



SPORT
IRELAND
OUTDOORS

Stay Safe in the Outdoors

Guidelines for Exercising in the Outdoors
Level 5



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In level 5, you are permitted to stay at home and exercise within 5 kilometres of your home with few exceptions. 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



Stay within your local area and exercise within **5 kilometres** of your home



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 remain open with protective measures in places.



Outdoor Group Exercise

It is possible to meet with 1 other household in an outdoor setting which is not a home or garden, such as a park, including for exercise.

No outdoor gatherings should take place.

Recommendations when Exercising in the Outdoors



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

- Use this useful website to see the 5km circle from your home. (<https://2kmfromhome.com/5km>)
- Visit outdoor areas at off peak times.
- Leave your car at home and try to walk and cycle



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 - Love This Place, Leave No Trace

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.



Plan ahead and prepare before leaving home

- Check the weather forecast
- Choose appropriate clothing for your activity and weather conditions
- Consider any lack of usual facilities such as toilets, shops, cafes, and restaurants.
- Take necessary steps like bringing food, water, and hand sanitizer with you.
- Check area websites before visiting for specific information

Recommendations when Exercising in the Outdoors



Dispose of Waste Properly

- If You Bring It In, Take It Out - take home all litter and if you must go, in the outdoors, visit Leave No Trace Ireland to find out how to go in the outdoors responsibly



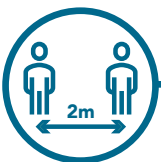
Follow Government protocols and public health guidelines

- 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](#).

It is possible to meet with 1 other household in an outdoor setting which is not a home or garden, such as a park, including for exercise



- 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.
- 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 Outdoors During Winter



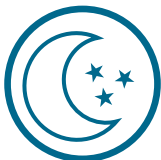
Check the **daily weather forecast** and remember the weather can change rapidly so be prepared



Layer up well - remember that you will warm up with exercise, so opt for lots of thin layers as opposed to one thick layer so you can add or remove them to balance your temperature



Be aware of **wet and slippery surfaces** - choose footwear with good grip



As the days are getting shorter, make sure to wear clothing that is **visible in the dark** - click [here](#) to find out more about sunset



Take a phone - Make sure it's fully charged before you set out



If you have an emergency, please phone the **emergency services at 112 or 999**

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

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

- [Gov.ie](#)
- [Forest Parks and other forest sites](#)
- [National Parks and other Nature Reserves](#)
- [Beaches](#)
- [Waterways](#)
- [Heritage sites](#)
- [Leave No Trace Ireland](#)
- [Coillte](#)
- [Failte Ireland](#)
- [Discover Ireland](#)
- [OPW](#)
- [Phoenix Park](#)



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