

Be Prepared



- Before you head out, check to make sure that your local park or trail is open.
- Follow guidance on personal hygiene (wash your hands!) before leaving your home.
- Note that public restrooms and drinking fountains may be closed and plan accordingly.
- Know what two metres looks like by measuring it out at home.

Practice Patience

- Observe the minimum recommended physical distance of two metres at all times.
- Share the trail and pass others only when the minimum physical distance can be maintained.



Be Kind



- Allow for the minimum physical distance by stepping off the path for others to pass.
- A quick smile or wave is a safe way to say Hi! Avoid stopping to chat with friends or neighbours.
- Politely, let fellow trail users know when you'd like to pass using a bell or your voice.