



RECREATION & BEACH DEPARTMENT

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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

Special Thank You

A Special Thank You to all the other departments in the town of Truro who have helped us pull off our Birthday Caravan with the children in Truro. This is a difficult time for everyone. Our first responders, especially, are very busy and dealing with Covid-19 on the frontlines, however, they have sacrificed their time for the community by showing up to spread cheer throughout the town.

A big thank you to all the community members and Truro Central School Faculty and employees, who have showed up to drive in the caravan and have honked to spread CHEER!

We are so grateful for your commitment to the town and its children.

Staying Active

Stay active and healthy this summer. Get outside, take in Vitamin D through the sunshine, breathe in the fresh salt air on a walk. There are a lot of ways that we can stay moving in safe manner and still follow the CDC’s guidelines for social distancing. The lockdown has ignited creativity in a lot of individuals. Check out our webpage [here](#) for some virtual ideas to get exercise inside when the sun is not shining.



The Recreational Reader

Truro Recreation & Beach Department

June 2020

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The seashore is a sort of neutral ground, a most advantageous point from which to contemplate this world. It is even a trivial place. The waves forever rolling to the land are too far travelled and untamable to be familiar. Creeping along the endless beach amid the sun squall and the foam, it occurs to us that we, too, are the product of the sea-slime.

-Henry David Thoreau

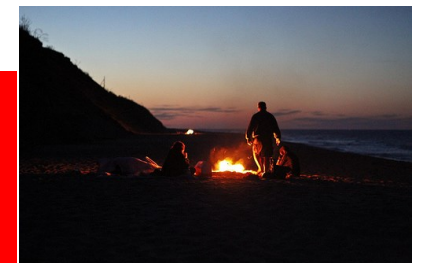
Beach Information 2020

We cannot believe the 2020 Beach season is here. It looks a bit differently than it has in the past, however, we will embrace it. The Truro town beaches will remain open. We are working with other departments and agencies to provide guidelines for the public for safe beachgoing. Information will be posted at the beaches. You can also find updated information on our webpage [HERE](#). We want people to be able to park at the beaches and enjoy the landscape safely. Educating ourselves about our environment and the potential dangers is our greatest resource. Where Covid-19 is a new danger to our environment, our unpredictable waters and the shark population still exist. According to the National Park Service, sharks have existed for over 400 million years and they are critical for maintaining a balanced marine ecosystem. [Here](#) is some information about the cape cod shark population. Know the facts. Understand what is necessary for you to safely enjoy the beaches.

Birthday Caravan

Over the last few months, Truro Rec and Beach has been collaborating with Police, Fire, DPW, COA, and the community at large to bring some birthday cheer to the children who live in Truro. June 3rd will be our last caravan. We notice the traffic picking up on route 6. We have appreciated the collaboration with the other departments and the community at large. It is possible that it brought more joy to us than to the birthday boys and girls. Thank you to the town of Truro for helping us to spread birthday love!

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





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

<u>Adult Coed Indoor Soccer</u>	<u>Community Pickleball</u>	<u>Community Volleyball</u>
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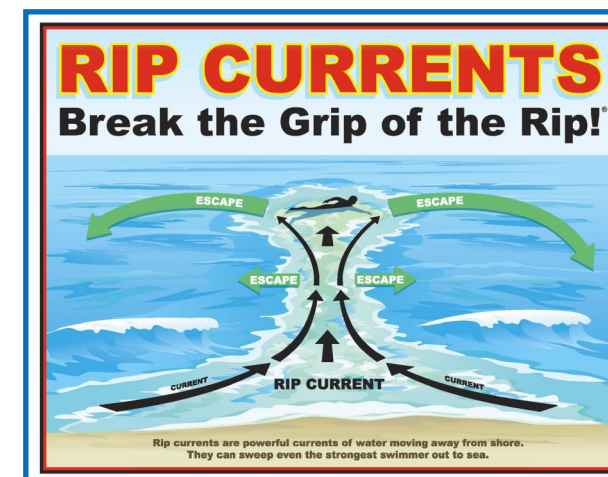
BEACH STICKERS:

- Resident beach stickers are available for purchase online [here](#).
- Beach Parking Permits are required as of **Saturday, June 20th**.

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. Please pick up after your furry friend.



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.

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

Schedule subject to change. Check online for updates.
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