

Walking, Running and Biking During the Pandemic

Safety First!!

IF YOU ARE SICK OR HAVE BEEN EXPOSED TO A SICK person DO NOT EVEN THINK ABOUT GOING TO PUBLIC PLACES TO WALK, RUN OR BIKE

That would be unhealthy for you and a danger to your loved ones and friends, but if you are well, then the following are some suggestions for how to go outside and stay safe.

The Six Commandments of outdoor walking and running:

1. Walk only on the LEFT side of the road. Do NOT walk on the right; do NOT walk in the middle.
2. Do not get closer than six feet from other people, unless you are sheltering with them.
3. Six feet is the absolute minimum distance from other walkers many are recommending 10 feet. Closer than six feet is dangerous for you and others.
4. Walk in single file (on the LEFT) if you see oncoming pedestrians.
5. When possible favor less crowded routes and times of the day.
6. Be aware of your surroundings, as if you were driving. If you are on a route where you are likely to meet others avoid distractions such as your phone.

Biking--Rules of the Road

- Ride on the right - with traffic – this a state law! NOT the LEFT, NOT in the MIDDLE. Stay as far to the right as you can, except when passing pedestrians. Give any pedestrians/cyclists as much notice as possible that are you passing so you can to give them time to give you space to pass.
- Stay at least six feet away from other bicyclists and pedestrians. Do not draft another cyclist, stay at least 6 feet behind the cyclist in front of you unless you are sheltering with that cyclist. Alert any cyclist you are passing and pass by moving to the left by at least 6 feet. This will require that you look behind you to make sure it is safe to move to the left.
- If you are riding in a crowded area like the bike trail, or roads busy with pedestrians (such as Maple Avenue/Reservoir Road) wear a covering over your mouth and nose such as a bandana or scarf.

- Six feet is the absolute minimum. More is better.
- Bike by yourself and avoid groups.
- If you choose to bike with people you are sheltering with (and alone is safer for all), you must ride single file, not next to each other.
- If your favorite route is crowded, then bike somewhere else.

More important ways to protect yourself and others when you walk, run or bike:

- You can wear a mask but this does not replace the minimum six foot distancing or hand-washing. *A mask is in addition to other safeguards not instead of any of them.*
- Assume everyone you see is infected and act accordingly. People can be infected and not know it. People with no symptoms can be infected. Assume everyone you meet is infected (in Westchester this is likely to be true).
- Avoid crowded areas, even if this means changing your usual route.
- Supervise children and keep them at least six feet away from others. Act like they are asymptomatic carriers.
- Keep your dog on a leash and do not permit pets to be within six feet of passers by.
- Avoid touching anything outside with uncovered hands, and don't touch your face.
- Do not use public water fountains.
- When you get home, leave your shoes at the door and immediately wash your hands. If you have been near anyone that coughed or sneezed showering and washing your clothes is also not a bad idea.
- Your goal at this time should be health and maintaining fitness not hard training. Moderate or brisk exercise boosts your immune system. A hard workout may temporarily impair it.

For more information visit:

<https://www.nytimes.com/2020/03/19/well/move/coronavirus-covid-exercise-outdoors-infection-fitness.html>

<https://www.bicycling.com/news/a31469228/cycling-during-coronavirus/>