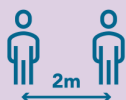


#OUTDOORS FOR EVERYONE

Practical tips & advice - Plan ahead and practice responsible physical activity



Stay **within 5km** from where you live



Distance yourself at least **2 metres** (6 feet) away from other people



Groups should be **no more than four people** unless all are from the same household



Avoid an area if it looks busy and go somewhere else for your exercise



Wash your hands when you return home



Ensure you **park responsibly** and don't block gateways, forest entrances and narrow roads which need to be passable for emergency services



We all love the great outdoors and rely on each other to **keep safe** at the moment - **be responsible** and **look out for others** when in the outdoors



Space is limited on many paths and trails in outdoor settings - **allow space for others to pass** and try to keep your distance !



Many outdoor amenity sites **do not have toilet facilities** open



Many outdoor sites get very busy over weekends and have limited parking - avoid the crowds and **visit sites at off peak times**



We love our scenic outdoor spaces - let's keep the outdoors litter free by **Leaving No Trace!**