

RECREATING & COVID-19

Winter Outdoor Recreation

BE PREPARED

Winter conditions can change quickly: be prepared for a backcountry emergency by carrying enough gear and extra warm clothing to be self-sufficient for an extended period of time.

KEEP YOUR DISTANCE

Give people outside your household at least 6 feet or more of space. When yielding to other groups move well off the trail. Please leash your dog.

KNOW BEFORE YOU GO

At many locations, use peaks between 10am and 2pm on weekends and holidays. Go early. Go late. Go during the week. Check [trailfinder.info](https://www.vermont.gov/web/department-of-forests-parks-and-recreation/trailfinder.html) before you head out.

WEAR A MASK

Anytime you're around people outside your household you should wear a mask.

STAY HOME

If you're not feeling healthy or have been exposed to COVID-19, please stay home. **Do not risk the health of others.**

TAKE IT EASY

Help can be difficult to summon and there may be significant delay in receiving emergency assistance. Please plan your trip responsibly, and do not take unnecessary risks that burden our healthcare system and emergency responders.

STAY SAFE

Parking space at trailheads is often limited. Have a backup plan to go somewhere else in case you encounter a crowded lot. **Do not socialize or tailgate before or after an outdoor recreation activity.**

RESPECT TRAVEL GUIDELINES

Please respect out-of-state travel guidance and **only drive in your personal vehicle with members of your household**. Follow quarantine requirements available at: [accd.vermont.gov/travel](https://www.accd.vermont.gov/travel)

For more information visit
[HEALTHVERMONT.GOV/COVID-19](https://healthvermont.gov/covid-19)

