**Government Advice on outdoor activity**

**1. Keep your distance from people outside your household**

Whilst recognizing this will not always be possible, it is important to be aware that the risk of infection increases the closer you are to another person with the virus, and the amount of time you spend in close contact with them. Therefore, you are unlikely to be infected if you walk past another person in the street.

**2. Activity outside the home**

In line with scientific advice that the risk of transmitting the virus is much lower outside, the Government is permitting more social activity outside. You can spend time outdoors with members of your own household and, **from Monday 1 June**, you can meet in a gathering of up to six people you do not live with. This can be in a public outdoor space, or in a private garden or uncovered yard or terrace.

The more people you have interactions with, the more chances we give the virus to spread. When seeing friends and family outdoors:

* It would be sensible to keep the total number of people you see limited - especially over short periods of time
* You should access private gardens without entering someone’s home, wherever possible
* You should not go indoors unless you need the toilet urgently, or are passing through to access the garden or go home
* Avoid touching surfaces and if you use the toilet wash your hands thoroughly, wipe down surfaces, use separate or paper towels and wash or dispose of them safely after use
* You cannot use garages, sheds or cabins with non-household members – these are all indoor areas where the risk of transmission is higher
* You should not share garden or sports equipment with people outside of your household
* You can have a barbeque or a picnic, but should, where possible, try to avoid sharing food and drink. You should not pass each other food or drink unless you live together. You should not use plates or utensils that someone from another house has touched - either bring your own or ensure you have thoroughly cleaned them before using. Wash your hands frequently and thoroughly for at least 20 seconds and use disposable towels if possible.

It is important that everyone continues to act responsibly in public places, as the large majority have done to date. The infection rate will increase if people begin to break the rules. It will remain prohibited in [law for people to](http://www.legislation.gov.uk/uksi/2020/350):

* visit friends and family inside their homes or spend time indoors with anyone you do not live with - subject to limited exceptions, for example, for work, providing emergency assistance or caring for the vulnerable
* spend time outdoors, including for exercise, in groups greater than six people - subject to limited exceptions. You should continue to practice social distancing with anyone from outside your household, including while playing sport
* stay overnight away from home - subject to limited exceptions, including for work, funerals or avoiding harm
* incite others to commit one of the above offences, for example by inviting people to a party
* threaten others with infection by coronavirus, for example by coughing or spitting in their direction

It is an offence to breach these restrictions and the police and local authorities have the powers to enforce the requirements.

When you leave your home, you should follow the guidelines on. Most importantly, this includes the key advice that you should stay two meters apart from anyone outside of your household. [Face coverings](https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering) can help us protect each other and reduce the spread of the disease if you are in an enclosed space where social distancing is difficult and where you will come into contact with people you do not normally meet. If you are showing coronavirus symptoms, or if you or any of your household are self-isolating (including if you have been contacted by the [test and trace programme](https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works#the-nhs-coronavirus-app)), you should stay at [home](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection) - this is critical to staying safe and saving lives.

By following this guidance, you are helping to protect yourself, your family, the NHS and your community.

**3. Visiting public places**

You can spend time outdoors, including exercise, as often as you wish. This must be with people you live with, or in a gathering of up to six including people from outside your household, and you should keep two meters apart at all times.

You should continue to avoid public transport other than for essential journeys so should make journeys by cycling, walking or driving in a private vehicle.

You may drive to outdoor publicly accessible open spaces irrespective of distance with people in your household, but should follow social distancing guidance while you are there. You should plan ahead to ensure that, where you are visiting places like National Parks, you have checked that they are open and appropriately prepared for visitors. Many other outdoor venues where there is a higher risk of close contact and touching surfaces will remain closed as set out in the law. Campsites will remain closed and you are not allowed to stay away overnight, so should allow enough time to return home.