

# TIPS FOR SAFETY IN OUTDOOR ACTIVITIES



**Evidence informed advice**



Include outdoor activities in your self-care plan to improve your mental and physical health, reduce stress and increase resilience.

Be active only with your household members. Maintain 6ft/2m physical distance from others. Wash or sanitize your hands after touching any communal surfaces and upon returning indoors.

Share public spaces by going outside at non-peak hours, avoiding busy beach walkways, bicycle paths or narrow paths. Select quieter streets or alleyways instead.

While walking/hiking or running, do so single file on the edge of paths giving wide margins to those less agile (wheelchairs, strollers, mobility impaired). Use trails below your skill level. Shorten pets' leashes around others.

While cycling, do not use sidewalks and select bike paths that are wide enough to maintain physical distancing. Avoid drafting (cycling directly behind one another) and sanitize any bike sharing equipment (Mobi) before and after use.

Click [here](#) for more tips and to see examples of safer and higher risk activities.

