

Stay at home guidance – parks and open spaces

During this time of restrictions it is important that we all stay active, for our physical health and mental wellbeing.

Recreation outside is an important element of this, but it is essential that each of us practise good social distancing while outside. Government guidance is that you should not travel to access the outdoors and your time spent outside exercising should be done *close to your home* rather than travelling elsewhere.

Currently, across our local communities, playground equipment is closed. This decision was taken to reduce the potential for transference of the virus from these multi touch surfaces. As the playgrounds are closed the equipment no longer subject to safety inspections.

If you live close to a play park, the open space is still open to you, but please do not allow young ones to play on the equipment. Please also observe social distancing as guided by government.

Aberdeenshire's landscape and natural beauty is exceptional, and facilities, including our Country Parks, are there to help residents and visitors enjoy these benefits. However, during this unprecedented time, these facilities are essential "out of bounds" to anyone who does not live within short walking distance. Please do not travel to these locations. Once the current restrictions are lifted we will welcome you back with open arms, but at the moment we ask that you comply with the national guidance and stay at home.

Unfortunately it has been necessary to close all public toilets throughout our communities, including Country Parks, so please be aware of that as you plan your activities out of doors.

Your help and understanding is essential at this challenging time. It is only by us all working together, following Government advice, that we can defeat this, save lives and protect the NHS.