# #BeAdventureSmart
# Follow government guidelines

## Guidelines for England, Wales, Scotland and Northern Ireland differ

**Check government websites for the area you are visiting and comply with them**

## Protect local communities

Be prepared to find some car parks, toilets, shops & other local amenities closed. Plan your trip well & respect local residents.

## Keep your distance

If it looks busy it's too busy, be prepared to change your plans & find somewhere less crowded

Stay 2 m away from others at all times, sanitise your hands frequently & avoid touching gates, stiles etc.

## Know your limits

**Stick to activities and locations which are within your comfort zone.**

## Plan your day

**Ask yourself 3 questions before you set off:**

- **Do I know what the weather will be like?**
- **Do I have the right gear?**
- **Do I have the knowledge and skills for the day?**

**Emergency services are under increased pressure at this time and responding to emergencies puts teams at risk. AdventureSmart.uk has the info you need to help you have fun and stay safe.**

ADVENTURE SMART.UK



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# #BeAdventureSmart
# Make your good day better

**www.adventuresmart.uk**