**Health and Safety**



**Covid 19 Safety rules**

1. Adhere **strictly** to the **latest Covid 19 restrictions** at all times.
2. Carry out the distances with a member of your **household bubble**.
3. Remain at least **2m distance** from members of the public.
4. Stay within a **10mile radius** from your home.
5. If you have to leave your home for exercise limit this to **once per day.**
6. You can exercise in a public outdoor place with the **people you live with.**
7. Public outdoor places include:
	1. parks, beaches, countryside accessible to the public, forests
	2. public and botanical gardens (whether or not you pay to enter them).
	3. the grounds of a heritage site.
	4. public playgrounds.
8. Playgrounds are primarily open for use by children who do not have access to private outdoor space, like their own garden.
9. Although you can take your children to a playground for exercise, you must **not socialise** with other people while there.



**Being Safe on the roads**

1. **Plan your route** in advance and **share it** with your parents.



1. Get your **parents’ permission**, or better still get them or a member of your household bubble to accompany you.
2. Be **visible at all times**. Wear bright clothing during the day, and wear reflective materials or use a flashlight in the evening.
3. Wear appropriate **safety gear** e.g. bicycle helmet.

1. Walk on **footpaths whenever they are available**. If there is no sidewalk, **walk facing traffic** and as **far from traffic as possible.**
2. **Keep alert at all times**; do not be distracted by electronic devices that take your eyes (and ears) off the road.
3. Whenever possible, cross streets at **crosswalks** or **intersections**, where drivers expect pedestrians.
4. **Watch for cars entering or exiting driveways**