



SPORT
IRELAND
OUTDOORS

Stay Local, Stay Apart & Stay Safe in the Outdoors

Guidelines for Exercising in the Outdoors
From 18 May – 8 June



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The Government's Roadmap for Reopening Society and Business outlines 5 Phases for relaxing restrictions related to Covid-19.

Phase 1 commences from Monday, 18 May and introduces some relaxations that affect outdoor activity. The advice provided here relates to Phase 1. This advice will be updated as we move through the phases or if there are any changes in the advice from government.

While the government still advises people to stay at home as much as possible to minimise the spread of Covid-19, it is permitted to exercise in the outdoors within 5km from your home. However, if you are feeling unwell or have any Covid-19 symptoms such as a fever, cough or difficulty breathing do not exercise. Stay home and seek medical attention (see guidelines [here](#)).

Measures Still in Place



The limit of the distance from home for the purpose of exercise remains at 5km.



It is critical that we still practice physical distancing - remaining at least 2 meters apart from people who are not members of your household, hand hygiene as shown [here](#) and respiratory etiquette shown [here](#).

Changes in restrictions that impact outdoor exercise



Outdoor Space

Outdoor spaces and tourism sites including car parks, beaches and trails will be opened where people can move around freely and where social distancing can be maintained.



Group Exercise

People can exercise - either on their own, with existing members of their household or in a group of no more than 4 people who are not from the same household - where physical distancing can be maintained. However, vulnerable people should continue to exercise alone or only with existing members of their household.

Recommendations when Exercising in the Outdoors



Follow Government protocols and public health guidelines

- Keep a distance of 2m or more between you and other people.
- Wash your hands with soap and water before going out and as soon as you get home. Use hand sanitiser to practice hand hygiene when outside without access to handwashing facilities. See handwashing guidelines [here](#).
- If you need to cough or sneeze when outdoors continue to practice proper respiratory etiquette shown [here](#).



Stay local and within a 5km radius of your home for exercise

- Use this useful [website](#) to see the 5km circle from your home.
- Visit outdoor areas at off peak times.



Exercise - either on your own, with existing members of their household or in a group of no more than 4 people who are not from the same household

- You can meet with up to three people from outside your household (forming a group of four). Remember you must still keep 2m apart at all times.
- Stick to activities that are within your skills and capabilities to minimise the risk of accident or injury, and lead to an emergency service call-out.
- Government advice is to carefully consider who you come into contact with and stick to meeting with the same colleagues and small group of friends rather than meeting with a diverse and changing group.
- If you are visiting a public recreation amenity, refrain from long stays at the site and do not have picnics. Please do your exercise and then go home.



Observe physical distancing by keeping at least 2 metres apart

This rule continues to apply to everyone except members of the same household.

Recommendations when Exercising in the Outdoors



Park legally and responsibly if driving to outdoor amenities

Poorly parked cars can cause access issues for locals and emergency services vehicles. Park in designated areas and do not block entrances. If a car park is full, go somewhere else.



Keep dogs on a lead at all times

- If taking a dog with you choose a location where dogs are permitted – (follow local signage or online information about the site).
- Please keep your dog on a lead to protect wildlife and farm animals.
- Always carry waste bags with you when walking your dog, pick up after them, and bring the bag home.



Respect the environment and dispose of waste properly

Guidance on minimising your impact on the environment can be found here - [Leave No Trace Ireland](#). Be aware that Ireland's outdoors includes both public and privately owned land. Respect all landowners and be mindful of the concerns of rural communities. Do not light fire and barbeques.

For further Government advice on Outdoor Activity see [here](#)

For specific and up-to-date information, refer to the following links:

- [Forest Parks and other forest sites](#)
- [National Parks and other Nature Reserves](#)
- [Beaches](#)
- [Waterways](#)
- [Heritage sites](#)



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