

Spring Break Reimagined

The Recreation and Parks Department at the Regional District of Nanaimo (RDN) is reimagining its programming to support families during COVID-19. While our recreation facilities and regular programming remain closed, we are shifting our focus online to offer activity ideas and challenges to help keep people healthy and engaged during this time. The suggested activities will need to be done in a way where social distancing can be maintained. Participants may need to get creative!

[Spring Break Passport to Physical Literacy](#)

The passport is now entirely virtual. Download the passport, complete 10 or more of the activities and email a photo of your passport by April 9 to be entered into a draw.

Recreation Programmers are also creating videos of activities and challenges to do at home. These will be posted to rdn.bc.ca/recreation.

Our Regional and Community Parks and Trails remain open. As always, please follow the advice from the BC Provincial Health Officer and maintain social distancing of at least one to two metres. In addition, visitors should wash their hands before they go and after they leave, cough or sneeze into their elbows, avoid touching their face and stay home if they are sick. Visit our interactive [Parks and Trails Finder](#) or go to rdn.bc.ca/find-a-park.

The RDN will continue to follow the directives of the health officials as the situation evolves. We continue to provide services to the public through our website and over the phone. Visit us at www.rdn.bc.ca or phone us at 250-390-4111 or 1-877-607-4111.

For the most up-to-date information and resources related to COVID-19, visit [Public Health Agency of Canada, BC Centre for Disease Control and Island Health](#).

For public health information and advice, call 8-1-1 or visit [Health Link BC](#).

-30-

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Get Involved RDN!