



SOCIAL DISTANCING TIPS FOR WALKING AND ROLLING

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.

Families may engage in outdoor recreation and exercise at this time, but there are important steps to take in order to ensure your safety and that 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 while shelter-in-place orders are in effect?

- Use wider, less popular paths; avoid crowded paths and parks
- Stay well within your children's skill levels
- Don't ride in areas that are closed to the public



Can we drive somewhere to exercise?

No, not in the County of Marin or surrounding counties. Don't park at trailheads, or in neighborhoods close to them. If you need to drive somewhere, it is too far away to exercise. Leave those places for the people that live near them.

Remember the BASICS!

Before crossing the street:

- Always stop at the curb
- Look left, right, and behind
- Follow traffic signals

When walking or biking on streets and paths:

- Wear a helmet while doing any rolling activity
- Ride to the right
- Stop at stop signs and look left, right, and behind
- Use hand signals when turning
- Walk and bike predictably
- Don't swerve in and out of parked cars
- Watch for drivers turning or pulling out of driveways
- Make eye contact with drivers at intersections
- Pay attention! Don't use a phone or wear headphones



SOCIAL DISTANCE SAFELY!

Before you head out, 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 yield to pedestrians.

Is this a safer time to ride?

Fewer cars on the road can mean a safer environment for riding. However, even with the decrease in traffic, collisions can still occur.

Don't take risks that could lead to the emergency room.

Remember to:

- 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.

Do we need to wear masks?

- Masks are not required when running or biking, but you should bring one with you, and wear it when you are near other people.
- Children under 12 years old are not required to wear a mask, but should wear one if they are comfortable with it.

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 though we're learning remotely, you can still practice walking or biking to school! Use your exercise time to become familiar with the routes, so when school does resume, you'll be extra ready.

