

Mascoma Valley Parks & Recreation - *Regional Recreation Update*

Summer finally feels like it is here with warm temperatures and sunshine, so please remember to stay hydrated if you are participating in physical activity. We encourage our community members to get outside and go for a walk, run or a bike ride – use the Northern Rail Trail or any of the local hiking/walking trails in the Mascoma Valley. Please follow the social distancing recommendations from the CDC to keep you and other members of the community safe (they are listed at the end of this Regional Recreation Update). Please refer to each town’s website for updated information on which parks and beaches are open for public use.

Canaan: www.canaannh.org

Enfield: www.enfield.nh.us/

MVPR is assessing the risk of starting up a handful of our usual programs, but we want to make sure we are doing everything we can to keep our instructors and participants safe. Stay active, stay safe and stay healthy!

Challenger Sports Soccer Camp:

Our July soccer camp is still on! Challenger’s International Soccer Camp is the combination of the most popular training sessions from the world’s top soccer nations: Brazil, England, France, Spain, and the U.S.

Sessions are led by a team of experienced International coaches and will be integrated with Challenger’s iChallenge training app, which will help players develop skills and creativity.

Camp Week - July 20th -24th

<https://challenger.configio.com/pd/212361>

Tiny Tykes: 8:15am-9am (ages 2-5)

Half Day: 9am-12pm (ages 6-16)

Full Day: 9am-4:00pm (ages 7-16)



Our soccer camp is scheduled to take place at Shaker Recreation Field in Enfield. However, please stay tuned in the event that we need to relocate our camp. Thank you!

Enfield Recreation Camp – Starts July 6th

MVPR is very excited to share the great news that the **Enfield Recreation Camp** is on for this summer! **Please contact the Enfield Recreation Director, Ed Winters if you have any questions. His email address is recreation@enfield.nh.us and email is the preferred way of contacting the Recreation Director.**



Camp is open to students entering grades K-6th in Fall 2020. Camp Hours are 7:30am – 5:00pm, however organized camp activities are from 9:00am-4:00pm.

Online Registration <https://mvpr.recdesk.com/Community/Home>

Camp Weeks:

- Week 1 July 6 -10
- Week 2 July 13-17
- Week 3 July 20-24
- Week 4 July 27-31
- Week 5 August 3-7

Weekly Camp Cost:

- Enfield Resident: \$130 per camper
- Non-resident: \$145 per camper (if space is available)

Please contact the Enfield Recreation Director, Ed Winters if you have any questions about Summer Camp. His email address is recreation@enfield.nh.us



Get Outside This Summer:

The Mascoma Valley towns are slowly reopening a number of public parks and beaches to community members. Please refer to each town's individual website for updated information on park and beach openings. We respectfully ask that you follow the guidelines and rules established at each park and beach to help keep everyone safe!

If you decide to head out to a public park or go for walk/bike/run on a public trail, please follow the recommendations from the National Recreation & Parks Association to help keep you safe on our public trails and in our public parks.

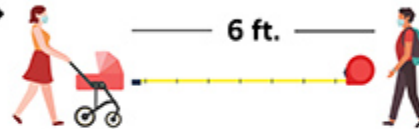


Recommendations for trail users on observing social distancing minimums:

- Follow CDC's guidance on personal hygiene prior to heading to trails — wash hands, carry hand sanitizer, do not use trails if you have symptoms, cover your mouth and nose when coughing or sneezing, etc.
- Observe at all times CDC's minimum recommended social distancing of six feet from other people. Practice it and know what it looks like. Keep it as you walk, bike or hike.
- Warn other trail users of your presence and as you pass to allow proper distance and step off trails to allow others to pass, keeping minimum recommended distances at all times. Signal your presence with your voice, bell or horn.
- Note that trail and park users may find public restrooms closed — be prepared before you leave and time outings so that you are not dependent on public restrooms.
- Bring water or drinks — public drinking fountains may be disabled and should not be used, even if operable.
- Bring a suitable trash bag. Leave no trash, take everything out to protect park workers

Tips for Physical Distancing In Parks

▶ **Know what 6 feet looks like.** Lay measuring tape on the ground. It's the distance of a surfboard, long yoga mat or adult bike.



◀ **Do not use playgrounds or other frequently touched surfaces.**

▶ **Go by yourself or those you live with.** Strongly consider the use of a face covering.



◀ **Avoid crowded areas.** If a space cannot be enjoyed safely, go home or discover a new park in your community.



For more resources on how to use parks safely during the COVID-19 pandemic, please visit: nrpa.org/Coronavirus

Stay active, stay safe and stay healthy!

Follow MVPR on Facebook

If you are not already following the Mascoma Valley Parks & Recreation Facebook page, please consider checking it out. We post details about recreation programs and events, as well as pictures and updates for our events. Check out our page [here!](#)



Upcoming & Ongoing Recreation Events, Programs and Activities:

For details about programs listed below and/or to register, please go to:

<https://mvpr.recdesk.com/Community/Home>

- **Challenger Sports Soccer Camps**
 - June Virtual Camps
 - www.challengersports.com/virtual
 - Camp Week - July 20th -24th
 - <https://challenger.configio.com/pd/212361>

The programs listed below are cancelled or postponed until further notice:

- **Il Circolo Italiano – Italian Conversation Club**
- **30+ Adult Basketball**
- **Adult Volleyball**
- **Mascoma Valley Guitar Orchestra**
- **Line Dancing**
- **Bob Ross Style Painting Classes**
- **Enfield Market**
- **Tap & Primary Dance Club**
- **Youth Theater Camp - *Cancelled***
- **Youth Volleyball Camp - *Cancelled***