

# COVID-19: SOCIAL DISTANCING IN PUBLIC PARKS AND TRAILS

Do not use parks or trails if you are exhibiting symptoms.

Be prepared for limited access to public restrooms or water fountains.

Share the trail and warn other trail users of your presence and as you pass.

Observe CDC's minimum recommended social distancing of 6' from other persons at all times.

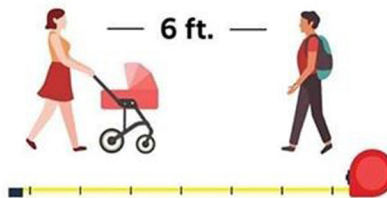
Follow CDC's guidance on personal hygiene prior to visiting parks or trails.



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Because everyone deserves a great park

## 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.

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For more resources on how to use parks safely during the COVID-19 pandemic, please visit: [nrrpa.org/Coronavirus](https://nrrpa.org/Coronavirus)