



Pittsburgh Parks Conservancy

FOR IMMEDIATE RELEASE

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PITTSBURGH PARKS CONSERVANCY ISSUES COVID-19 WINTER SAFETY GUIDELINES AND ACTIVITY IDEAS

Winter is Coming
Your Parks are Still Open

Continue to safely enjoy Pittsburgh's parks through the seasons!

Make a plan for your visit and don't be afraid to adjust if the park you wanted to visit is busy. Pittsburgh has 165 park sites and they're yours for exploring!

To slow the spread of the virus, **visit the parks alone, with members of your household, or with your furry friends. When visiting with friends remain at a safe distance or wear masks if you will be near others.**

There are many ways to enjoy time in the parks by yourself: exercise outdoors, read a book while wrapped in a blanket, ride a bike, explore a new walking trail, or find a quiet place to ponder the season's beauty.

Parks are fun for people of all ages! **There are many cold weather activities beyond visiting a playground,** such as: sipping hot chocolate while you stroll on a path, sledding, and creating memories while safely gathering with loved ones.

And remember, to protect yourself and others wash your hands before and after park use, keep a safe physical distance, and wear a mask when near other park lovers.

 Pittsburgh Parks Conservancy

PITTSBURGH – NOVEMBER ##, 2020 – As Allegheny County and the Commonwealth of Pennsylvania report an alarming spike in COVID-19 infections, the Pittsburgh Parks Conservancy (pittsburghparks.org) has updated its guidelines for safe park use this winter.

Among the suggestions detailed in a new infographic issued by the non-profit today are to continue visiting the parks with members of your households or your pets, to remain at least six feet away from park users you don't know and to wear a mask over your mouth and nose.

For outdoor entertainment in city parks, the Conservancy recommends that visitors grab a good book and wrap themselves in a blanket, sip a thermos of hot chocolate while walking a trail, ride a sled or engage in more vigorous exercises such as running.

Catherine Qureshi, chief operating officer, Pittsburgh Parks Conservancy, said cold weather is no reason to stay indoors and sedentary. In fact, she suggests doing the opposite. “People tend to think parks are for warm-weather use only, but studies from cold-weather countries, like those in Scandinavia, show that people are happier when they spend time outdoors, even with their very cold winters. It’s a season we would all benefit from learning to appreciate more.”

To mitigate the spread of COVID-19, the Parks Conservancy has produced a range of digital tools and resources to keep city residents connected to their local parks. They can be found at the Conservancy’s website in two sections titled [Parks on the Go](#) and [Life Reimagined: The Parks Pack](#). Both initiatives offer a range of virtual tours, events and educational classes for kids and adults alike.

“As COVID remains a big part of our lives, parks remain essential to our physical and mental health,” added Qureshi. “It may be cooling down outside, but our parks are always here for us, no matter the season. Just remember to bundle up!”

Pittsburgh residents and other park users can find up-to-date park information and new resources from the Pittsburgh Parks Conservancy through its [COVID-19](#) webpage and social media channels. webpage and social media channels.

For more information visit pittsburghparks.org/covid-19.

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About Pittsburgh Parks Conservancy:

The Pittsburgh Parks Conservancy was founded in December 1996 by a group of citizens concerned with the deteriorating conditions of Pittsburgh’s historic city parks. A non-profit organization, the Parks Conservancy works closely with the City of Pittsburgh under an official public-private partnership agreement to restore and improve the city’s park system to its full potential. To date, the Parks Conservancy has raised more than \$130 million and completed 21 major park improvement projects. The Parks Conservancy works with thousands of volunteers, hosts hundreds of events, and provides programming for more than 7,500 children annually.