

We all want to enjoy the outdoors with our families and friends.

Alongside Government protocols and public health guidelines, here are some tips to help us all to make decisions using our own sound judgement, continue to be considerate to others and not put stresses on the NHS and other Emergency Services, so we can all:

ENJOY A HEALTHY AND SAFE VISIT TO OUR OUTDOORS

STAY SAFE - LEAVE NO TRACE - LOVE THE PLACE

Stay Safe	<ul style="list-style-type: none"> • Stay Apart. • Stay Active and Share the Space: <ul style="list-style-type: none"> ○ Keep moving. ○ No BBQs for now. 	<ul style="list-style-type: none"> • Be especially mindful of not gathering or lingering around key points such as car parks, bridges, gates, information points, summits or for photos. • Bar-b-ques take time, can be a fire risk and are challenging to clear up after – please have them at home but not in outdoor recreation spaces for now. Keep apart, socially distancing. • Consider the use of face masks in more frequently used areas such as car parks.
	<ul style="list-style-type: none"> • Choose a quiet location. • Choose a quiet time. • Be considerate of other visitors/users – stay a few hours, not all day. 	<ul style="list-style-type: none"> • Avoid popular honey pot sites - if there are lots of people it will be more difficult to stay 2 metres apart from others and observe social distancing.
	<ul style="list-style-type: none"> • Respect staff and volunteers. 	<ul style="list-style-type: none"> • Staff, volunteers and signage are there to help to keep everyone safe and healthy – please follow their instruction.
	<ul style="list-style-type: none"> • Don't risk injury – protect the NHS and emergency services. 	<ul style="list-style-type: none"> • Now is not the time to end up in hospital. • Respect other users of the space. • For now:

		<ul style="list-style-type: none"> ○ Choose familiar locations. ○ Choose a safer activity. ○ Choose an activity within your existing skills and experience level. Stick to low risk routes that you are familiar and comfortable with. ● If planning a visit to the coast then check the weather forecast, tide times, follow safety advice, keep a close eye on your family and don't use inflatables. ● Many Governing Bodies of Sport have produced Guidance for their own sport – have a look at the more detailed guidance relating to your chosen activity (see links below this table).
	<ul style="list-style-type: none"> ● Keep your dog under control. ● Keep your dog away from other people. 	<ul style="list-style-type: none"> ● Prevent your dog from approaching other people and their dogs, cyclists, livestock and wildlife. ● It is difficult to retrieve a dog while observing social distancing. ● Never let your dog worry or attack farm animals. ● Wildlife may have nested closer to paths while no-one was visiting – please give it a wide berth.
	<ul style="list-style-type: none"> ● Clean your hands before and after your visit. 	<ul style="list-style-type: none"> ● Continue to follow public health guidelines on handwashing. ● Remember hand hygiene if you touch any surfaces. ● Toilets and facilities may not be open. Consider this in your planning and make alternative arrangements for your own provisions as required.
<p>Leave No Trace</p> <p>&</p> <p>Love the Place</p>	<ul style="list-style-type: none"> ● Plan ahead. ● Check the site and facilities you need (such as car parks and toilets) are open before you leave home. 	<ul style="list-style-type: none"> ● Plan your day around your needs and what will be available ● You can travel for outdoor recreation, but consider if you need to currently until all the services you need are open again - are car parks, toilets, baby changing, playgrounds and other facilities open?

		<ul style="list-style-type: none"> • Have a look at the websites below this table for ideas of places to visit close to you and to check whether facilities are open.
	<ul style="list-style-type: none"> • Have a back-up plan if the venue is full when you reach it. 	<ul style="list-style-type: none"> • The car park may be full. • Please do not park outside of designated parking spaces or on verges or gateways. • If the site is very busy, social distancing may be difficult and it would be wise to consider alternative venues.
	<ul style="list-style-type: none"> • Keep the roads clear - don't park at gates or on verges. 	<ul style="list-style-type: none"> • Make sure the Emergency Services, local farmers or local residents will be able to pass by and to access fields, forests, or houses. If a car park is full, go somewhere else.
	<ul style="list-style-type: none"> • Please take your rubbish home. 	<ul style="list-style-type: none"> • You can help everyone by taking your own litter home with you, especially at a time when staff and volunteers may be deployed elsewhere on site or reduced in numbers due to shielding.
	<ul style="list-style-type: none"> • Respect farm animals and wildlife. • Leave gates as you found them. 	<ul style="list-style-type: none"> • Wildlife may have got used to you not being there and nested somewhere close by – please give nature some space to flourish.
	<ul style="list-style-type: none"> • Leave what you find. 	<ul style="list-style-type: none"> • For all to enjoy the outdoors and love the place.

Stay sensible, protect yourselves, protect our vulnerable and most of all, take care of each other

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Have a look at the websites below for **ideas of places to visit** close to you and information about whether the facilities are open:

Collective websites:

- www.OutmoreNI.com
- www.WalkNI.com
- www.BeachNI.com
- <http://www.outdoorrecreationni.com>
- <https://www.sustrans.org.uk/about-us/our-work-in-northern-ireland/>
- <http://www.outdoorni.com/>
- <https://discovernorthernireland.com/things-to-do/activities/activities/>

Central Government sites:

- DAERA Country Parks: <https://www.nidirect.gov.uk/information-and-services/outdoor-recreation/country-parks>
- DAERA Forests: <https://www.nidirect.gov.uk/information-and-services/forests/public-forests-northern-ireland>
- DAERA Inland Fisheries: <https://www.nidirect.gov.uk/information-and-services/outdoor-recreation/angling>
- Inland Waterways: www.waterwaysireland.ie
- Stormont Estate: <https://www.nidirect.gov.uk/articles/about-stormont-estate>
- DfI NI Water: <https://www.niwater.com/the-silent-valley-trails/>
- DfC Historic Monuments: <https://www.communities-ni.gov.uk/articles/historic-places-visit;>
<https://discovernorthernireland.com/things-to-do/attractions/love-heritage/>
- SportNI: [http://www.sportni.net/category/news/;](http://www.sportni.net/category/news/) <http://www.sportni.net/sport-ni-statements/>
- Loughs Agency: www.loughs-agency.org

Local Authority sites:

- Antrim & Newtownabbey: <https://antrimandnewtownabbey.gov.uk/coronavirus-parks-and-open-spaces/>
- Ards & North Down: <https://www.ardsandnorthdown.gov.uk/about-the-council/covid19>
- Armagh City, Banbridge & Craigavon: <https://www.armaghbanbridgecraigavon.gov.uk/coronavirus/>
- Belfast City Council: <https://www.belfastcity.gov.uk/council/covid19.aspx>
- Causeway Coasts and Glens: <https://www.causewaycoastandglens.gov.uk/covid19/closure-of-council-facilities-and-venues;>
<https://www.causewaycoastandglens.gov.uk/covid19>

- Derry & Strabane: <https://www.derrystrabane.com/Council/Corona-Virus-Advice/Parks>; <https://www.derrystrabane.com/Council/Corona-Virus-Advice/corona-advice>
- Fermanagh & Omagh: <https://www.fermanaghomagh.com/covid-19-coronavirus-information-advice-council-services/>
- Lisburn & Castlereagh: <https://www.lisburncastlereagh.gov.uk/coronavirus>; <https://www.lisburncastlereagh.gov.uk/things-to-do/parks-and-open-spaces>
- Mid & East Antrim: <https://www.midandeastantrim.gov.uk/covid-19>; <https://www.midandeastantrim.gov.uk/covid-19/closed-council-sites/>
- Mid Ulster: <https://www.midulstercouncil.org/resident/health-wellbeing/coronavirus-advice-and-information>
- Newry, Mourne & Down: <https://www.newrymournedown.org/coronavirus>; <https://www.newrymournedown.org/outdoor-recreation-leisure-and-sport-cv>

Other sites:

- National Trust: <https://www.nationaltrust.org.uk/features/reopening-and-coronavirus-faqs>; <https://www.nationaltrust.org.uk/days-out/northern-ireland>
- Woodland Trust: <https://www.woodlandtrust.org.uk/coronavirus-services/>
- RSPB: <https://community.rspb.org.uk/getinvolved/b/steppingupnorthernireland/posts/rspbnicoronavirusupdate>
- Ulster Wildlife: <https://www.ulsterwildlife.org/nature-reserves>
- Outdoor Recreation NI: <http://www.outdoorrecreationni.com/news/>
- National Museums NI: <https://www.nmni.com/COVID-19-Update.aspx>
- <https://www.connswatergreenway.co.uk/>
- <http://nigreenways.com/>

Many Governing Bodies of Sport have produced **Guidance** for their own sport – have a look at the more detailed guidance for your activity:

- Sport NI Guidance: <http://www.sportni.net/news/a-framework-to-guide-progression-towards-a-resumption-of-sport-and-physical-recreation-in-northern-ireland/>
- Mountaineering Ireland Guidance: <https://www.mountaineering.ie/aboutus/news/2020/?id=273>
- DAERA websites & social media
- Discovernorthernireland.com & TourismNI.com & Tourism Ireland through TNI
- Mountaineering Ireland

- SportNI and Tollymore MC
- Ulster Federation of Rambling Clubs
- RYA
- CANI
- Coastguard
- PSNI
- NORF will issue to member groups