

CPRS DISTRICT 12 | SUMMER 2020

THE NEWS AT TWELVE

Quarterly Newsletter from D12 Board



PHYSICAL DISTANCING NOT SOCIAL DISTANCING

A MESSAGE FROM THE D12 BOARD

This newsletter arrives in your inbox just in time for summer! We understand that this summer has been like none other for Parks & Rec. As we try to grapple with what programs to offer and how (virtual? Pods of 12? What about aquatics?!), it's important to remember why we are here in the first place. **WE ARE ESSENTIAL.** Know that what you do makes an impact on quality of life. If this pandemic has taught us anything, it's that people are connected to their parks and need them to feel happy and healthy. You are part of that important equation. So, keep doing what you are doing and know you are making a difference.

D12 BOARD MEMBERS 2020- 2021

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NEW CPRS WEBSITE

HAVE YOU SEEN THE NEW CPRS WEBSITE YET? NO? GO CHECK IT OUT! IT'S FRESH, UPDATED AND EASY TO NAVIGATE.

www.cprs.org



NEW DISTRICT 12 MICRO SITE

[HTTPS://WWW.CPRS.ORG/DISTRICT12/HOME](https://www.cprs.org/district12/home)

Did you know you can access information about CPRS District 12 from our new microsite. Within the brand new CPRS website, all districts have a site where members can go to access information specifically for their district. We are working to update the new site with photos and event information, but keep checking back and save the url above to find out all the happenings at D12.



July 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August 2020

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September 2020

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

- July 15th D12 Board Meeting
- August 19th D12 Board Meeting
- September 16th D12 Board Meeting

All Board Meetings are open for all to attend.

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THE VIRTUAL MEETINGS

Due to COVID-19, the Annual D12 Board Retreat was held using Zoom this year



VIRTUAL BOARD RETREAT

the beginning of a virtually great year

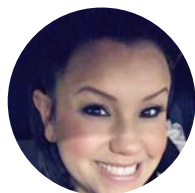
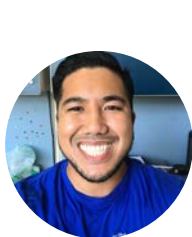
ZOOM TIPS

For keeping it real!



As the novelty of virtual meetings starts to wear thin, use these fun tips and tricks to keep your meetings fresh and forward thinking!

- The host can use the Alt Key & M to mute everyone at once, this is great to use on a large group call
- In Settings > Video, check "Touch up my appearance," and Zoom will soften the focus on your camera, theoretically minimizing any issues with your skin.
- If this meeting requires a vote, the host can establish a hand signal (thumbs up/down) to collect votes. The chat room is a great way to collect votes too.
- Keep up the good work and don't forget to sign off with a goodbye hand signal for a strong finish..





**FOLLOW DISTRICT 12 ON
INSTAGRAM @**



D12 *Instagram* NOMINATIONS

INSTAGRAM FEATURES

Success or Not?

Tell us about an event that you are proud of, staff team building strategy that you think is out of this world, or about a plan that completely flopped!

In the spirit of **IRON SHARPENING IRON**, we want to hear from you! Every month D12 will feature a new story that will help each others in our profession!

Nominate at this link: <https://tinyurl.com/D12SuccessorNot>

Part-Time All Star

Many of our organizations, amazing events, and incredible efforts stem from a, small or large, staff of part-time employees. It is their time to shine! Tell us about a Part Time All Star in your organization that truly goes above and beyond!

Do they take extra time with the public when it comes to answering questions?

Do they have the most brilliant program ideas?

Do they give your agency that extra flair that sets you apart from the rest?

We want to know! D12 will feature a different Part Time All Star each month on our social media so nominate your go-getters now!

Nominate at this link: <https://tinyurl.com/D12AllStar>

Online Happenings



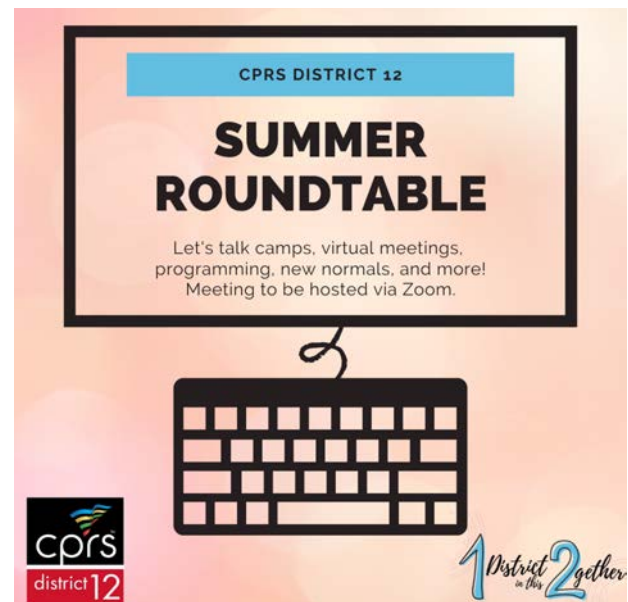
VIRTUAL D12 SOCIAL

D-12 Happy hour was attended by seven people. There was discussion and excitement about planning a live happy hour as soon as we can so that everyone can celebrate the freedom of being able to get back out and socialize as a group once again!

VIRTUAL D12 ROUNDTABLE

There were 21 people who participated in the D-12 camps Zoom meeting that covered a variety of topics to include discussion on each city's interpretation of the new County guidelines for camps.

There was also discussion about liability and what types of camps cities were planning to run. The call included participation by directors, managers and supervisors, which lead to some meaningful discussion.



UPCOMING WEB SERIES

Playcore is doing a new web series, “Good news In Parks” with Jodie Adams. Their research department and selected guest panelist will discuss the paramount items Parks & Recreation is dealing with throughout the country.

<https://www.playcore.com/events/good-news-in-parks>



BE ON THE LOOKOUT

D12 IS DELIVERING SUMMER GIFTS*

**MUST BE CPRS DISTRICT 12 MEMBER TO RECEIVE GIFT*

Be on the lookout for a D12 board member coming to a Rec Center near you! To help all of us stay connected and engaged this summer, the D12 board has put together a token of appreciation for your member support,

CONNECTING WITH THE D12 COMMUNITY



Planner
Sunglasses
Conference Ribbon
D12 Postcard



If you do not receive your items by August, please contact the [D12 Board at d12cprs@gmail.com](mailto:d12cprs@gmail.com)



**USASHADE
& Fabric Structures**

usa-shade.com
800.507.4233



Protective shade
for bright futures.

UPCOMING TRAININGS



NOVEMBER 18 | 9:00 AM

SAVE THE DATE

CPRS District 12
November Workshop
Coronado Community Center

Registration details coming soon!



SAVE THE DATE

Lookout for these other trainings:



The CPRS Recreation Section Presents:
Return of the Rec! from September 23rd to
September 25th. Cost is \$50.00

- Every November, District 12 brings YOU the the best training sessions across the region!
- **November Workshop** offers a variety of educational sessions for all levels of recreation professionals and students. We strive to present you with the most relevant, innovative and interesting information!
- The **2020 November Workshop** will be held **November 18, 2020** at **Coronado Community Center**. Keep an eye on your email for registration information coming soon!
- **Interested in becoming a session presenter?** Apply at: <https://tinyurl.com/D12NovWorkshopSession2020> or Email Heather Carter at hcarte@cityofelcajon.us

Summer with D12

12 CHEERS

Zoom Socials

Everyone knows CPRS D12 likes to have a good social. Join us once a month for a Virtual 12 Cheers Happy Hour!

We will discuss the good, bad and pretty while we BYOB virtually.

Zoom information will be sent out through email. For more questions, email:

Brooke Walsh @ bwalsh@cityoflamesa.us



Save the Dates

**JULY
24TH**

Theme:
Summer BBQ

**AUGUST
21ST**

Theme:
Luau

**SEPTEMBER
18TH**

Theme:
Ocean/Sharks



JULY IS PARKS & RECREATION MONTH

CPRS Parks Make Life Better AND NRPA's message of We Are Parks & Recreation, highlight what YOU do to help communities THRIVE, especially during this health crisis.

By Proclaiming July as Park and Recreation Month is an opportunity for your community and local leadership to acknowledge the importance of parks and recreation and the benefits it provides to the people you serve. Having July proclaimed as Park and Recreation Month is also a great way to create community and media awareness for your events.

For more information on how to proclaiming July is Parks & Recreation month in your city:

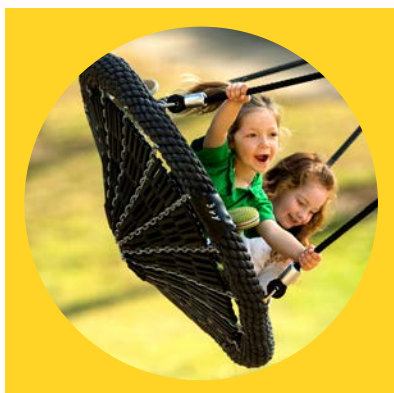
<https://www.nrpa.org/events/july/toolkit/>



#WeAreParksAndRec



#ParksMakeLifeBetter



WE ARE STRONG.

WE ARE CONFIDENT.

WE ARE SELFLESS.

WE ARE PASSIONATE.

WE ARE DRIVEN.

WE ARE ESSENTIAL.

WE ARE PARKS AND RECREATION

“

"PARKS AND RECREATION
FACILITIES ARE THE PLACES
THAT PEOPLE GO TO GET
HEALTHY AND STAY FIT.."

”



GO PLAY, GET FIT

Began in 2005 and the last year was 2019

Go Play, Get Fit Youth Day held in Coronado each year let campers enjoy a summer day full of fun, friends, and adventure with youth from around San Diego County! Campers engaged in structured, supervised activities throughout the day while also learning about physical fitness and healthy foods. Both youth and counselors created memories over the years that will last many of them a lifetime.

Thank you to the City of Coronado Recreation and Golf Services Department that coordinated "Go Play! Get Fit!" Youth Day each year to educate children on the importance of living a healthy lifestyle that includes physical activity.

SUMMER CAMP2020

Summer camp during coronavirus will look a little different

Many cities in District 12 have dealt with all the changes of COVID-19 and decided to hold annual summer camps this year in person, virtually or to cancel camps all together. For any city taking on the task of holding in person camps, there are pages of new protocols put in place for staffing, camp size, infection control, social distancing, new COVID waivers and transparency with parents. Below is a list of some cities within District 12 and what camps, if any, they are holding for youth this summer.

City of Coronado - Camps run by contract instructors.

City of Chula Vista - No Camps for 2020.

City of El Cajon - Both in person and Virtual Camps. Holding modified youth programs.

City of Encinitas - In person A.M.. Surf Camp, Youth Tech Camp, Acting camp and Youth Daycamp.

City of La Mesa - Three traditional Day Camps for youth ages 5 thru 13.

City of National City - No camps. Youth programming to begin end of July.

City of San Marcos - In person youth camps and modified youth programs.

City of Santee - In-person camp options as well as virtual camps and classes.

City of San Diego - No camps at this time.

County of San Diego - In person Summer Camps at Spring Valley Community Center and Fallbrook Community Center.

*Virtual and/or
in person*

**This is information as of
July 6, 2020 from the
cities we received
information back from*

Summer 2020

Pool Closures & Openings

Coronavirus prompts some pools to reduce hours, programming and stay closed this summer



Las Palmas Pool, National City

Cities within District 12*

Camps
Swim Lessons

Lap Swim Only
Pools Temporarily Closed

**This is information
as of July 6, 2020
from the cities we
received information
back from*

City of Coronado - Competition pool open on a limited basis, for pass holders only

City of Chula Vista - CLOSED

City of El Cajon - No Group Swim Lessons, Open for Private Swim Lessons, Swim Team, Parent Tot, Water Aerobics, Open Swim

City of La Mesa - Open for adult lap swim by reservation only. Watercise twice a week, capped at 10

City of National City - Pool will reopen July 13th with modified programs

City of Oceanside - Open for adult lap swimming at both Brooks Street and Marshall Street Swim Centers. Swim Centers will be first come first-served with a maximum of one person per lane. There will be no lane sharing permitted at this time, even if you are from the same household.

City of Poway - Open by reservations only for lap swim, water aerobics, and recreational swim (single household reservations only). A modified swim lesson program is also available with a limited class offering

City of San Diego - Four pool sites open- Carmel Valley Pool, Martin Luther King Jr., Tierrasanta Pool and Vista Terrace Pool. The pools are open 3 days/week by reservation only, for lap and family swim. Time slots are limited to 45 minutes.

City of San Marcos - Los Posas Pool is open for recreational swim with reservations.

CDC Information Information for Public Pools, Hot Tubs, and Water Playgrounds During COVID-19
<https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/aquatic-venues.html>

WATER & SUN SAFETY TIPS



SPLASH
be safe

Supervise. Prevention. Life jacket. Arms-length.
Swim lessons. Have a water safety plan.

WATER SAFETY

- Ensure every member of your family learns to swim so they at least achieve skills of water competency: able to enter the water, get a breath, stay afloat, change position, swim a distance then get out of the water safely.
- Employ layers of protection including barriers to prevent access to water, life jackets, and close supervision of children to prevent drowning.
- Know what to do in a water emergency – including how to help someone in trouble in the water safely, call for emergency help and CPR.

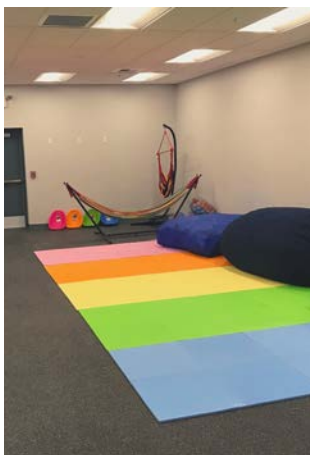


STAY SUN-SAFE OUTDOORS

- Seek shade, especially during midday hours. This includes 10 am to 4 pm, March through October, and 9 am to 3 pm, November through February. Umbrellas, trees, or other shelters can provide relief from the sun.
- Be extra careful around surfaces that reflect the sun's rays, like snow, sand, water, and concrete.
- Wear sun protection gear like a hat with a wide brim and sunglasses to protect your face and eyes.
- Sunglasses protect your eyes from UV rays and reduce the risk of cataracts and other eye problems. Wrap-around sunglasses that block both UVA and UVB rays offer the best protection by blocking UV rays from the side.
- Wear a long-sleeved shirt and pants or a long skirt for additional protection when possible. If that's not practical, try wearing a T-shirt or a beach cover-up.
- Apply a thick layer of broad spectrum sunscreen with an SPF of 15 or higher at least 15 minutes before going outside, even on cloudy or overcast days. Reapply sunscreen at least every 2 hours and after swimming, sweating, or toweling off.

Share your summer photos with D12

Building Grand Opening



Park de la Cruz

City of San Diego Therapeutics

"The City of San Diego- Therapeutic Recreation Services (TRS) and AgeWell Services (AWS) has officially moved to Park de la Cruz Community Center (PDLC). PDLC's newly renovated facility provides access to all and has a number of wonderful amenities, including a fitness center, gymnasium, commercial kitchen, ballfield and dance, art and sensory rooms. TRS and AWS provide recreation programming for people with special needs and older adults. TRS and AWS look forward to welcoming you to PDLC once the County's health guidelines allow programming to resume. Staff have been busy preparing PDLC and are waiting for the day that we can welcome you to the new home of TRS and AWS."



The City of San Diego Park & Recreation Therapeutic Recreation Services program provides sports, recreation, leisure and outreach services to people with physical, mental and emotional disabilities. Services include therapeutic recreation programs and adaptive sports opportunities.

For More Information 619-525-8247



FOLLOW D12 ON SOCIAL MEDIA

LIKE, SHARE, COMMENT, REPEAT



[facebook.com/
cprsdistrict12](https://facebook.com/cprsdistrict12)



[@cprsdistrict12](https://instagram.com/cprsdistrict12)

Stay up to date with the latest District 12 news by “liking” us on Facebook and following us on Instagram!

Members are encouraged to utilize the hashtag #cprsdistrict12 when posting photos of CPRS events, as well as programs from their own agencies.



Phone 800-453-2735
Websites gwpark.com gametime.com

We provide turnkey solutions for
all that your park requires.



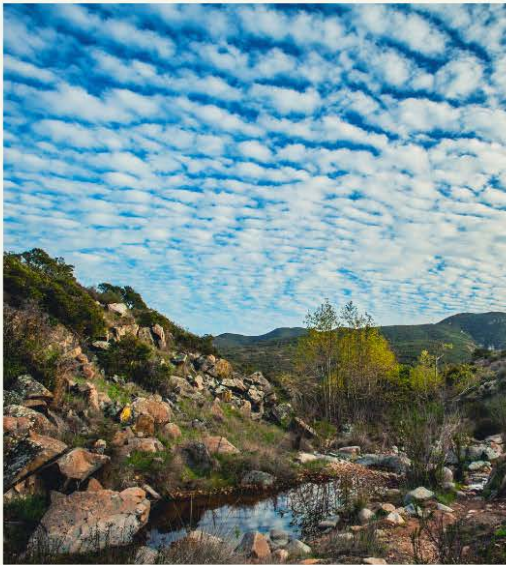
U.S. COMMUNITIES
GOVERNMENT PURCHASING ALLIANCE



SEE YOU SOON



D/2 Members Make Life Better



THANK YOU SPONSORS



**IF YOU ARE
INTERESTED IN
BECOMING A
SPONSOR**

Contact: Johnny Chou
JChou@sandiego.gov