

We all want to enjoy the outdoors with our families and friends.

Alongside the Government protocols and public health guidelines, here are some tips to help us all continue to be considerate to others and not put stresses on the NHS and other public services for all of us to:

ENJOY A HEALTHY AND SAFE VISIT TO OUR OUTDOORS

Stay Local	<ul style="list-style-type: none"> • Ideally stay local. 	<ul style="list-style-type: none"> • You can travel for outdoor recreation, but consider if you need to currently
	<ul style="list-style-type: none"> • Check the site and facilities you need are open before you leave home. 	<ul style="list-style-type: none"> • Plan your day around your needs and what will be available • Are car parks, toilets, playgrounds and other facilities open? • Have a look at our website for ideas of places to visit close to you and whether the facilities are open
	<ul style="list-style-type: none"> • Have a back-up plan if the venue is full when you reach it. 	
Stay Apart Stay Safe Stay Active Share the Space	<ul style="list-style-type: none"> • Stay Active: <ul style="list-style-type: none"> ○ Keep moving. ○ No BBQs for now. 	<ul style="list-style-type: none"> • Bar-b-ques take time, can be a fire risk and are challenging to clear up after – please have them at home but not in outdoor recreation spaces for now.
	<ul style="list-style-type: none"> • Choose a quiet location. • Choose a quiet time. • Allow time and space for all - stay a few hours, not all day. 	<ul style="list-style-type: none"> • Avoid honey pot sites - if there are lots of people it will be more difficult to stay apart • Keep apart, socially distancing • Be especially mindful of not gathering around a map, at summits, or for photos. • Be mindful when touching gates, styles etc.
	<ul style="list-style-type: none"> • Don't risk injury – save the NHS and emergency services. 	<ul style="list-style-type: none"> • Respect other users of the space • For now:

		<ul style="list-style-type: none"> ○ Choose familiar locations ○ Choose a safer activity ○ Choose an activity within your existing skills and experience level. Stick to low risk routes that you are familiar with and are comfortably within your capabilities. ● Many Governing Bodies of Sport have produced Guidance for their own sport – have a look at their more detailed guidance for your activity.
	<ul style="list-style-type: none"> ● Keep dogs on leads near others or livestock. 	<ul style="list-style-type: none"> ● It is difficult to retrieve a dog while socially distancing
	<ul style="list-style-type: none"> ● Wash your hands after your visit. 	<ul style="list-style-type: none"> ● Bring your own hand sanitiser and/or disinfectant wipes for use during your visit, especially while toilet facilities remain closed.
Leave No Trace & Love the Place	<ul style="list-style-type: none"> ● Take your rubbish home if you can. ● Be Considerate of Others. ● Respect Farm Animals and Wildlife. ● Keep the roads clear - don't park at gates or on verges. ● Leave gates as you found them. ● Leave what you find. 	<ul style="list-style-type: none"> ● Make sure the Emergency services, local farmers or neighbours will be able to access fields, forests, or houses. If a car park is full, go somewhere else. If parking on the roadside is there enough space for large vehicles to pass and to turn into entrances? ● Normal staff and volunteer may be undertaking other tasks or not able to help at the moment and numbers may be reduced due to social distancing. You can help by taking your own litter home with you. ● Wildlife may have got used to you not being there and nested somewhere close by – give it some space to flourish.

Stay sensible, protect yourselves, protect our vulnerable and most of all, take care of each other