



LAKES AND BEACHES

HOLIDAYING SAFELY





Holidaying safely in Trentino: lakes and beaches

Not many people know that Trentino boasts no fewer than 297 lakes, nestled in the landscape like jewels in a crown, in colours that range from turquoise to emerald and crystal-clear waters often deemed worthy of Blue Flag certification.

It is possible to swim in many of the lakes at a lower altitude, and they are an idyllic location for those that love the water and water sports. Each lake, depending on its natural features, can lend itself to a broad variety of different activities, all adding up to a world of options when it comes to sport, relaxation and fun. If you want to find out more about our lakes and the countless experiences they offer for families with children, sports enthusiasts, sun-seekers and those who just want to relax, check out this [link](#).





What we're doing to take care of you

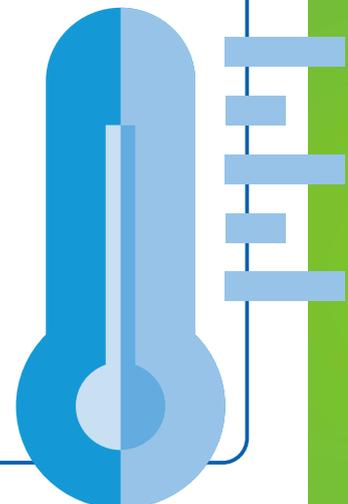


Below are some **rules and good practices** for a safe and peaceful holiday on the shores of **Trentino's lakes**, whether you choose a **private lido** or a **public beach**.

You will also find some details on the activities and **water sports** that can be enjoyed, whether independently or on an organised basis.

REMEMBER!

- **Always avoid sharing personal belongings**, equipment, and flasks or bottles with other people.
- Bring a **mask** with you and wear it to access public areas and whenever it is not possible to continually keep a safe distance of 1 metre. Respecting this distance is not mandatory for households or between people who see each other frequently.
- Dispose **waste** properly.
- Wash your hands often and, if you are inside an establishment, use the available **hand sanitiser**.
- Avoid going out and going to the beaches if you have a **fever**. You may be asked to consent to a temperature check (**safety limit 37.5°C**) to enter the private lidos.

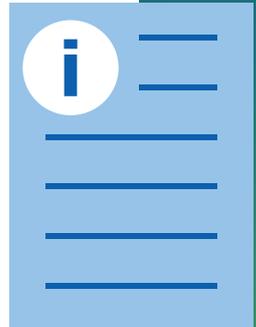




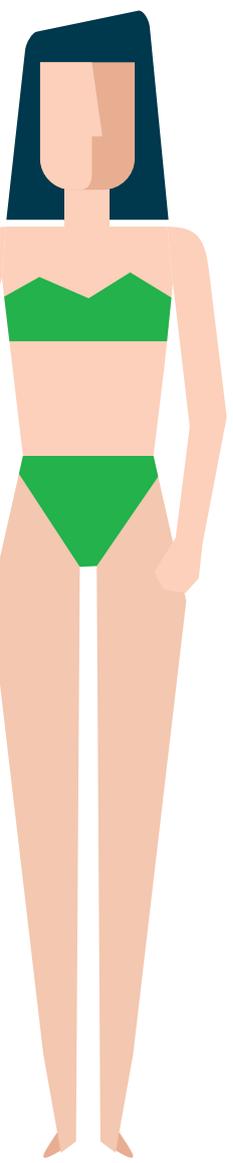
Private lidos



- In light of the need to limit admissions and the number of people based on the available space, **booking may be mandatory** to enjoy the services of private lidos. **Call** the facility you wish to visit **in advance** to check availability and book your spot.
- At the entrance of every facility, **signs** will be posted with the instructions to follow in order to use the service or signs indicating the **direction of flow** for moving around inside the facility, such as designated entrances and exits. There are **trained staff** available to answer your every question.
- When entering the establishment and in all areas used by many people (reception, changing rooms, toilets, showers, catering facilities, etc.), remember to always wear your **mask**, correctly placed to cover your nose and mouth, particularly when it is not possible to maintain a **safe distance** of at least **1 metre** from people who do not belong to your household.



- When choosing your spot, always **wait for instructions from the establishment's staff**, who will be able to assign you an area that complies with minimum safe distancing.

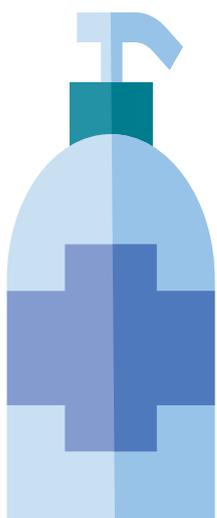




- For **locations without beach umbrellas**, there must be a minimum distance of **at least 1.5 metres** between loungers and deck chairs.
- Please keep to the spot you are assigned and **avoid forming gatherings** with your neighbours.



- The **materials** which will be provided to you must be **sanitised** by staff first, so that you can devote yourself to relaxation without worry or concern. For this reason, we ask you to be patient and wait your turn.
- The use of **common areas** may be restricted and limited based on maximum capacity limits. Naturally, every establishment will apply all the provisions needed to guarantee **hygiene and safety as well as measures to prevent infection**. For your convenience, we recommend that you arrive at the establishment with your bathing costume already on. This may help to reduce waiting times.





Public beaches

- When it comes to enjoying our public beaches, it is largely up to each individual to observe the rules and regulations. Everybody is asked to **cooperate and behave responsibly** in order to safeguard their own health and the health of others.
- On many public beaches where **bathrooms** are open and **services** are provided **to assist swimmers**, workers may be available to answer any questions as well as to penalise any transgressors.
- Naturally, it is mandatory to wear a **mask** here too whenever it is not possible to guarantee a **distance of 1 metre** from people who do not belong to your household and 2 metres during physical activity.
- **All types of gatherings are prohibited**, which therefore includes **games and recreational activities**. Watch children at play who may not be capable of understanding and applying the required safety measures on their own.
- If you want to use your own **beach umbrella**, respect distances. To help you with this, some public beaches may have already put **signs** in place to mark the free spots available. Always try to maintain a safe distance.

To find out more about the conditions for the lakeside or beach you wish to visit, contact the closest [tourism office](#).

If you prefer a swimming pool to a lake, don't worry. We also have a [guide](#) for that!

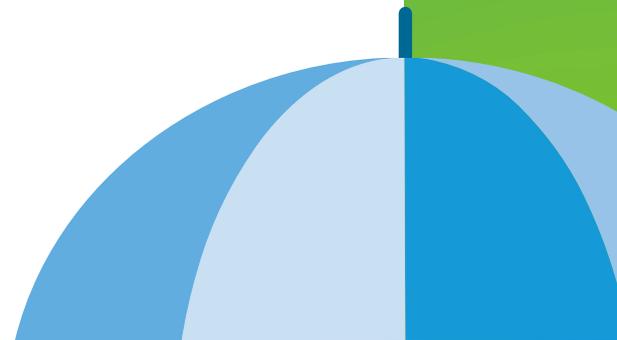
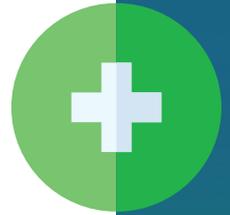


1500

National COVID emergency number

112

Unique number for other types of emergencies





Activities permitted at the beach

- Classic **beach games** such as beach tennis are permitted provided that the players are from the same household, given that the nature of these activities prevents physical distancing. Remember, however, to respect the people around you; particularly those who may have chosen the beach in order to relax.
- **Activities** normally done independently **in the water** (swimming, surfing, windsurfing, kayaking, canoeing, SUP, etc.) can be enjoyed without worries, however, at a distance of **at least 2 metres** when engaging in exercise or light sports and **5 metres** when engaging in intense physical activity.
- If you need to hire equipment to pursue any of the above activities, **contact the centre or hire shop you intend to use in advance** and check the procedures with the manager. They will be able to give you all the information on admission, using common areas, and the guaranteed sanitisation procedures for cleaning the surfaces of the equipment you will use.
- In the case of activities which involve several people and require the hiring of equipment, such as **canoeing** or **paddle boats**, ask the manager about the total numbers for use.





Organised water sports

To practise **group activities** with an instructor, such as sailing or kitesurfing, the **rules and regulations** which must be followed are a little more **complicated**.

But don't worry. To take part in experiences of this type, it is **mandatory to book** the service in advance. The activity coordinators may provide you with important information over the phone and explain to you in advance the **self-certification form** you will have to sign before taking part in the activity.

The **number of participants** allowed may vary depending on the activity you have chosen, particularly if they are from different households or without self-certification.

To learn about the many activities that you can enjoy in Trentino, organised and otherwise, read this [guide](#) that we have prepared for you.

