

RECOMMENDATIONS FOR ADVENTURING ANYWAY

During a pandemic, experiencing things that are good for your physical, mental, and emotional health is key. #AdventuringAnyway was launched as a motivational tool for the Waypoint Adventure community during the COVID-19 crisis – creating a “trail” of people adventuring separately, despite the circumstances, and however they could/wanted to adventure. Here are some recommendations on how to adventure safely and responsibly.

1 YOUR HEALTH AND THE HEALTH OF OTHERS TAKES PRIORITY

- Continually check [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) to stay up to date on how to best protect yourself. Always use sound judgement before adventuring.
- Be respectful to others. The COVID-19 pandemic is a matter of life and death for many people. Please conduct yourself with respect for how others are choosing to keep themselves and their loved ones safe.

2 PRACTICE SOCIAL DISTANCING AND BRING A MASK

- Maintain at least 6 feet of space between you and others. A pool noodle plus an outstretched arm is about 6 ft. If you can't maintain 6 ft of distancing because the trail narrows or something else, slip a mask on that covers your nose and mouth.
- Keep dogs close to you and under control so that situations don't arise where you'd have to get close to other humans to manage dog interactions.

3 DON'T OVER-DO IT!

- You don't want to have to require medical attention so don't try parkour for the first time. You don't want to get yourself lost or be out long enough to increase your potential exposure by interacting with others so pick an activity you feel comfortable with.
- Bring a map, water, and phone. Stay close to home and stay within cell service range.

4 PRACTICE "LEAVE NO TRACE" ETIQUETTE

- LNT is where it's at! Now's the time to practice it. More people are visiting parks and trails than ever before so conserving our favorite natural resources is vital.
- Don't litter (that means food scraps too!) and carry out all your trash. There aren't employees around to maintain the parks, so no one is collecting garbage. Bring home your dog poop!

5 HAVE FUN!

- Spending time in nature and exercising are proven to reduce anxiety and improve overall health. Enjoy your adventure!

