

The Recreational Reader

Truro Recreation & Beach Department

August 2020

“Safety from external danger is the most powerful director of national conduct. To be more safe, [nations] at length become willing to run the risk of being less free.”
- Alexander Hamilton

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BEACH INFORMATION

We require Beach Stickers for parking at our 11 beautiful town beaches every day from 9:00 am - 4:00pm. The National Seashore Side of Head of the Meadow has been full to capacity. We are doing our best to keep HOM guarded and safe for visitors and their families on the town's side. We have made some adjustments to our entry and exit ways on all our beaches. Some pathways will require patience as others navigate their way. Please wear a mask when you cannot stay 6 feet apart from others. Our [beach office](#) at 36 Shore Rd. in No. Truro, is open in a limited capacity and our staff is there to greet you with a smile, covered up by their masks. We had plexiglass installed for everyone's protection and ask that folks enter and exit out the different marked egresses.

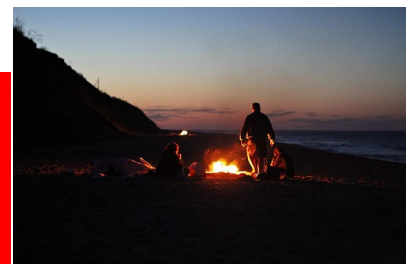
We are also experiencing some changes.

Until further notice there are **NO BEACH FIRES ALLOWED**. Check out our website [HERE](#) for more information.

GETTING YOUR BEACH STICKERS

- Resident beach stickers are available for purchase online [here](#).
- Beach Parking Permits are required as of **Saturday, June 20th**, even in the lots with no Gate Attendants.

THERE ARE NO BEACH FIRE PERMITS BEING ISSUED AT THIS TIME. PLEASE CALL THE TRURO FIRE DEPARTMENT WITH ANY QUESTIONS- 508-487-7548

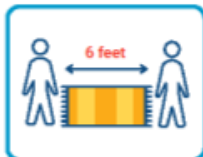




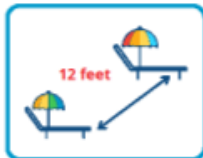
COVID-19 BEACH SAFETY RULES



Stay home if you feel sick.



Practice social distancing. Maintain at least 6 feet of distance between you and others.



Practice beach distancing. Maintain at least 12 feet of distance from your nearest neighbor in any direction.



Masks are required when 6' of distance cannot be maintained for ages 2 and up. Masks are not required to be worn while swimming or sunbathing.



Wash your hands with soap and water for at least 20 seconds and/or use hand sanitizer frequently.



Groups larger than 10 are not allowed to gather.



Group games are not allowed.



Hike the Outer Cape

This is a difficult time for many, even those grateful for being on vacation or visiting their summer homes. Right now it is more important than ever to stay fit and well. We need to eat well in order to nourish the body, we need to get outside and breathe fresh air, and we need to keep moving. We are missing our Truro Walking Club and coordinator Bob Lowe. Let's keep them in our hearts and get out there, There are so many awesome trails right in Truro's backyard that you could check out. Take a look at the following locations.

Truro

Old King Trail (1.2 m Easy)– Take Route 6E to Head of the Meadow Road, turn left onto Holden Street.

Pamet Cranberry Bog Trail (1.9m Easy) - Head on Route 6 towards Truro Center. Take Truro Center Road to So. Pamet Road and then left onto No. Pamet Road and then turn right.

Wellfleet

Great Island Trail (4.7m or extended trail for 6.3m both Moderate)- 6 W into Wellfleet, Right onto Briar Lane, Left onto W. Main Street, right onto Holbrook Ave, right onto Chequessett Neck Rd for 2.7 m

Newcomb Hollow Ponds Trail (6.3 m moderate) - 6 W towards Wellfleet, left onto Gull Pond Road, left onto School House Hill Road and right onto Gull Pond Landing.

Provincetown

Sand Dune Trail (2.4 m –moderate) - Route 6E towards Provincetown, parking on side of 6 E adjacent to Snail Road.

Long Point Lighthouse Trail (6.4 m –moderate) - Take 6E towards Provincetown , continue onto Province Lands Road, enter Traffic circle. Park in designated area.



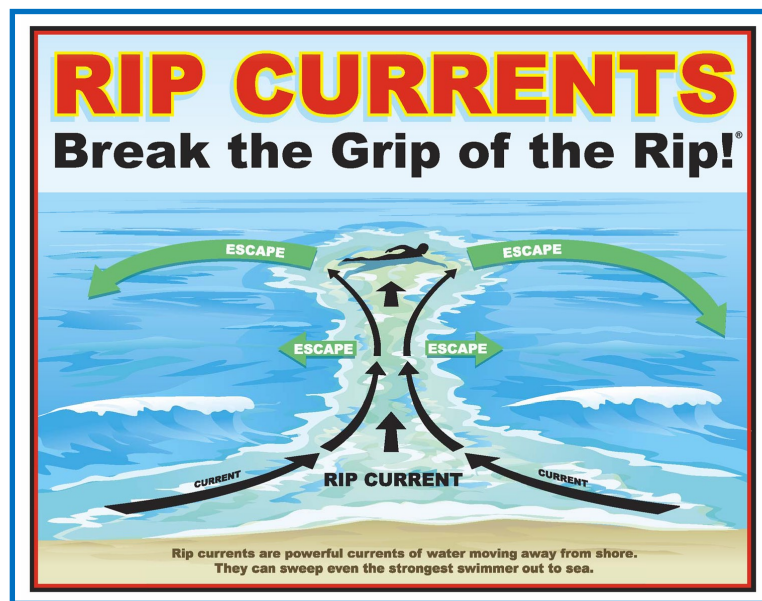
Beach Season is Here / Know Your Risk

The beaches on the Outer Cape are beautiful. They are located on very unique waters. There is often high surf and rip current that can make swimming difficult. Please know your risk and know your limitations.

Rip currents are powerful, channeled currents of water flowing away from shore.

According to the National Oceanic and Atmospheric Administration (NOAA), rip currents account for 80% of beach rescues. Rip currents are prevalent along the East, Gulf, and West coasts of the United States. Lifeguards rescue tens of thousands of people from rip currents in the U.S. every year, and it is estimated that 100 people are killed by rip currents annually.

To avoid being caught in a rip current, the National Park Service and the United States Lifesaving Association recommend that you take the following steps:



- **Don't swim alone**
- **Be cautious at all times, especially when swimming at unguarded beaches. If in doubt, don't go out!**
- **Whenever possible, swim at a lifeguard protected beach.**
- **Obey all instructions and orders from lifeguards.**
- **If caught in a rip current, remain calm to conserve energy and think clearly.**
- **Don't fight the current. Swim out of the current in a direction parallel to the shoreline. When out of the current, swim towards shore.**
- **If you are unable to swim out of the rip current, float or calmly tread water. When out of the current, swim towards shore.**
- **If you are still unable to reach shore, draw attention to yourself: face the shore, wave your arms, and yell for help.**
- **If you see someone in trouble, get help from a lifeguard. If a lifeguard is not on duty call 911.**

Beach Wildlife

Truro is home to eleven of the most beautiful beaches on Cape Cod. Here is some information to help you start planning for your beach adventures in Truro.

Please remember that the ocean waters are home to a variety of potentially hazardous marine life including seals, jellyfish, sharks, etc. In the past decade, the Cape Cod region, especially Truro, has observed an increased population of grey and harbor seals. The region has become home to many of the seals for several months every year. The increased seal population has attracted great white sharks, which depend on seals as the staple of their diet. Here are some safety tips, know your risk.

Safety Mitigation and Wildlife Protection

- Be aware sharks hunt for seals in shallow water.
- Stay close to shore where rescuers can reach you.
- Swim, paddle, kayak, and surf in groups - Don't isolate yourself.
- Avoid areas where seals are present.
- Avoid areas where schools of fish are visible.
- Avoid murky or low-visibility water.
- Limit splashing.
- Adhere to all signage and flag warnings at beaches.
- Follow instructions of the lifeguards.
- If there are no lifeguards on duty, and you see a shark, please contact Truro Police Department at **508- 487-8730**.

Most shark bite victims survive because of first-aid initiated from bystanders. Sign up for training and you could save a life. Check out www.bleedingcontrol.org to find out where trainings are near you.



**“The sea-shore is a sort of neutral ground, a most advantageous point from which to contemplate this world.”
— Henry David Thoreau, Cape Cod**

Beach Information

According to the National Park Service, the seashore is home and critical habitat to over 370 species of birds. About 80 of those birds will nest and raise young during the spring and summer months and the rest will use the seashore during migration. To learn more about the birds and how to reduce disturbance, click [HERE](#) to visit their website.

It is important to take a look at the [Truro Beach Information Page](#) on our website to stay up to date on the closures, for they often effect ORV travel and the allowance of dogs in certain areas.



WILDLIFE PROTECTION: Piping plovers, terns, and other endangered birds, nest along the beaches in Truro. Periodically, areas of beach may be restricted to the public. Please obey the signs posted in the birds' nesting areas. **ABSOLUTELY NO DOGS OR OTHER ANIMALS ALLOWED IN PROTECTED AREAS.** Piping plovers are protected by State and Federal Law. It is the intention of our town to provide a safe environment to help these endangered species. Your cooperation and respect is greatly appreciated.

Dogs are allowed on public beaches after 6pm and before 9am, except in RESTRICTED AREAS. Please pick up after your furry friend.

Schedule subject to change. Check online for updates.
www.truro-ma.gov/recreation-beach-department

Truro Community Center

VIRTUAL



ZUMBA[®] fitness

Some of our favorite Zumba instructors have opened Virtual Studios so that they can continue to serve you. Please check out the links below and enjoy the dance party. Share the information with your friends and anyone who could use the information. It is so important that we remain physically distanced, but socially connected.

Let us know at the Truro Recreation Department how it goes!

Click [HERE](#) for more information for Virtual Zumba with Naya

Check out Virtual Zumba with Erin. Click [HERE](#) for more information.



Adult Programs

All of our programs are temporarily suspended until further notice.

Please stay connected and active.

Reach out to us at the Community Center for discussion and ideas. Email me at enunes@truro-ma.gov

Adult Coed
Indoor Soccer

Community Pickleball

Community Volleyball



RECREATION & BEACH DEPARTMENT

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Truro Community Center

Bring your kids and teens on by the Truro Community Center between 10am and 12pm Monday through Friday to pick up your free meal. These volunteers work hard year after year to provide *Summer Eats* all over Cape Cod.

Every morning they make and pack the lunches and then a volunteer drives the coolers to their destination. You might even be the lucky one who receives a book on top of the provided lunch bag. It is an amazing program sustained by all the dedicated folks here locally.

Check out their website [HERE](#) to find more locations near you and to check out their menu.

Visit us on the web!
www.truro-ma.gov/recreation-beach-department

“Committed to Community”



Suggestions

If you have any suggestions or are looking for ideas of activities and things to do at home please feel free to reach out to Assistant Director, Erica Nunes, and the Recreation and Beach Department of Truro. We would love to connect and help in any way possible.

enunes@truro-ma.gov



CENTER FOR COASTAL STUDIES

There will be an information booth set up at Head of the Meadow Beach in Truro every Monday in August, weather permitting from 10:30am-3:30pm.