The County of Marin is continuing to release updates on public safety. Stay up to date at: https://coronavirus.marinhhs.org/

Keep your family and others safe and help guard against the spread of COVID-19 by only leaving your home for essential activities. One of those essential activities, according to the County of Marin and the State of California, is exercise.

Outdoor recreation and exercise are considered essential activities, and have many benefits. However, precautions should be taken to ensure your health and the health of others.

Always keep at least 6 feet away from others.

What does SIX FEET look like?
Six feet apart is about the length of a tall adult lying down.

Where should I exercise?
- Use wider, less popular paths: avoid crowded areas
- Stay on terrain within your skill levels
- Prioritize recreation areas that are closer to your home
- Don’t go to areas that are closed to the public

Can we drive somewhere to exercise?
Yes, but do so cautiously. As outlined above, avoid traveling to popular locations at peak times. In general, try to leave areas in other localities for the people that live nearest to them.

SOCIAL DISTANCE SAFELY!
Before leaving home, talk to your children about the importance of giving others plenty of space. When passing others, get creative without going into the street; step to the side and pass as far from others as safely possible.
SOCIAL DISTANCING BY BIKE
How do guidelines change when you are riding a bike?

When you are on a bike and traveling faster than a walking pace, airborne particles can travel much further.

A slipstream is a current of air created by movement. Avoid traveling into other slipstreams, and keep others out of yours.

Give other road and path users a wide berth when passing. Don’t move back into their line of travel until you are far in front of them, where possible. Particles can easily travel 20 feet, or much further, in your slipstream. Passing someone quickly can be more dangerous than passing slowly.

If you need to pass someone, put your mask over your face. You can keep it around your neck when you don’t need it.

If there is less than 10 feet to safely pass, verbally communicate to the other person: while stopped or slowed, ask if it’s okay to ride past. Make sure you are a good distance away when you first address them. Avoid surprising anyone.

If passing on a narrow trail, you may need to get off of your bike and step off the trail. Always yeild to pedestrians.

Remember, pedestrians always have the right of way. Cyclists should slow or stop when passing, whether on roads, pathways, or trails.

Try walking or biking your route to school!
Even when learning remotely, your child can still practice going to school! Use your exercise time to become familiar with the routes, so when school resumes, everyone will be extra ready to commute safely.

Is this a safer time to ride?
Fewer cars on the road can mean a safer environment for riding. However, even with a decrease in traffic, collisions can still occur.
Don’t take unnecessary risks that could lead to injury

Remember:
• Pay attention to rules of the road
• Look out for drivers disobeying their rules.
• Don’t ride quickly down hills or on rough roads or trails.
• Watch out for other trail users

Do we need to wear masks?
• You should always bring a mask with you, and wear it when you are near other people.
• Masks are required within 6 feet of others, in any situation
• Children under 2 years old are not required to wear a mask

Have further questions? Email the Marin County Safe Routes to Schools team: saferoutes@marinbike.org