COVID-19: PHYSICAL 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.

Follow CDC's guidance on personal hygiene prior to visiting parks or trails.

Observe CDC’s minimum recommended physical distancing of 6’ from other persons at all times.

INRPA National Recreation and Park Association
Because everyone deserves a great park
SHARE THE TRAIL

Practice Safe Social Distancing on the Trail

Before you head out, check to ensure the trail is open. Be prepared that trails may have limited services: facilities may be closed, and maintenance and security may be limited or unavailable. Find trail-manager contact info at TrailLink.com. Check coronavirus.gov for the latest public-health guidance.

- On the trail, do not gather in groups.
- Avoid playgrounds or other areas where groups may form.
- Keep 6 feet between you and others at all times.
- Leave any area where you cannot maintain a 6-foot distance.
- Carry water, hand sanitizer and disinfecting wipes to further protect yourself.
- Do not touch your face.
- Wash or sanitize your hands frequently.
- Stay home if you exhibit any symptoms of illness.

Visit railstotrails.org/COVID19 for resources and information about ways to stay healthy and well during this time of social distancing.