



# FTA COVID GUIDELINES



**As trails open up, we ask you to please follow the below trail etiquette, to help keep everyone safe.**

## ▶ **KEEP YOUR DISTANCE**

Maintain physical distancing by staying 2m (6ft) apart, from anyone who is not a member of your household. Avoid group rides or hikes, and congregating at trail junction points. **While this may not be very important to you, it will be important to others.**

## ▶ **BE AWARE OF OTHERS**

Travel at a safe speed and anticipate others around corners and blind spots. Let others know you are coming by giving a friendly greeting or ringing a bell.

## ▶ **PASS SAFELY**

When passing or being passed, slow down or come to a complete stop, allowing enough time and space for others to re-orient themselves on the trail.

## ▶ **ALTERNATE ROUTE & TIME**

If possible, avoid using popular trails during the busiest times of day, or explore a lesser known area.

## ▶ **STAY IN YOUR COMFORT ZONE**

Stick to trails you are familiar with and know you can handle. Getting lost or hurt puts an unnecessary strain on the health care system.

When in doubt, be respectful, courteous, and kind - we are all in this together.

**STAY SMART. STAY SAFE.**  
**#STOPHESPREAD**