

# [Guidance if you are visiting the coast from 29 March](#)

News story

When visiting the coastline please take care and follow the rules and social distancing guidelines according to the guidance for your area.



In England, some of the rules on what you can and cannot do changed on 29 March. However, [many restrictions remain in place](#).

You can meet up outdoors with friends and family you do not live with, either:

- in a group of up to 6 from any number of households (children of all ages count towards the limit of 6)
- in a group of any size from up to two households (each household can include an existing support bubble, if eligible)

You can exercise outdoors in a group of 6 or a larger group of any size from up to 2 households (including their support bubbles, if eligible).

Whether you plan to meet or exercise at the coast, please take care and follow [the rules](#).

You should stay 2 metres apart from anyone who is not in your household or support bubble where possible, or 1 metre with extra precautions in place (such as wearing face coverings) if you cannot stay 2 metres apart.

You should follow the guidance on [how to stop the spread of coronavirus](#) at all times, including if you have been vaccinated against COVID-19.

You should follow this guidance in full to limit the transmission of COVID-19. It is underpinned by [law](#) .

See specific guidance for [Scotland](#) , [Wales](#) and [Northern Ireland](#) .

We're in difficult times, but if you're in trouble at the coast, we're always

here for you. In an emergency at sea or at the coast dial 999 and ask for the Coastguard.

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