

Walking, Cycling and Wheeling during Covid-19



Introduction

This information has been developed by Transport Scotland, Public Health Scotland, the Mobility and Access Committee for Scotland and the various active travel organisations in Scotland.

It is compiled from existing guidance across these organisations to provide people a summary of things to consider when walking, cycling and wheeling during Covid-19.

These may be anxious times for many, and we encourage everyone to keep active when you can and if you feel well enough to do so.

The [current Government advice](#) is that those not experiencing symptoms, such as a fever or persistent cough can walk, wheel or cycle outside for exercise or essential trips, as long as they keep 2m apart from others and adhere to physical distancing guidelines. Please pay particular attention if you are in one of the [high risk groups detailed here](#).



Fresh air and being outdoors is not only positive for your physical health, but it can help to reduce stress and support your mental health. Walking, cycling or wheeling in your local area helps you feel connected in times of isolation, and can allow you to discover your neighbourhood. It's also better for the environment and local air quality.

As we move along the various stages of the route map out of the crisis, and in order to reduce pressure on the road network and the public transport system, please consider walking, wheeling or cycling for all or part of your journey, if you can.



Be safe – Look after yourself
and those in your care

Be smart – Stay in your local
area and plan ahead

Be kind – Look out for others,
particularly more vulnerable groups

Be Safe – Look after yourself and those in your care

- Walk, wheel or cycle on your own, or with people you live with
- Keep 2m apart from those outside your household
- Use a face covering in line with latest government advice
- Where possible, avoid touching hard surfaces such as walls, fences and park benches
- Wash your hands for at least 20 seconds

or sanitise your hands before and after going out

- If cycling or using a wheelchair, wash your bike or wheelchair surfaces that may have been touched by others and clean your wheel push rims after each wheel
- When out with children, please ensure that they also keep distance from others who are not in their household, where possible, and make sure they wash their hands before and after going out



Be Smart – Stay in your local area and plan ahead

- Stay local
- Try to visit places you know will be quiet, away from hotspots – but equally, make sure you feel comfortable and safe, particularly if walking alone
- Consider bringing things you may need – hand sanitiser, face covering, contactless payment options, etc.
- If cycling or running, stay within your ability level
- Be aware that people may be queuing outside shops, pharmacies or health centres, so please follow signs and try to help others to maintain 2m where you can and they cannot (e.g. visually impaired and blind people, wheelchair users or people with reduced mobility, families with small children, people with babies in pushchairs)



.....

Consider bringing things you may need – hand sanitiser, face covering, contactless payment options, etc.

.....

Be Kind – Be mindful of others when walking, cycling or wheeling, particularly more vulnerable groups

EVERYONE

- Consider exercising at less busy times of day and avoid hotspots
- Slow down, respect others and give older people and people with poor mobility, visually impaired and people in wheelchairs priority
- Be patient with families with small children, and people with babies in pushchairs
- Be aware that some people may need to sit down
- On shared paths, keep left if possible and pass on the right
- If you have a safe place to move off the path to let others pass then be considerate, wait a moment and create the space to allow them to pass

- If wearing headphones, be aware that you may not hear people ringing a bell when passing
- On shared and non-segregated paths, please be patient and considerate of each other. Create space to physically distance where possible, and move at an appropriate speed when passing
- Be considerate of others and take litter with you
- When driving, slow down, give space and be aware that people on bikes may need to cycle out from the kerb or people walking or running may step on to the roadway to allow others physical distancing space on the footpath

.....

On shared and non-segregated paths, please be patient and considerate of each other. Create space to physically distance where possible, and move at an appropriate speed when passing

.....

CYCLING

- When cycling on the road, be aware that runners or people walking may momentarily go onto the roadway so ride away from the kerb to allow others physical distancing space on the footpath
- When cycling, ring your bell or call out when approaching people and be prepared to stop if it's difficult to pass. Please be mindful that a bell may not be sufficient warning to pedestrians with hearing, visual or mobility impairments



WALKING, WHEELING AND RUNNING

- Listen out for bells and calls from people on bikes
- Allow people cycling to pass
- Runners, be careful to give full physical distance when passing people and be prepared to slow down if it is difficult to pass
- Please do not spit, especially where people need to wheel, as this transfers onto their wheels, gloves and hands

DOG WALKERS

- Keep dogs on a lead if there are likely to be other people around
- Clean up after your dog

CONSIDER THE NEEDS OF DISABLED PEOPLE AND OLDER PEOPLE

- Give extra space to disabled people including any using a mobility aid such as a wheelchair who may not be able to move out of your way
- Be aware that not all disabilities, including sight and hearing loss, are visible and most hearing aids only have a range of 1m. This could mean that whilst you must maintain the 2m distance, people may find it more difficult than usual to understand you
- Don't assume that everyone who is disabled should be shielding
- If in doubt, stop and ask what makes it easier to pass safely
- Be considerate and remember the changes to the physical infrastructure required for physical distancing are harder for disabled people and many people will be feeling anxious

- Please do not park on or obstruct pavements at dropped kerbs as this causes further barriers
- Be considerate and patient with people who take a little longer to pass or who need extra room due to their mobility aids (wheelchairs, mobility scooters, long canes, guide dogs, walking frames)
- Remember guide dogs are not trained to physically distance and will guide along recognised routes



Give extra space to disabled people including any using a mobility aid such as a wheelchair who may not be able to move out of your way

Useful links

RELEVANT GUIDANCE LINKS FROM GOVERNMENT AGENCIES

[NHS Inform](#) – guidance on physical activity and distancing

[Transport Scotland](#) – travel guidance for the public

[For the latest Scottish Government guidance](#) – Including Scotland's route map through and out of the crisis

[Advice on physical activity when recovering from Covid-19](#)

RELEVANT LINKS FROM ACTIVE TRAVEL ORGANISATIONS

[Sustrans](#): guidance on walking and cycling including on national cycle network and details of resources

[Way to work microsite](#): (shared guidance from a range of active travel organisations)

[Paths for All](#): useful information walking and mental health

[Living Streets](#) – excellent set of FAQs on walking

[Cycling Scotland](#) – wide range of guidance on cycling and resources for cycling in Scotland

[Cycling UK](#) – Useful FAQs

[Scottish Cycling](#) – Sport Cycling but with wider guidance

GUIDANCE FROM OUTDOORS AND GREENSPACE ORGANISATIONS

[Scottish Canals](#)

[Forth Environment Link](#)

[Ramblers](#)

[Scottish Natural Heritage](#)

[Sustrans Code for the National Cycle Network](#)

ACCESSIBILITY ORGANISATIONS

[Mobility and Access Committee for Scotland](#) – Temporary Street Measures during the Coronavirus Crisis

[RNIB Scotland](#) – Coronavirus courtesy code

[Accessible Travel](#) – From Disability Equality Scotland, more general information on accessible travel

[Accessible Travel](#) – Insight into the realities of social distancing measures for a wheelchair user