

## Visit Safely

Following Government's recent announcement that we are now able to travel for daily exercise whilst adhering to social distancing guidelines, we have produced this simple guide to help you visit safely.

### 1. Plan ahead

- Please be aware that government guidelines do not allow for overnight stays at present
- Some places will be busier than others
- There may be pressure on parking so do check ahead for up to date car park capacity [here](#)
- Facilities are opening gradually but are limited, including toilets, shops & places to get food and drink
- Can you visit 'off peak', earlier or later in the day or during the week?
- Why not explore somewhere new and quieter - plan a route in advance
- Contactless payments are encouraged

### 2. Once you are here

- Always keep 2 metres apart from those outside your group
- Wash or sanitise your hands regularly
- Pay by contactless card
- Always follow the [Countryside Code](#)
- Take any litter home with you

### 3. Staying safe in the outdoors

If you are planning outdoor activities, be Adventure Smart by asking yourself three simple questions

#### Do I have the right gear?

- Have a fully charged mobile phone (many areas are signal blackspots), torch & whistle
- Have sufficient food and drink, warm waterproof clothing
- Have navigation equipment (that you know how to use)

#### Do I know what the weather will be like?

- Keep checking the forecast and alter your plans and routes accordingly

#### Am I confident I have the knowledge and skills for the day?

- Support our already stretched emergency services by not pushing yourself beyond your comfort zone
- Always inform a third party of your intended route
- For safety on water information click [here](#)

#### Here are some useful resources

[Visitlakedistrict.com](http://Visitlakedistrict.com)

[Saferlakes.co.uk](http://Saferlakes.co.uk)

[Lake District Search and Mountain Rescue Association](#)

[Government Guidance on spending time outdoors](#)

[Government guidance on the phased return of outdoor sport and recreation](#)

[Adventure Smart](#)

[The Countryside Code](#)

[Lake District Safety on the Water](#)

[National Trust](#)