



## Health and Wellness Standards Gwinnett County Parks and Recreation

### **Gwinnett County Parks and Recreation's Mission:**

In partnership with our citizens, Gwinnett County Parks and Recreation provides high quality, broad-based parks, facilities, programs, and services creating a sense of community, enabling a safe and secure environment, and enhancing Gwinnett's quality of life.

### **Gwinnett County Parks and Recreation's Park Prescription Program:**

The Park Rx Program gives residents information and tools to have active lifestyles, gain wellness education, participate in exercise programs, and connect with others in the community who share the goal to make healthy lifestyle behavior choices.

Gwinnett County Parks and Recreation has developed and adopted Health and Wellness Standards through the Park Rx Program to increase planned physical activities for people of all ages and abilities, partner with health-oriented organizations, encourage healthy habits in program activities, offer healthy food and beverage options to park patrons, and designate smoke-free areas of play within our 47 national award-winning parks and greenways.

Through community partnerships, the Park Rx Program builds stronger connections between parks and health communities with hopes to better combat childhood and adult obesity. Gwinnett County Parks and Recreation is also able to build partnerships through the Park Rx Program with community organizations and local businesses who share a common interest in making Gwinnett residents the healthiest across all of our diverse communities and to discover new innovative backing strategies.

A future goal of the Park Rx Program is to evaluate the effectiveness of providers prescribing nature to their patients to adopt behavioral and attitudinal changes outdoors.



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### **Gwinnett County Parks and Recreation's Wellness Guidelines:**

Wellness Guidelines are a written set of standards an organization agrees to follow to provide a healthy environment. Wellness Guidelines are important tools for promoting healthy habits for adults and children where they live, work and play.

### **Gwinnett County Parks and Recreation will:**

- Offer a variety of planned physical activities for persons of all ages and abilities.
- Give all park and facility users access to healthy food and beverage options.
- Partner with local community members, organizations and businesses to promote healthy habits and programs to residents and staff of Gwinnett County.
- Provide day camps with healthy and safe environments for participants.
- Deliver safe and healthy environments for all park and facility users to exercise, socialize and play in.
- Ensure that staff operates in safe and healthy workplace environments.
- Designate smoke-free 'Areas of Play' to keep all park and facility users and staff safe and healthy.

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### **Planned Physical Activities for all Ages and Physical Abilities:**

- Park Programming includes physical activities for children, adults and older adults.
- Park Therapeutic Programming includes physical activities for people with disabilities.
- The creation of the Park Rx Committee will develop ideas and programs to foster healthy lifestyles for our residents and employees.

### **Public Access to Healthy Foods and Beverages:**

- At least 50% of products offered in food and beverage machines are to be healthy options. All vending contracts will abide by this percentage and be audited regularly.
- Bottled water is available in all beverage vending machines.
- Concession stand managers are encouraged to provide healthy choices at sporting facilities.
- Clean drinking water is available at all facilities and events.
- Healthy food choices are available at 85% of Gwinnett County Parks and Recreation sponsored events.

### **Parks and Recreation Partnerships:**

- GCPR collaborates with Children's Healthcare of Atlanta to promote healthy habits in summer camps, programming, and health standards.
- Through partnerships with the Clemson University, GCPR staff is certified in playground maintenance and inspection standards.
- Gwinnett United in Drug Education (GUIDE) has been a community partner with GCPR for over 25 years, educating communities about substance abuse prevention.
- GCPR partners with 28 Youth Athletic Associations to provide space for children to participate in a variety of sports.
- In partnership with the Gwinnett Parks Foundations, GCPR's 501(c)(3) non-profit, "Park'nership" allows a citizen to connect to nature and their local parks by inviting them to take part in the beautification process. The event promotes new relationships, feelings of ownership and increased park use.
- Eastside Medical Center and GCPR's partnership, Live Healthy Gwinnett, encourages and engages Gwinnett County residents to invest in personal wellness. This initiative focuses on four overall wellness areas: Be Active, Eat Healthy, Get Checked and Be Positive.

### **Healthy and Safe Environments for Summer Camps:**

- Campers are provided with drinking water, and do not have access to sugary drinks like soda, sports drinks, sweet tea, lemonade, juice drinks or fruit juice.
- Parents are encouraged to provide healthy meals and snacks for their children.
- Personal electronics are discouraged to limit screen time.
- Camps include healthy habits messaging.
- Camps provide more than 60 minutes of physical activity daily.
- Campers are educated on the benefits of healthy eating.
- GCPR includes environmental science and nature hikes as part of our summer camp and spring break curriculum.

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### **Safe and Healthy Environments for all Park Users:**

- Playgrounds are covered in soft surfaces to provide safe places to land in the event of falls.
- Playgrounds are inspected regularly by GCPR staff members who are Certified Playground Safety Inspectors.
- Parks provide trails and open areas for exercise and activities that are highly visible and highly visited during normal park hours.
- Police officers use parks to complete reports, providing a police presence and deterring crime.
- GCPR staff is trained on concussion prevention and treatment, CPR, First Aid, Child Predator Protection and Child Abuse Recognition and Reporting.
- Park facilities and parking lots are well lit with interior and exterior lighting.
- In larger park properties, the trail systems have 911 HELP Locator Markers in the case of an emergency. The marker ID numbers link into the GIS System.
- A Safety Committee is formed each year of GCPR staff that reviews accident, incident and rescue reports, inspects parks and their elements and makes recommendations for safety alterations.

### **Parks and Recreation Staff are provided with Healthy Work Environments:**

- Breastfeeding is encouraged, and mothers are provided with private space and time to pump.
- The Park Rx Committee and Safety Committee, formed of GCPR staff, give a voice to all employees.
- GCPR staff is trained on proper hydration and are provided with clean drinking water.
- Hepatitis B vaccines are available to all GCPR staff.
- GCPR has modified guidelines for caterers – having them provide more nutritious food options during programs, events and staff gatherings.
- Through the BeWellBeSafe Human Resource's Wellness Initiative, employees can access:
  - Online educational courses related to your health and benefits.
  - Wellness Credits earned.
  - A Wellness Assessment and Biometric Dashboard to track your potential health risks.
  - Many more resources for your improved health.

### **Designated Smoke-Free Areas of Play:**

- Smoking is prohibited on all playgrounds, sports fields, adult sports fields, dog parks, skate bowls, pools and enclosed public spaces.
- Smoking must be at least 25 feet from any entrance of a facility or entrance gate.



### **Gwinnett County Parks and Recreation's Catering Guidelines:**

Gwinnett County Parks and Recreation is committed to providing a healthy environment for park visitors and employees. These Catering Guidelines are to ensure healthy choices are available at events and meetings.

**Ask for healthy options:** Let the restaurants or caterers know you are looking for healthy selections. They may be able to make suggestions, or modify their standard catering order to fit your needs.

**Build a balanced meal:** A balanced plate means making half your plate vegetables and fruits, and the other half whole-grains and protein. Examples of balanced catered meals could include:

- Spaghetti with meatballs, a side salad, mixed vegetables and fruit
- BBQ pork, bread, greens, corn, and peaches
- Chicken or steak tacos, black beans, salad and fruit
- Baked chicken, brown rice, green beans, carrots, and fruit salad
- Deli meat sandwiches on whole grain bread, salad and an apple
- Grilled chicken salad, whole grain bread and fruit

**Choose more vegetables, fruits and whole-grains:** If you are ordering boxed lunches and they give you a choice between an apple and chips, choose the apple. Pick whole wheat pasta, brown rice, or whole wheat bread when given the option as well.

**Limit fried foods to one item:** If ordering fried chicken, do not choose french fries or other fried items as a side dish. Offer an alternative to the fried dish as well, like baked chicken.

**Include protein at breakfast:** Protein foods include eggs, low-fat milk, yogurt, cottage cheese, low-fat granola, peanut butter (for waffles or toast), and turkey sausage.

**Save desserts for holidays and special events:** Limit each guest to one serving, and provide low-fat milk and water. Examples of balanced holiday meals include:

- Turkey with dressing, baked sweet potatoes, steamed green beans, and one slice of pumpkin pie with low-fat milk or water.
- Pot roast, mashed potatoes, carrots, whole-wheat roll, and one cookie with low-fat milk or water.

**Provide water and limit sugar-sweetened beverages:** Ensure water is available at all gatherings and events. If catering is just for kids, provide only water or low-fat milk. If ordering sugary drinks, including soda, fruit drinks, sports drinks, and 100% juice, order the smallest size available (for example, a can instead of a 20 oz. bottle). If sweet tea is offered, make unsweetened tea available as well.



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### Gwinnett County Parks and Recreation's Concussion and Head Injury Guidelines and Procedures:

With the passage of House Bill 284 - Return to Play Act by the Georgia Legislature in 2013, new requirements to educate coaches, youth athletes and their parents on the dangers of concussions in competitive youth athletic activities became effective for all competitive sports in January 2014. The Georgia Department of Public Health is referring everyone to the "Heads Up - Concussion in Youth Sports" program offered by the Center of Disease Control (CDC). Gwinnett County Parks & Recreation (GCPR) will use the before mentioned education program for all competitive sports provided by GCPR, and will recommend the same education program to all youth sports partners (Gwinnett County Athletic Associations (GCAA) and Gwinnett County Summer Swim Leagues (GCSSL)) that utilize GCPR facilities. A link to the program on the CDC website can be found here: [CDC Concussion Training Program](#)

A concussion is a type of brain injury that is caused by a blow to the head or body that jars or shakes the brain inside the skull. It is important to note that an athlete does not have to lose consciousness to have suffered a concussion.

The following guidelines and procedures are being implemented by GCPR with the intent to reduce the potentially serious health risks associated with competitive sports related concussions and head injuries:

GCPR will educate coaches, referees, site supervisors, parents and participants of the signs, symptoms or behaviors consistent with sports induced concussions.

#### Symptoms Reported by Athlete

- Headache
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion

#### Signs Observed by Others

- Appears dazed or stunned
- Is confused about assignment
- Forgets plays
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness
- Shows behavior or personality changes
- Cannot recall events prior to hit
- Cannot recall events after hit

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### **Distribution Procedure:**

- Parents, coaches, assistant coaches and site supervisors associated with competitive sport activities should become familiar with and have access to a copy of GCPR's Concussion and Head Injury Guidelines.
- Parents, coaches and assistant coaches are strongly encouraged to view the "Heads Up: Concussion in Youth Sports" online course from the Center for Disease Control (CDC). This online course can be found at the link listed below.  
[http://www.cdc.gov/concussion/HeadsUp/online\\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html)
- Staff and site supervisors will take the "Heads Up: Concussion in Youth Sports" online course.
- GCPR will provide concussion educational information to all coaches and officials. (See Attached)
- GCPR will provide concussion educational information to all youth athletes and their parent/legal guardian. The parent/legal guardian must sign an acknowledgement of receipt. (See Attached)
- GCPR will provide concussion educational information to all GCAA and GCSSL who utilize GCPR facilities in the 2014 GCAA and GCSSL Policies & Procedures Manual. It is recommended to all GCAA and GCSSL that they provide educational information per HB 284 to all coaches, participants and their parents.

### **Suspected Concussion Procedures for GCPR Provided Programs:**

- Any participant exhibiting the signs, symptoms or behaviors associated with a concussion or head injury: (I) must be immediately removed from the activity. Remember: When In Doubt Sit Them Out!
- The injured participant's parent or guardian should be immediately notified of the suspected concussion or head injury so they can be taken and evaluated by an appropriate healthcare professional.
- An Accident or Injury Report Form must be submitted to GCPR within 24 hours or on the next business day following the incident.

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Eastside Medical Center and Gwinnett County Parks and Recreation developed and launched Live Healthy Gwinnett in April 2014 with goals of a community-wide wellness approach to address the preventable chronic illnesses that impact the county by encouraging and engaging those who live, work and play in the Gwinnett community to invest in personal wellness.

Live Healthy Gwinnett collaborates year-round with community partners to offer programs and events that focus on the four areas of wellness:



Live Healthy Gwinnett is continuously seeking partners to share in its mission and promote positive change in the Gwinnett community. As of March 2015, supporting partners include: Strong4Life, Children's Healthcare of Atlanta, Gwinnett County Health Department, Start With The Inside, Good Measure Meals, Afterschool Alliance, and UGA Extension.

Live Healthy Gwinnett collaborates year-round with community organizations to promote programs and events, these organizations include: Gwinnett County Public Library, J.M. Tull-Gwinnett Family YMCA, AIC Fitness, View Point Health, Gwinnett Medical Center, GUIDE, Georgia Recreation and Park Association, The OrganWise Guys, National Recreation and Parks Association, CETPA, and Georgia Gwinnett College.

For more information on how your company or organization can get involved with Live Healthy Gwinnett, visit [www.livehealthygwinnett.com](http://www.livehealthygwinnett.com), like us at [Live Healthy Gwinnett - Facebook](#) and follow us at [Live Healthy Gwinnett's Twitter](#)