

## Recommendations for park and trail users on observing social distancing minimums

There are a number of specific recommendations for advising the public to keep safe social distancing when in parks or on trails

- Follow CDC's guidance on personal hygiene prior to heading to trails — wash hands, carry hand sanitizer, do not use trails if you have symptoms, cover your mouth and nose when coughing or sneezing, etc.
- Observe at all times CDC's minimum recommended social distancing of six feet from other people. Practice it and know what it looks like. Keep it as you walk, bike or hike.
- Warn other trail users of your presence and as you pass to allow proper distance and step off trails to allow others to pass, keeping minimum recommended distances at all times. Signal your presence with your voice, bell or horn.
- Note that trail and park users may find public restrooms closed — be prepared before you leave and time outings so that you are not dependent on public restrooms.
- Bring water or drinks — public drinking fountains may be disabled and should not be used, even if operable.
- Bring a suitable trash bag. Leave no trash, take everything out to protect park workers

There is no question that this is a fluid and evolving situation. The experiences of other countries have shown that more stringent measures may be employed by the government to restrict the use of public spaces and private facilities. This guidance is current today, but park and recreation professionals and agency directors should monitor CDC guidance and local, state and federal updates daily.

*For more information about NRPA's response to COVID-19, as well as available resources for park and recreation professionals, please see our [Coronavirus Disease 2019 \(COVID-19\) webpage](#).*

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