COVID-19: SOCIAL DISTANCING IN PUBLIC PARKS AND TRAILS

- Do not use parks or trails if you are exhibiting symptoms.
- Share the trail and warn other trail users of your presence and as you pass.
- Be prepared for limited access to public restrooms or water fountains.
- Observe CDC’s minimum recommended social distancing of 6’ from other persons at all times.
- Follow CDC’s guidance on personal hygiene prior to visiting parks or trails.

Tips for Physical Distancing In Parks

Know what 6 feet looks like. Lay measuring tape on the ground. It’s the distance of a surfboard, long yoga mat or adult bike.

Do not use playgrounds or other frequently touched surfaces.

Go by yourself or those you live with.

Avoid crowded areas. If a space cannot be enjoyed safely, go home or discover a new park in your community.

For more resources on how to use parks safely during the COVID-19 pandemic, please visit: nrpa.org/Coronavirus