



SPORT
IRELAND
OUTDOORS

Stay Safe in the Outdoors

Guidelines for Exercising in the Outdoors
29th June – 10th August



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View [Phase 3 of Ireland's Roadmap for reopening](#) which is in place right now.

Phase 3 commences from Monday, 29 June and introduces some relaxations that affect outdoor activity. The advice provided here relates to Phase 3. This advice will be updated as we move through the phases or if there are any changes in the advice from government.

From phase 3, you can travel anywhere in Ireland, including to offshore islands. 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](#)). If you are over 70 or medically vulnerable, please use your judgment to decide how to best apply the following recommendations.

Measures in Place



You can now travel anywhere in Ireland.



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



Outdoor Space

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



Outdoor Group Exercise

Groups of up to 200 people can meet outdoors when conducted in line with public health advice. Sporting activities such as team leagues, close contact sports, organised sporting spectator events and fixtures can recommence.

As part of the easing of restrictions, the public health advice for those who have been cocooning has been updated. The Health Protection Surveillance Centre has updated their [guidance](#).

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](#).

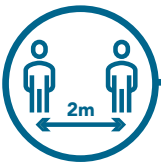


- Visit outdoor areas at off peak times.
- If possible, continue to walk or cycle instead of taking the car or public transport

Outdoor gatherings of up to 200 people are permitted but they must be conducted in line with public health advise. Minimise contact, do not share any equipment and practice strict hygiene.



- 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.
- Avoid crowds and still maintain to limit social interactions.



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 it, 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 fires 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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