







Be safe – Look after yourself
and those in your care

Be smart – Stay in your local
area and plan ahead

Be kind – Look out for others,
particularly more vulnerable groups

Be Kind – Be mindful of others when walking, XIFFMJOH PS DZDMJOH particularly more vulnerable groups

EVERYONE

- Consider exercising at less busy times of day and avoid hotspots
- Slow down, r

WALKING, WHEELING AND RUNNING

- Listen out for bells and calls from people on bikes
- Allow people cycling to pass
- Runners, be careful to give full physical distance when passing people and be prepared to slow down if it is difficult to pass
- Please do not spit, especially where people need to wheel, as this transfers onto their wheels, gloves and hands

DOG WALKERS

- Keep dogs on a lead if there are likely to be other people around
- Clean up after your dog

CONSIDER THE NEEDS OF DISABLED PEOPLE AND OLDER PEOPLE

- Give extra space to disabled people including any using a mobility aid such as a wheelchair who may not be able to move out of your way
- Be aware that not all disabilities, including sight and hearing loss, are visible and most hearing aids only have a range of 1m. This could mean that whilst you must maintain the 2m distance, people may find it more difficult than usual to understand you
- Don't assume that everyone who is disabled should be shielding
- If in doubt, stop and ask what makes it easier to pass safely
- Be considerate and remember the changes to the physical infrastructure required for physical distancing are harder for disabled people and many people will be feeling anxious

- Please do not park on or obstruct pavements at dropped kerbs as this causes further barriers
- Be considerate and patient with people who take a little longer to pass or who need extra room due to their mobility aids (wheelchairs, mobility scooters, long canes, guide dogs, walking frames)
- Remember guide dogs are not trained to physically distance and will guide along recognised routes



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Useful links

RELEVANT GUIDANCE LINKS FROM GOVERNMENT AGENCIES

[NHS Inform](#) – guidance on physical activity and distancing

[Transport Scotland](#) – travel guidance for the public

[For the latest Scottish Government guidance](#) – Including Scotland's route map through and out of the crisis

[Advice on physical activity when recovering from Covid-19](#)

RELEVANT LINKS FROM ACTIVE TRAVEL ORGANISATIONS

[Sustrans](#): guidance on walking and cycling including on national cycle network and de
