

# HOW TO RECREATE OUTDOORS

(Responsibly, during a pandemic)



According to Colorado's statewide Stay-at-Home order: You should stay at home as much as possible **except for critical activities including:**

**“Participating in outdoor recreation at a legally-mandated safe distance of six feet or more from other parties”**

We encourage you go get outside, go for a run, walk, hike, or bike ride. Getting outside is critical to your physical and mental health and improves your overall well-being. If you are going to recreate outdoors please follow and consider the below guidelines:

## Responsible Outdoor Recreation Guidelines:

### Follow Social Distancing Mandates

Keep at least a bike length, one lama, or at least 6' away from others

### Stay as Close to Home as Possible

Try to recreate out your front door and avoid driving. If you do drive to a trailhead and it's busy, turn around and go somewhere else

### If Your Sick, Stay Home

A runny nose, allergies, any slight symptom; please just stay home

### Avoid Popular Times, Areas of High Use, and Groups

Go early or late, be creative with your trail/road selection, try to avoid popular trails

### Practice Good Trail Etiquette & Respect Closures

Don't ride/hike muddy trails, respect seasonal wildlife closures, and continue to follow Leave No Trace Principles

### Keep it Chill, Keep it Safe

Respect our local health care providers, Vail Mountain Rescue, and public safety agencies and dial it back a notch or five

### Be Prepared

Bring your own water, food, pack accordingly and use the bathroom before you head out

### Give Space on the Trail

Stay alert, slow down, communicate with other trail users when passing

## Please Remember:

Public lands access is a privilege, not a right. Your choices have consequences for not only your health, but especially others. Please take your time to slow down, use common sense, and think through the ways you use trails and recreate outdoors right now.

## What Else Can I Do to Help?

- Practice, encourage, and communicate these guidelines
- Support local businesses and your community
- Share your observations on the trail; mud, snow, wet, etc.
- Trail Maintenance: See something that needs to be fixed? Grab a shovel and go out there and do it! (it's great social distancing)