Urban Parks is the organisation to go to for international advice, support and getting connected with urban park, open space and recreation issues, people and activity. We combine the experience of our members and partners with opportunities to help build urban parks leadership and bring about significant improvements in cities where rapid urbanisation is occurring.

worldurbanparks.org



CitiesWithNature is a unique initiative that recognizes and enhances the value of nature in and around cities across the world.

It provides a shared platform for cities and their partners to engage and connect, working with shared commitment towards a more sustainable urban world.

cwn.iclei.org



Salzburg Global Seminar is an independent non-profit organization founded in 1947 to challenge current and future leaders to shape a better world. Our multi-year program series aim to bridge divides, expand collaboration and transform systems.

Salzburg Global convenes outstanding talent across generations, cultures and sectors to inspire new thinking and action, and to connect local innovators with global resources. We foster lasting networks and partnerships for creative, just and sustainable change.

salzburgglobal.org



ICLEI - Local Governments for Sustainability is a global network of more than 1,750 local and regional governments committed to sustainable urban development. Active in 100+ countries, we influence sustainability policy and drive local action for low emission, nature-based, equitable, resilient and circular development. Our Members and team of experts work together through peer exchange, partnerships and capacity building to create systemic change for urban sustainability.

iclei.org



Cities where people and nature are better connected. Cities rich with wildlife, where every child and young person benefits from exploring, playing and learning outdoors. Cities where we all enjoy high-quality green spaces, where the air is clean to breathe, where it's a pleasure to swim in the rivers and where we can all live lives that are more harmonious with ourselves, our communities and our planet.

Together we can make our cities greener, healthier, wilder and fairer places to live.

Together we can make our cities National Park Cities. Why not?

nationalparkcity.org



The National Recreation and Park Association (NRPA) is the leading not-for-profit organization dedicated to building strong, healthy and resilient communities through the power of parks and recreation. NRPA advances this vision by investing in and championing the work of park and recreation professionals as a catalyst for positive change in service of equity, climate-readiness, and overall health and well-being.

nrpa.org



The Commission develops knowledge based policy, advice and guidance on the full suite of issues surrounding protected areas through the establishment of Specialist Groups and Task Forces. We bring together global experts to find solutions for programme priorities, including global protected area standards and Best Practice Guidelines.

iucn.org/commissions/world-commission-protected-areas



The Commission on Education and Communication (CEC) drives change for the co-creation of sustainable solutions through leading communication, learning and knowledge management in IUCN and the wider conservation community.

iucn.org/commissions/commission-education-and-communication



#NatureForAll is a global movement to inspire love of nature. At its core is a very simple idea: the more people experience and share their love of nature, the more support and action there will be for its conservation. The growing knowledge base that links connecting with and caring for nature is an important part of #NatureForAll.

natureforall.global