**Keep the Space in Open Space infographic** (from Boulder County – shared freely on 3CMA board)

**Facebook:**

It is important for both physical and mental health to get outdoors while stay-at-home orders are in place. For your safety and the safety of others, please follow these guidelines when visiting [#DCOutdoors](https://www.facebook.com/hashtag/dcoutdoors?source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARCYOVRtuMMTitSEkZoD57Qh_roO6F2kbYFMqCgJL1zVLNLAp1QO4w5-QEIyl0cGU5KzQ5HnttY5o1NPN0eBMRoIgcYQ3FjmDREGeaKffW5kG6LKC5jTSL9iAylpdaHcHM7s6nzXWkipf0aX0w6Xlz6gitliJ9GEedS4OcllQEUlxpsRUPbBEVFRuVR0gR7kWCO7aEmNrAsJTsJq53nXkboTi4VNCmS4VnYEh9udfcEZkYtar2O3KIbcUOLzjY_qVS8XzRQYx0s5X3scb3FH6ILY73YlKIfX4OUh5l_G2uqbzeredoPHz4B413tP0ARl8NQ7Qb-iUl_r82Mgq2PAQsXOhw&__tn__=%2ANK-R) open spaces, parks and trails:
▪️Follow all rules and regulations.
▪️Stay home if you are feeling sick.
▪️Maintain 6 feet of distance from others.

Remember, playgrounds, picnic areas and other similar gathering areas are closed. [#strongertogether](https://www.facebook.com/hashtag/strongertogether?source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARCYOVRtuMMTitSEkZoD57Qh_roO6F2kbYFMqCgJL1zVLNLAp1QO4w5-QEIyl0cGU5KzQ5HnttY5o1NPN0eBMRoIgcYQ3FjmDREGeaKffW5kG6LKC5jTSL9iAylpdaHcHM7s6nzXWkipf0aX0w6Xlz6gitliJ9GEedS4OcllQEUlxpsRUPbBEVFRuVR0gR7kWCO7aEmNrAsJTsJq53nXkboTi4VNCmS4VnYEh9udfcEZkYtar2O3KIbcUOLzjY_qVS8XzRQYx0s5X3scb3FH6ILY73YlKIfX4OUh5l_G2uqbzeredoPHz4B413tP0ARl8NQ7Qb-iUl_r82Mgq2PAQsXOhw&__tn__=%2ANK-R)

**Tweet:**
It is important for both physical and mental health to get outdoors while stay-at-home orders are in place. For your safety and the safety of others, please follow these guidelines when visiting #DCOutdoors open spaces, parks and trails:

**Parks, trails open space - restriction**

**Facebook:** with photo of sign at the park

Our residents love to spend time in the [#DCOutdoors](https://www.facebook.com/hashtag/dcoutdoors?source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARC31FbCcrQQLP7z7N4kXXrcTocftTfuKAPXo_9z4_i-3q3wdzcPiKtDQsLazmUP82NGarxpzx2OsckLpjanDdcht684K7pp_1byxyWLUj_z_toH45U01UzWN-5jw26Nc4U_CM67FOdhhwKXRsEMj3MmdoxVCtbd-riUMbnm4XZ61mEOHe0ZOA45La-xVdv_Zk6-LmgFxsb-P-RwVZkaQiEuDkv78gvuS3TdclxbdMnEYBOSOF2Q0VT2YnNe-obAYEkDHjBA63FLFaaNpMAYmbQM_MbbnbdyCuUBKWtbIEJH1h8jgBWXxuEXiNewrkwghz700KrbSe5A40IEU8H0bwVUv9cUg9IBqT6fDOewuD1Wl6JxAamyHnYHpnUpZLEsCGd-wLGxYQGh47XAKYmawU3bhXxMx3MBLJ_TUEULxXIhuQbCXLslHw_JNtRu-lnUhrI4O_ZxK4C-i_NgzCa3EDW6Z3NgbDF2jBP93j8pOWE&__tn__=%2ANKH-R) and being active is important to mental health during the current stay-at-home orders. While visiting our parks, open spaces and trails, please remember that public gathering areas are closed and to not congregate in groups. Keep to solo activities only and practice social distancing - keeping a minimum of 6 feet between people at all times. You may have noticed that parking lots are filling quickly, please consider visiting at less busy times - early or late - and follow all parking restrictions on public streets. Visit [DouglasCOVID19.com](https://l.facebook.com/l.php?u=http%3A%2F%2FDouglasCOVID19.com%2F%3Ffbclid%3DIwAR2TkfXeJqIrX0NfbgHYOB6sJyDZXrrhhmSMH-fsvuOFcdkIGXZMVMJqZ7c&h=AT1BXricgwqmpQCbQOITOkakluwyqCLikP8uHcFfIPzS7oucVUi_DN__Im_w3R8SBXnqlwiZTOug3M-oZ9LBS2HF3GqrAqcrUw1mN0c480M79d3j9ndnRL7_ctmddjJMzXqFFvn80pwAp0yTislZImn88i9OuITCyjURd6c4QErBN3t5RJunZTXKyIPCaLbWIpKKD_zDXYre-hdc3n64larpQFHdg9GH2XoWPyIeOm5nKw-BhJZ4eDDDIpFdDz1P697_yIQtGn6Cbn5hV5dH6DHotM-O_pyYjT1rqvdT41Fn_qj-tNsQkHn8wquCiuBnfCzBrUFbRwSTryyatV80BlrQmJPrTTWuYLUUvXLVIxI6yz-aBSdOD4ZY9hycj06tN3FfBXYXmB3ggbQ-t6i8BiattaYLC_ejk-ThN3236DWPZ61Z9Iasy21aS94MD-RGKlSdN8Hl5ZAWh1BINiG8TrZs5PRpAXagF3qPsZYCWn33IXJQbG7dJlcN8G52AtIz94OnveqjXwdwLkpp6vB9l4y3vkcdB-YpQ5A9iPYFTqI2gBo1HffQloR00lEZSPPSFOdbeK-K1nk-ni02vYv28hpDRVVWrkrReyucnW_7JvvOLXs7q-xDfDBB3XVvMpuE692OpbVfvjP3gT34HMISSmWnwOQ0zZUjZ484ZHlYY-abitmcKS1gQQu1I2JL0dQ4cGwT4LkYfw4oAi-iawz2JzI_ENug5fXCB8kKKuFXXnznowdgdRqiygNEgQ7L5NJS0efAJtnmQU0pgjfL_BgkDiHO0VpjfyvDsTan4se84zmndCObP3HtGK8Ljw0goJ5rYJDr) for more information.

**Tweet:** with photo of sign at the park
Being active is important to mental health - when visiting our parks, open spaces + trails, remember:

* public gathering areas are closed
* don't congregate in groups
* keep a minimum of 6 ft between people at all times.

More: http://DouglasCOVID19.com #strongertogether

**Parks, trails open space – trail etiquette**

**Facebook:** with image of trail etiquette sign
We know how important it is for you to be able to enjoy the [#dcoutdoors](https://www.facebook.com/hashtag/dcoutdoors?source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARD2Tv8hg-3yw_gmBPHf3iS4y7Zj6y7SbsYY-euWlGzpyXnk98Stbr4XSe4AtDkk655l01hFylkBLVj4gW-W7CqBLZ3wbLaNPsVue99i6CGHeuYLgmsMycd2SfO2Px6Df-8AYTRTXsBtILXlGV1GMBnHZsZGpYHTiH3mRItD4LxYjLztIAUKBWy_KWxIpLT1X8m64bxXMX0_Jg5p751vLr1sJMr3Q0ISgQrcn4e1-4Z20VnIm2lTy6MhVPMFJdmXOvhjarjxNC-Ly-LiXpLU20h9_VW0GtN3M4Zjg8l9hKBpC3GNYNnUQQkP2cexga8m-dipdbNKsoD28Mhg-HEmyMAjFA&__tn__=%2ANK-R) right now, and with the increase in trail use, proper trail etiquette is more important than ever.

Remember that cyclists yield to all traffic, all traffic yields to equestrians, dogs must be kept on a leash, and keep at least 6 feet of distance from anyone outside your household.

**Tweet:** with image of trail etiquette sign
With the increase in #DCOutdoors trail use, proper trail etiquette is more important than ever. Remember that cyclists yield to all traffic, all traffic yields to equestrians, dogs must be kept on a leash, and keep at least 6 feet of distance from anyone outside your household.

**Facebook:** Video share - <https://www.facebook.com/DCOutdoors/videos/473891633547304/>

If you are out on the trails over the next few weeks, please remember to keep at least 6 feet of distance from anyone outside your household and to follow good trail etiquette. Do your part to keep our trails friendly, fun and safe for everyone. Watch to see real-life examples of good trail etiquette and then share with your friends.