

COVID 19 Outdoor Access Guidance

The Rights of Responsible Access still apply - but please follow the Scottish Outdoor Access Code and Government advice:

One outing for exercise per day - Walk, run or cycle, alone or with members of your household. **Cyclists and runners** – When passing others please call ahead so that social distancing is maintained.

Stay local – use open spaces near to your home and don't travel unnecessarily to other areas

Keep your distance - Stay at least 2m away from other people when out and about, but do call a friendly greeting or give a wave. Use grass areas or other spaces to allow safe passing.

Avoid contact – Take hygiene precautions when you are outside, and wash your hands as soon as you are back indoors.

Dogs need to be kept on a lead or under close control, do not let them approach others and as always pick up and remove all waste.

Remember it's lambing time, so give a wide berth to farms where possible, don't take dogs into fields with lambs or other young animals in them and avoid disturbing any wildlife or livestock.



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Avoid contact - Avoid touching surfaces as far as possible. Use gloves or hand gel if you need to open gates.



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