



Go Outdoors, But Keep Your Distance!

Tips for Staying Safe While Exercising and Playing Outside

Spending time outdoors is good for everyone's physical and mental well-being. The Cambridge Public Health Department (CPHD) encourages residents who feel well to go outside for fresh air and exercise, and to take precautions to prevent exposure to the coronavirus.

Cambridge is a densely populated city and finding places to walk or play outside away from other people can be challenging. Residents should be cautious of outdoor situations that make it difficult to keep a six-foot distance from others. These situations include:

- Crowded walking paths or hiking trails at popular destinations, such as Fresh Pond Reservation or state parks.
- "Block party" situations in which groups of neighbors gather on front steps, sidewalks or the street to talk with each other.
- Outdoor exercise "dates" with people from different households.
- Outdoor playdates with children from different households.

What Actions Can I Take To Stay Safe When Outdoors?

Our best advice is to avoid crowds and situations that make it hard to maintain a 6-foot distance from other people. Some tips:

- Keep a six-foot physical distance from people not in your household when outdoors.
- Try to stay close to home and exercise in your neighborhood, unless you are encountering crowded situations in your neighborhood.
- If a public space, such as the Cambridge Common, Memorial Drive or Danehy Park, becomes too crowded and you are not confident that you will be able to practice safe physical distancing, leave and seek out a less crowded area.
- Try to find routes for your walks or bike rides that have fewer people.
- Go outside at less popular times of the day. Since many people might be out midday when it is warmest, consider going out in the early morning or evening when it is likely to be less crowded.
- If you touch any hard surfaces and/or when you come inside, wash your hands for at least 20 seconds.
- Use your judgment and be smart, understand how serious this virus is, and follow city and state guidance. By doing so, you can help save lives.



What Situations Should I Avoid?

To help keep you, your family, and the community safe:

- **If you are sick, do not go outdoors.**
- Avoid outdoor places or athletic facilities where groups of people are likely to gather, such as playgrounds, golf courses, and popular walking paths or hiking trails.
- Don't congregate in high-traffic areas, such as parking lots and trailheads.
- Don't play contact sports, such as soccer, basketball, football, or baseball.
- Don't share protective or recreational equipment, such as helmets, bikes, scooters and balls with people not in your household.
- Don't allow children, especially young children, to play with kids from other households when outside, unless they are able to keep a 6-foot distance from each other. Fun activities that make it easier for kids to distance from other children when outdoors include biking, scootering, skateboarding, and roller skating.

What Recreational Areas and Facilities Are Open?

For a list of recreational areas and facilities open in Cambridge, as well as information on state parks and beaches, [click here](#).