

East Suffolk's parks and green spaces are great places to exercise and relax. However, it is vital that we respect these spaces and behave appropriately so they can be enjoyed by everyone.

To stop the spread of COVID-19, you must continue to follow the [Government's rules on social distancing](#).

There is now [new guidance](#) for using parks and green spaces, which was published on Monday 1 June. The changes mean that **you can**:

- spend time outdoors, including parks, private gardens and other outdoor spaces, in groups of up to six people from different households, following social distancing guidelines
- exercise as often as you wish - following social distancing guidelines
- take part in other outdoor sports and activities, in groups of up to six people, or household groups, provided you adhere to strict social distancing guidelines
- people who play team sports can meet to train together and do things like conditioning or fitness sessions but they must be in separate groups of no more than six and must be a minimum of 2 metre apart at all times unless from the same household.
- continue to stay local, but you can drive to a green space if absolutely necessary. Please avoid public transport wherever possible and walk or cycle where you can.

Despite these changes to the rules, it's still possible for the coronavirus to spread from person to person, so please ensure you keep two metres apart wherever possible although 1m may be acceptable if there are other mitigation factors in place such as being back to back or only less than 2m for a very short period of time. As before, **you still cannot**:

- exercise in an indoor sports court, gym or leisure centre, or go swimming in a public pool
- gather in a group of more than six (excluding members of your own household).

When using East Suffolk's parks or green spaces, it is vital that you take these steps:

- Do not visit a park if you have any symptoms – fever, coughs, shortness of breath. [See NHS guidelines](#) if this applies to you.
- Please behave considerately when using these spaces. For example, BBQs can cause fires, particularly in dry weather, so should only be used if explicitly allowed.
- There are 57 public toilet facilities across East Suffolk [see public toilet opening times and locations](#)

- Please consider that people without gardens rely on parks more, if you have a garden, make use of this space for exercise and fresh air.
- To ensure you can continue to observe social distancing, use all areas of the park that remain open, not just the paths, so you can maintain a minimum of at least one metre distance from others.
- If the park is crowded, do not enter if you cannot safely stay at a distance from others.
- Avoid touching surfaces (such as gates or hand-rails) and your mouth and face. Please follow [Public Health England](#) advice on hygiene and wash your hands as soon as you get home.
- Keep your dog on a lead to ensure you can safely keep a minimum of two metres away from others.
- Pay attention to instructions provided by Norse including any officials on site. Temporary measures have been put in place to safeguard you.
- Do not use areas of the park that have been closed – these are closed to stop the possible spread of COVID-19 through touching surfaces and keeping a safe distance from others.
- Please take all your litter home with you.
- Do not swim in unauthorised bodies of water such as rivers and lakes. This could put you at risk of diseases, underwater obstructions and the water can be dangerously cold putting you at risk of thermal shock.