



It's not just about the destination

This information has been developed by Transport Scotland, Public Health Scotland, the Mobility and Access Committee for Scotland and the Active Travel and Walking Strategy for Scotland. It is compiled from a range of sources including the Scottish Government, local authorities, and the Scottish Government's COVID-19.

The aim is to provide a clear and concise guide to help people stay active and healthy during the COVID-19 pandemic.

The [Scottish Government](#) and [Active Travel Strategy](#) state that the purpose of the strategy is to provide a clear and concise guide to help people stay active and healthy during the COVID-19 pandemic. Please participate actively if you are able to follow the [high risk group](#) detailed here.



Fe hai a d bei g t d i t l
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a d ca all t di c e
eighb h d. It' al bette f the
e i e ta d l cal ai alit .

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i de t ed ce pe e the ad
et ka d the p blic ta p t te ,
plea e c ide alki g, heeli g
c cli g f all pa t f j e ,
if ca .



Be afe Look afte elf
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Be a t Sta i l cal
a ea a d pla ahead

Be ki d L k t f the ,
pa tic la l e l e able g p

Be Safe Stay Healthy

• Stay Healthy

• To stay healthy, it's important to take steps to prevent the spread of germs. This includes staying home when you are sick, wearing a mask, and practicing good hygiene.

• Consider getting a COVID-19 vaccine to help protect yourself and others.

• If you are sick, stay home and avoid public places. Use a separate room and bathroom if possible. Wear a mask and cover your coughs and sneezes. Clean and disinfect frequently touched surfaces. Call your doctor for help if you have symptoms.



Be Ki d Be i df l f
 the he alki g, c cli g
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 l e able g p

EVERYONE

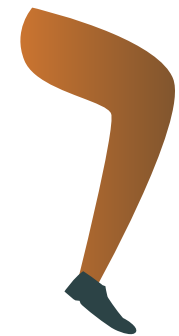
- C ide e e ci i g at le
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a eed t it d

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the footpath

CYCLING

- When cycling the road, be aware that some people are taking a route to the road as a physical distance pace the footpath

- When cycling, it is best to call the approaching people and be prepared to stop if it is difficult to pass. Please be mindful that a bell is not necessarily a sign of pedestrian hearing, it is a sign of pedestrian hearing

WALKING, WHEELING AND RUNNING

- Listen to the bell and call for people on bike
- All people cycling to pass
- Remember, because it gives all physical distance the passing people and be prepared to stop if it is difficult to pass
- Please do not spit, especially when people feed their heel, a thin surface to their heel, glare and hand

DOG WALKERS

- Keep dog on a lead if there are children likely to be the people and
- Clean up after dog



CONSIDER THE NEEDS OF DISABLED PEOPLE AND OLDER PEOPLE

- Give the pace to disabled people in developing accessibility changes. Wheelchair users should be able to use the facility.
- Be aware that not all disabilities are visible. Hearing loss, for example, is not always obvious. Hearing aids are available. This could mean that hearing is not a problem. In the meantime, people are often not aware of their own hearing loss.
- Don't assume that everyone is able to hear. Hearing aids should be provided.

- If in doubt, take it easy. Take it easy.
- Because of the physical nature of the physical disability, it is often difficult for disabled people to do things. People will be feeling it.
- Please don't park in a disabled space. It is not a drop-in service. It is a service for the disabled.
- Because of the patience of people, take a little time to get the help needed to do their own thing (wheelchair, hearing aid, etc., e.g., glasses, etc.)



U ef I li k

Useful links

GUIDANCE FROM OUTDOORS AND GREENSPACE ORGANISATIONS

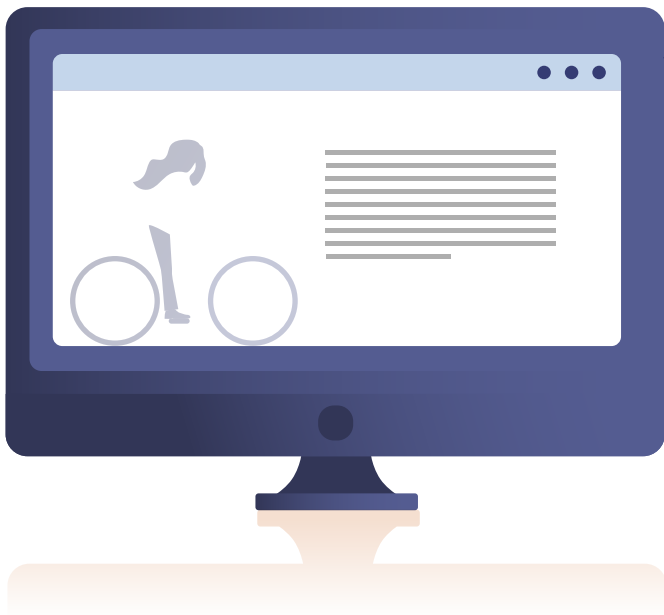
[Scottish Council](#)

[Forth Eire Heritage Link](#)

[Ramble](#)

[Scottish National Heritage](#)

[Sustainable Code for the National Cycle Network](#)



ACCESSIBILITY ORGANISATIONS

[Mobility and Access Committee for Scotland](#)

[The People's Street Meeting the Council's](#)

[RNIB Scotland Council's](#)

[Accessible Travel for Disabled People in Scotland, a guide to making your travel accessible](#)

[Accessible Travel: The reality of social distancing for wheelchair users](#)

Information compiled by S t a J e 2020.