

# ENJOY THE OUTDOORS

## Navigate outdoor spaces in the time of COVID-19

As the coronavirus (COVID-19) pandemic has a growing impact around the world, we are all waking up to a new reality and shifting our way of life. With the mental repercussions of social distancing and self-isolation, we need the health and wellness benefits of our state parks and open spaces now more than ever. Even though visitor centers and indoor parks are closed, all outdoor spaces currently remain open and accessible to the public. To encourage safe use of parks during this time, we have put together some tips for enjoying your state parks and open spaces while observing social distancing.



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**1** Follow Centers for Disease Control and Prevention (CDC)'s guidance on personal hygiene prior to heading outdoors: wash hands, carry hand sanitizer, do not use trails if you have symptoms, cover your mouth and nose when coughing or sneezing, etc.

**2** Maintain social distancing while traveling to your final location. Make no stops while driving to and from trailheads or parks.

**3** At all times, observe 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.

**4** Be sure to adhere to signage and closures at individual parks. If certain trails or facilities are closed, this is for your own safety.

**5** Warn other trail users of your presence as you pass to allow for proper distancing. Step off trails to allow others to pass, keeping minimum recommended distances at all times. Signal your presence with your voice, bell, or horn.

**6** 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.

**7** Bring water or drinks – public drinking fountains may be disabled and should not be used, even if operable.

**8** Bring a suitable trash bag. Leave no trace, take everything out to protect park staff.

**9** If you are exploring the outdoors with your furry friend, be sure to keep them on a leash at all times.

**10** Do not explore your state parks or open spaces if you are experiencing symptoms of COVID-19. Learn more about these symptoms from the California Department of Public Health.






### STAY UP TO DATE

While the issue of closing parks and facilities related to COVID-19 is rapidly evolving, California State Parks Foundation recommends adhering to all guidelines and recommendations from the Centers for Disease Control and Prevention (CDC), the Department of Parks and Recreation, and your local public health officials for the most up-to-date information.



We hope these suggestions will help you safely navigate the outdoors during these difficult times. Follow California State Parks Foundation updates and find more resources online at [calparks.org/covid](https://calparks.org/covid).

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