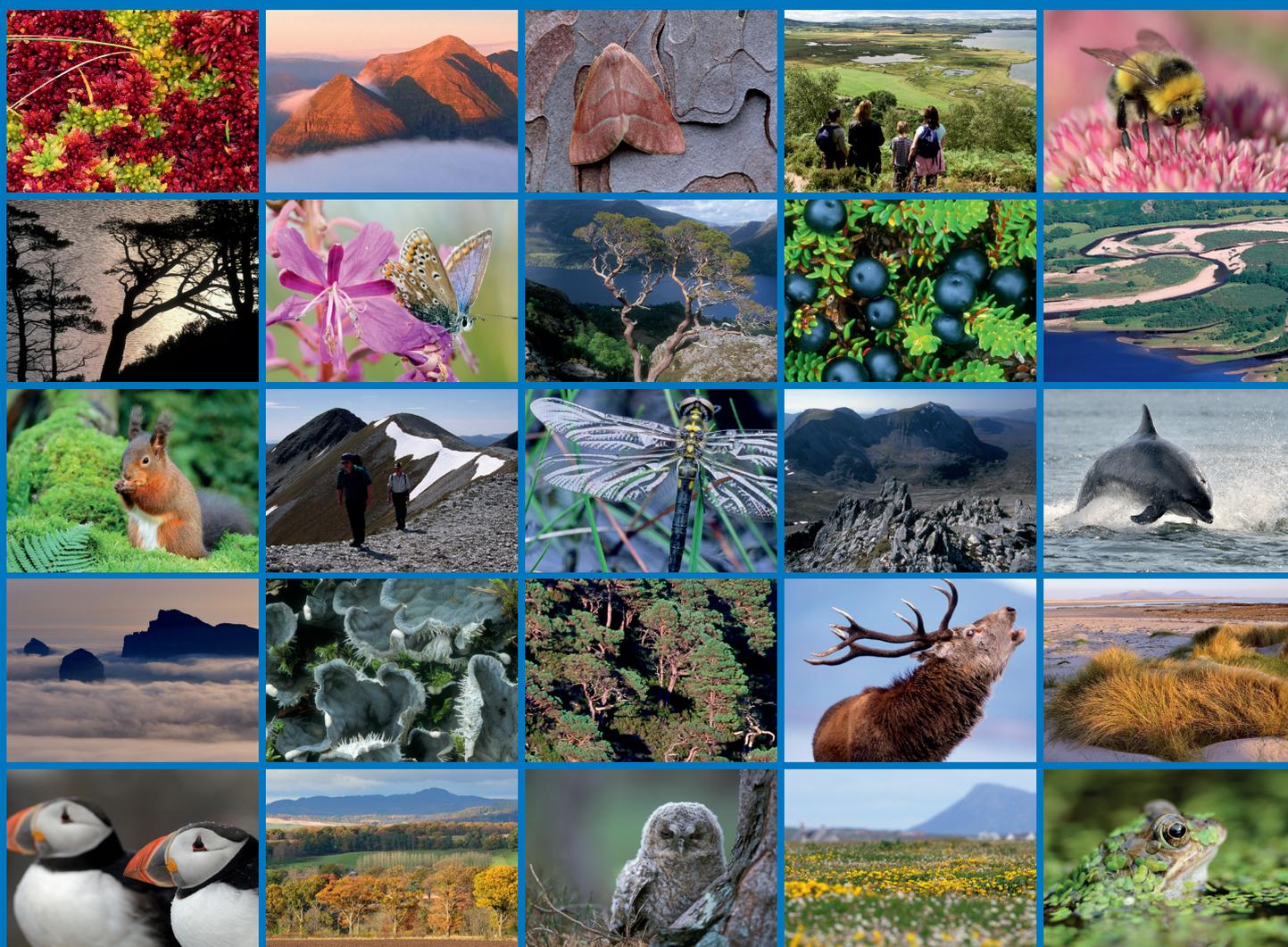


# Enjoying the Outdoors: Monitoring the impact of Coronavirus and social distancing



**NatureScot**

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# RESEARCH REPORT

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**Research Report No. 1252**

**Enjoying the Outdoors:  
Monitoring the impact of Coronavirus and  
social distancing**

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## Enjoying the Outdoors: Monitoring the impact of Coronavirus and social distancing

**Research Report No: 1252**  
**Project No: 113832**  
**Contractor: 56 Degree Insight**  
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### Keywords

visits to the outdoors; visits to the natural environment; participation in outdoor recreation; physical activity outdoors; benefits of visiting the outdoors; COVID-19; Coronavirus; lockdown; social distancing

### Background and approach

In response to the Coronavirus pandemic, Scotland entered lockdown on 23 March 2020 when a series of measures were put in place to slow the spread of virus. This initial phase of lockdown lasted until 28 May 2020 when some restrictions were eased as the country entered Phase 1 of the Route Map out of the crisis. During this time, a 'stay at home' message was central, with only essential travel to be undertaken and daily outdoor visits for exercise limited and involving only other household members.

This research was commissioned to provide an understanding of outdoor visits and engagement with nature in Scotland during this period; the benefits people gained from spending time in nature; the challenges they faced; and the opportunities that exist for ensuring that any positive changes in attitudes and behaviours started during lockdown are sustained over the long-term. The research findings are based on 1,008 online interviews undertaken with a representative sample of Scottish adults between 29 May and 5 June 2020.

### Key findings

#### *Visits to the outdoors during lockdown*

Levels of participation in outdoor visits varied during the initial lockdown period, with around a third of the population (34%) taking daily visits for exercise and almost a fifth (19%) taking no visits at all. However, compared to historical survey data, both daily and weekly participation levels were higher than might have been expected at the time of year.

The amount of time people spent outdoors for exercise also varied. Compared to the same period in 2019, 35% of the population spent more time outdoors than usual during lockdown while 43% spent less time outdoors than usual.

Those most likely to report spending more time outdoors included women, younger age groups, families and people in good health. The reasons given included having more free time due to not working, the good weather and a lack of alternative activities to do.

People aged 70 and over and those who were not in good health were most likely to report spending less time outdoors than usual, with the primary reasons being a desire to follow the rules and to stay safe.

How and where people spent their outdoor exercise time also changed during lockdown. Compared to historical survey data, levels of participation in short walks, cycling and jogging were higher than might have been expected at the time of year. Around a third of respondents spent more time than usual visiting local parks and woods and a similar proportion made more use of both roadside pavements and paths and tracks away from the road.

Conversely, visits to coastal locations and to more remote or rural places decreased as did visits involving off-road cycling, longer walks and hillwalking.

While most people agreed that their local greenspaces were within easy walking distance of home and of a high enough standard for them to want to spend time there (75%), levels of agreement were lower among those living in the most deprived areas, people not in good health and those with a long-term limiting illness or disability (all 66%).

#### *Other types of engagement with nature during lockdown*

Seventy-one per cent of the population in Scotland has access to a private garden and a further 20% has access to another private outdoor space (e.g. a communal garden, balcony or patio), providing other opportunities to engage with nature. However, levels of access are lower amongst some population groups including people aged under 45, those living in the most deprived areas, people living in large urban areas and people with no access to a car.

During the initial lockdown period, most people in Scotland engaged with nature to some extent, for example, by sitting and relaxing in their garden (62%), taking part in gardening activities (42%), enjoying wildlife in their garden (36%), or simply enjoying observing nature and wildlife from indoors, through a window (30%). Overall 87% of the population took part in one or more of these activities, including large percentages of people who were shielding to protect themselves from COVID-19 (83%) and people who had not taken any visits outdoors for exercise (75%).

Participation in all of these nature-engagement activities was higher than usual during lockdown for much of the population – most notably, 54% of the population spent more time sitting or relaxing in their garden than at the same time last year.

#### *Benefits gained from outdoor visits and engagement with nature*

Many people reported benefits from the time they spent outdoors and the other ways in which they enjoyed nature during lockdown. Nearly two thirds reported mental health benefits, with 63% stating that their experiences had helped them to de-stress, relax and unwind and 58% stating that they had made them feel energised and revitalised. In addition, around half felt closer to nature (52%) or that the experience improved their physical health (47%).

Many people had also noticed positive changes in their local area during the lockdown period, such as reduced noise levels (73%), a reduction in pollution (61%) and more wildlife and nature than normal (60%) respectively).

### *Problems encountered during lockdown*

Some people encountered issues on their outdoor visits during lockdown with the most common being other people behaving inconsiderately or irresponsibly (39%), cyclists on pavements (39%) and difficulties maintaining social distancing while outside (37%).

### *Looking to the future*

Around half of the population (49%) expect that the amount of time they spend visiting the outdoors for leisure, recreation or exercise will be greater after lockdown than it was before. A further 38% expect to visit about the same amount as before lockdown while 9% expect to visit less than before.

Those most likely to state that they expect to visit the outdoors more often after lockdown included women (52%), those aged under 35 (57%), people with children (54%) and dog owners (53%).

Many people are also interested in making other positive lifestyle changes when lockdown is over. Around 3 in 5 would like to encourage their children to spend more time outdoors (68%) while similar proportions would like to continue to travel less for non-essential journeys (63%) and make more use of local greenspaces (62%).

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## 1. BACKGROUND

In response to the Coronavirus pandemic, Scotland entered lockdown on 23 March 2020 with a series of measures put in place to slow the spread of the virus.

A 'stay at home' message was central with only essential travel to be undertaken, outdoor visits for exercise to be limited to one per day, with this time to be spent alone or with other household members only. A relaxation in these restrictions was announced on 10 May 2020 permitting people to go outdoors for exercise as many times a day as they wished whilst continuing to go only to local places.

This initial lockdown period was in place continuously from 23 March until 28 May 2020 when some restrictions were eased as Scotland entered Phase One of the Route Map out of the crisis.

### 1.1 Objectives

During the early weeks of lockdown, anecdotal evidence suggested that more people than usual were spending time in nature and visiting local greenspaces and countryside close to home, with increased usage driven by the substitution of indoor leisure pursuits with outdoor exercise and a desire to obtain health and wellbeing benefits.

To understand and measure this perceived change, NatureScot, in partnership with Scottish Forestry, Cairngorms National Park Authority and Paths for All, commissioned 56 Degree Insight to undertake a survey of a representative sample of adults living in Scotland. The survey aimed to provide an accurate measure of how outdoor visit behaviour and engagement with nature had changed in the period of lockdown between 23 March and 28 May 2020 and what we might expect in the future. Specific areas addressed in the survey included the following:

*How behaviour changed during lockdown:*

- Frequency of visiting the outdoors
- Amount of time spent outdoors
- Profile of outdoor visitors
- Details of visits (places, activities, distances travelled, party composition).

*How attitudes to the outdoors changed during lockdown:*

- Motivations for spending time outdoors
- The benefits obtained from spending time outdoors
- Experience of local outdoor places
- The importance of having access to a garden/other outdoor space

*How other engagement with nature changed during lockdown*

- Noticing and enjoying everyday nature
- How is engagement with nature benefitting people?

*What longer term changes might we see as we move out of lockdown?*

- How will people use their local greenspaces when lockdown rules are eased?
- How will people engage with nature when lockdown rules are eased?
- How can NatureScot and partners help people to continue with positive behaviours started during lockdown?

## 1.2 Methodology

The survey was undertaken using an online approach with demographic quotas applied to provide a nationally representative sample of the adult population aged 16 and over.

To correct for any variations which existed between the sample and the Scottish adult population, demographic weighting was applied at the analysis stage using target weights based on gender, age, socio-economic status and region of residence. Table 1 shows the final unweighted and weighted sample profile.

Data collection was delivered in partnership with consumer panel provider Dynata with a total of 1,008 on-line interviews conducted between Friday 29 May and Friday 5 June 2020.

Respondents were asked questions about their outdoor visit behaviour and engagement with nature during the initial lockdown period from 23 March to 28 May 2020, prior to the move to Phase One of the Route Map out of the crisis.

Table 1. Unweighted and weighted sample profile by key demographics

	Unweighted sample	Weighted sample profile
<b>Gender</b>		
Male	477 (47%)	48%
Female	528 (52%)	52%
Prefer not to say	3 (<1%)	<1%
<b>Age band</b>		
16-34	274 (27%)	29%
35-54	331 (31%)	32%
55+	403 (40%)	39%
<b>Socio-economic group</b>		
ABC1	519 (51%)	52%
C2DE	489 (49%)	48%
<b>Region</b>		
West	448 (44%)	45%
South	49 (5%)	5%
East	358 (36%)	35%
North	153 (15%)	15%
<b>Total sample</b>	1,008 (100%)	

During data analysis respondent postcodes were matched with a number of publicly available classifications. Specifically, respondents were classified as follows:

- *Scottish Index of Multiple Deprivation (SIMD)*<sup>1</sup> - respondents were grouped on the basis of residency in the 10% most deprived areas, the 10% least deprived areas and the middle 11% to 89% areas.
- *Scottish Government urban/rural classification*<sup>2</sup> – respondents were classified using the six-fold classification ranging from large urban populations to remote rural populations.
- *Central Scotland Green Network (CSGN)*<sup>3</sup> – respondents were coded to identify if they lived within the CSGN area.

A number of other demographic variables were recorded in the survey and also used in the analysis of results. The full questionnaire used is included in Annex 1.

<sup>1</sup> <https://www.gov.scot/collections/scottish-index-of-multiple-deprivation-2020/>

<sup>2</sup> [https://www2.gov.scot/Topics/Statistics/About/Methodology/UrbanRuralClassification#:~:text=The%20Scottish%20Government%20Urban%20Rural,Postcode%20Address%20File%20\(PAF\).](https://www2.gov.scot/Topics/Statistics/About/Methodology/UrbanRuralClassification#:~:text=The%20Scottish%20Government%20Urban%20Rural,Postcode%20Address%20File%20(PAF).)

<sup>3</sup> <http://www.centuralscotlandgreennetwork.org/>

## 2. PARTICIPATION IN OUTDOOR VISITS DURING LOCKDOWN

### 2.1 Frequency of outdoor visits during lockdown

As illustrated in Figure 1 below, frequency of participation in visits to the outdoors for exercise during the initial lockdown period from 23 March to 28 May 2020 was extremely varied.

While around a third of the population took visits once or more per day (34%) and a similar proportion took visits once or more per week (37%), some 19% stated that they didn't visit the outdoors for exercise at all during this period.

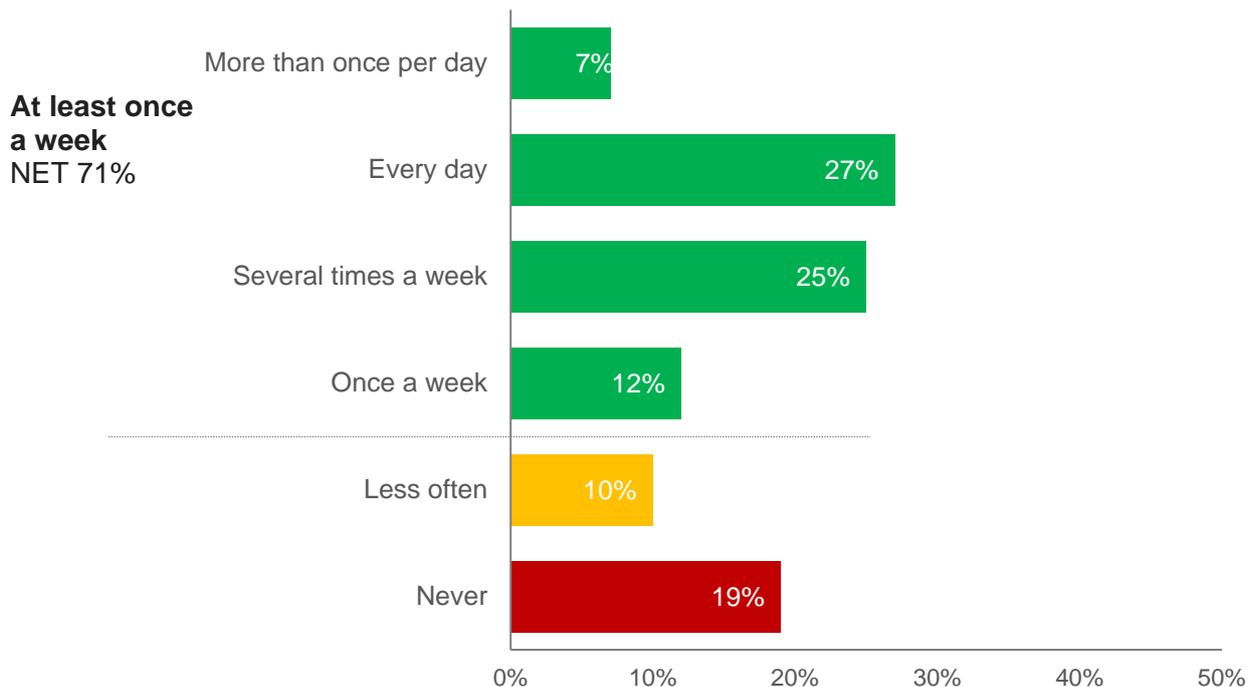


Figure 1. Frequency of visits to the outdoors for exercise during lockdown (23 March to 28 May 2020). Base: All respondents (1,008)

Figure 2 illustrates frequency of visit taking by a number of demographic groups. Men, younger age groups (aged under 55), residents of the least deprived areas, dog owners and people who reported having 'very good' health were most likely to take visits on a regular basis.

Conversely, older people, those living in the most deprived areas and those not in good health were most likely to have taken no outdoor visits at all.

In addition, around 3 in 10 of those who had been advised by a GP to shield (32%) and a similar proportion of those limited a lot by a long-term illness or disability (29%) had taken no outdoor visits at all.

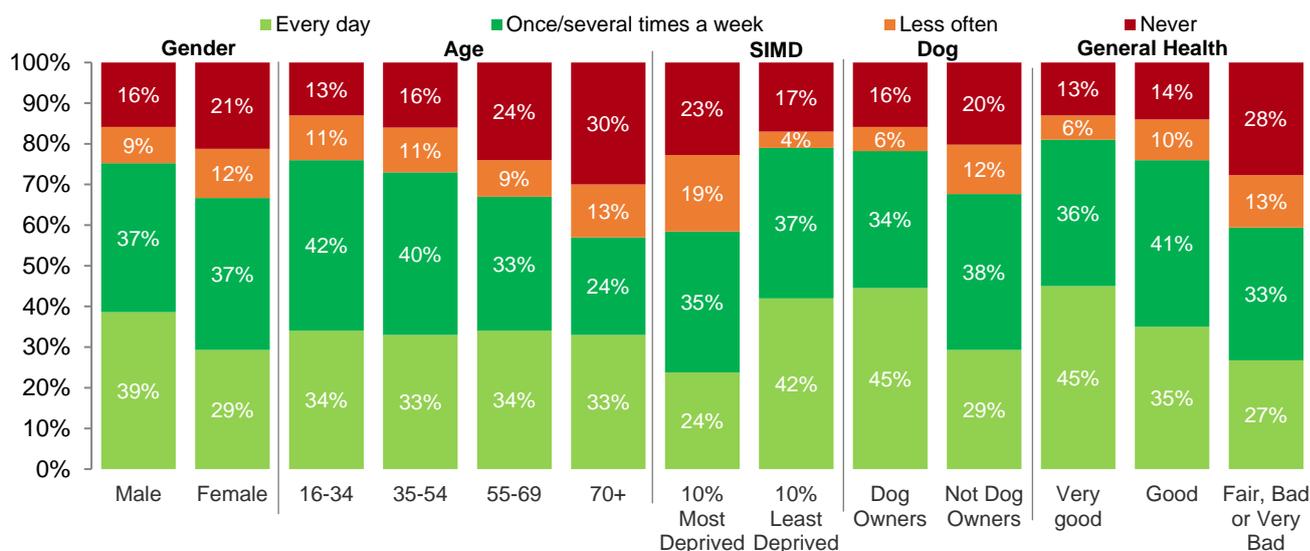


Figure 2. Frequency of visits to the outdoors for exercise during lockdown (23 March to 28 May 2020) by population group. Base: All respondents (1,008)

## 2.2 Changing outdoor visit behaviours during lockdown

Table 2 compares reported frequency of visits to the outdoors during the 23 March to 28 May 2020 lockdown period with comparable periods included in the most recent Scotland's People and Nature Survey<sup>4</sup> (SPANS). While some caution should be exercised when making comparisons (due to differences in the survey methodologies and question wording) this provides some indication of how visit taking levels changed during the lockdown period.

Table 2. Frequency of visits to the outdoors during lockdown (23 March to 28 May 2020) compared to May 2019 and pre-lockdown March 2020

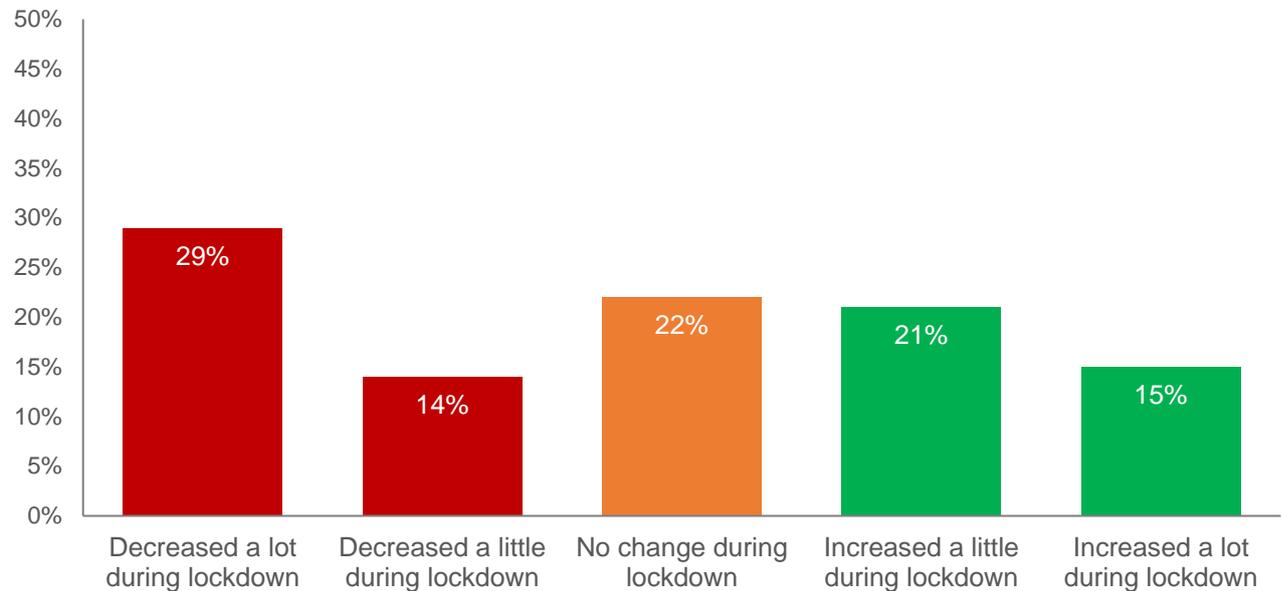
	SPANS 2019/20		
	During lockdown (23 March to 28 May 2020)	May 2019	March 2020 pre lockdown (4 to 17)
<b>Every day</b>	34%	22%	22%
<b>Several times a week</b>	25%	22%	21%
<b>Once a week</b>	12%	16%	16%
<b>NET At least once a week</b>	<b>71%</b>	<b>59%</b>	<b>59%</b>
<b>Less often</b>	10%	26%	24%
<b>Never</b>	19%	14%	17%

This comparison suggests that frequency of outdoor visit taking became more polarised during the lockdown period with a significantly increased percentage of people taking visits every day (34% during lockdown compared to 22% reported in SPANS in both early March 2020 and May 2019) but also an increased percentage of people taking no visits at all (19% during lockdown compared to 17% reported in SPANS in early March 2020 and 14% in May 2019).

<sup>4</sup> SPANS is a population-level quantitative survey commissioned by SNH approximately once every three years

Respondents were also asked if the amount of time they had spent outdoors for exercise during lockdown had increased or decreased compared to the same period in 2019.

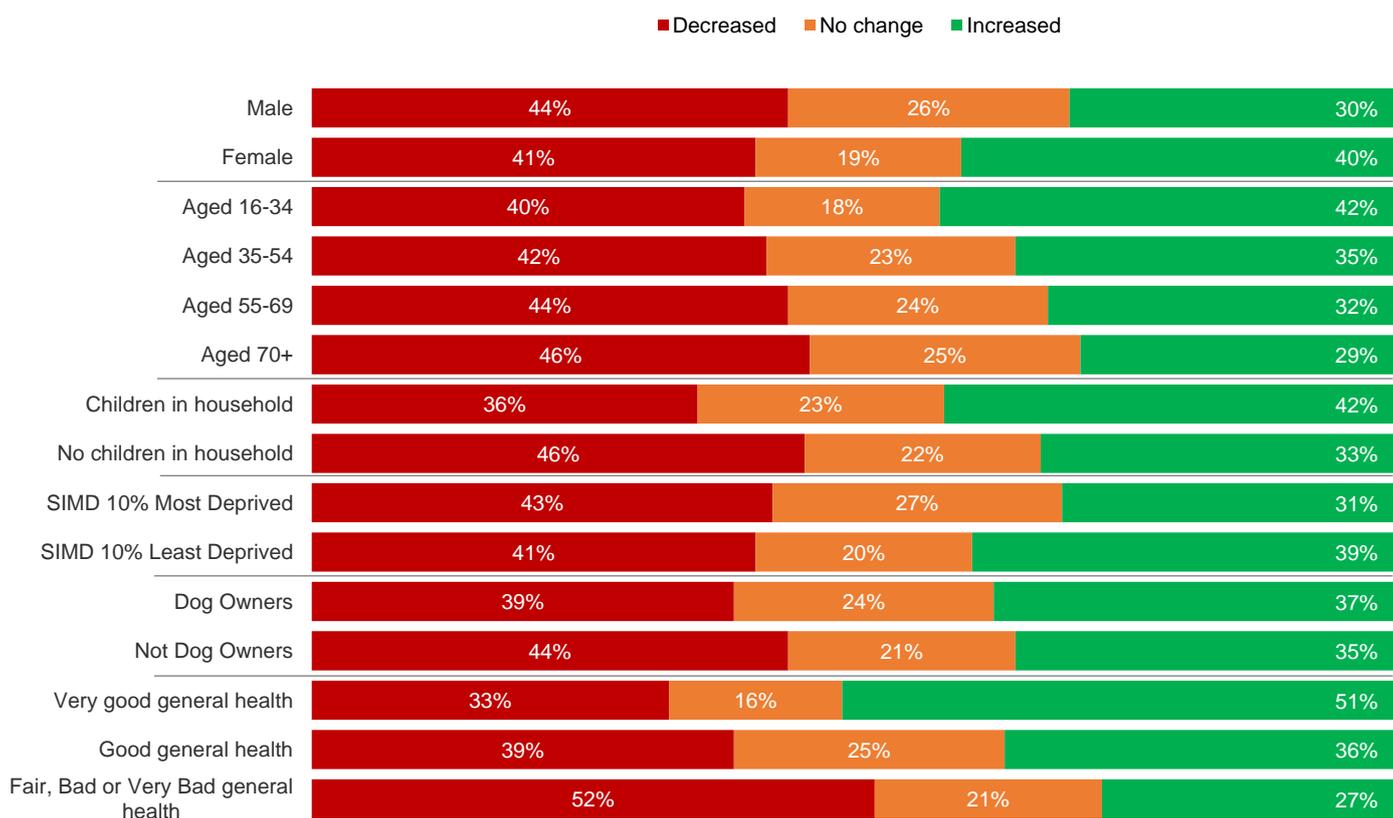
As shown in Figure 3 below, while 37% of the population reported an increase in the amount of time they had spent outdoors during lockdown (15% 'increased a lot'), a larger proportion (43%) reported spending less time outdoors (29% 'decreased a lot').



*Figure 3. Amount of time spent outdoors for exercise during lockdown (23 March to 28 May 2020) compared to the same period a year ago. Base: All respondents (1,008)*

As shown in Figure 4 overleaf, the groups most likely to report spending more time outdoors during lockdown were women (40% increased a lot or a little), those aged 16 to 34 (42%), those with children (42%) and people who stated that they had very good health (51%).

In contrast, the groups most likely to have decreased their time outdoors during this period included those aged 70 or over (46% decreased a lot or a little) and those who reported having fair, poor or very poor health (52%).



*Figure 4. Amount of time spent outdoors for exercise during lockdown (23 March to 28 May 2020) compared to the same period a year ago by population group. Base: All respondents (1,008)*

Respondents were also asked if the amount of time they spent outdoors within their local area had changed during lockdown. As shown in Figure 5 below, 38% had spent more time in local outdoor places while 40% had spent less time locally.

As for outdoor visits in general, women, younger people, people with children and those who had good health were the population groups most likely to have spent more time than usual during lockdown taking outdoor visits in their local area.

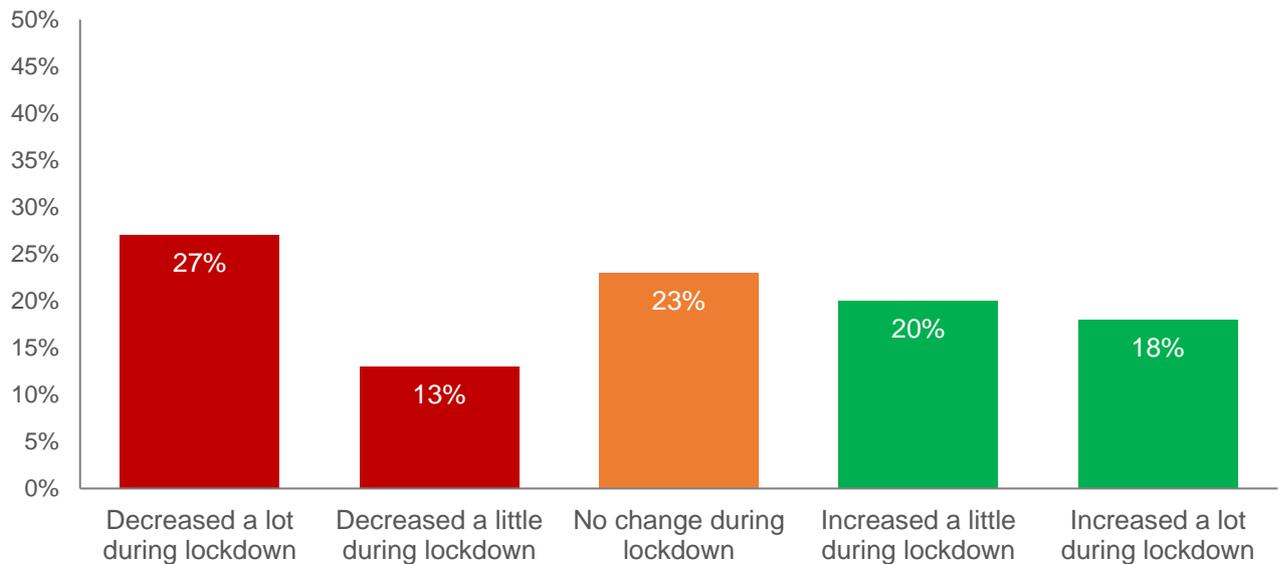


Figure 5. Amount of time spent outdoors in local area for exercise during lockdown (23 March to 28 May 2020) compared to the same period a year ago. Base: All respondents (1,008)

When respondents were asked why the amount of time they spent outdoors had changed from normal during lockdown, a wide range of responses were provided. This question was asked in an open-ended format with responses coded into the categories shown in Figure 6; a selection of the full verbatim answers is provided on the next page.

The most frequently provided reasons for spending **more** time than usual outdoors during lockdown were as follows:

- *More free time due to not working/ studying* – higher amongst people aged 35 to 54 (34%), people with no children (27%) and people living in the 10% least deprived areas (31%).
- *Good weather* - higher amongst men (14%), people aged 55 to 69 (18%) and people with no children (14%).
- *Something to do/ bored* - higher amongst people living in the 10% least deprived areas (19%).

Amongst those who spent **less** time outdoors during lockdown, the key reason given was adherence to the lockdown rules and/or being nervous about going outside due to the risks of infection or transmission.



Figure 6. Reasons for changing amount of time spent outdoors during lockdown (23 March to 28 May 2020). Base: All respondents (1,008)

Some examples of responses provided to this question are as follows:

REASONS FOR INCREASING TIME OUTDOORS	
<p><b>More time</b></p> <p><i>"I am not going to work so more time to spend outdoors."</i></p> <p><i>"More time to do these things because school is not open."</i></p>	<p><b>Good weather</b></p> <p><i>"Because the weather was hot and sunny, and I wanted to be outside"</i></p> <p><i>"Weather was good, nothing else to do."</i></p>
<p><b>Something to do</b></p> <p><i>"Fewer other options to distract."</i></p> <p><i>"To relieve the boredom of being Indoors."</i></p>	
REASONS FOR DECREASING TIME OUTDOORS	
<p><b>Following the rules</b></p> <p><i>"I am shielded due to underlying health issues."</i></p> <p><i>"Was only allowed out once a day. I would normally be out multiple times a day."</i></p>	<p><b>Fearful</b></p> <p><i>"I'm very anxious about being around other people."</i></p> <p><i>"I felt safer staying at home."</i></p>

## 2.3 Activities undertaken

The 81% of respondents who had spent any time outdoors for exercise during lockdown were asked a series of questions regarding their experiences.

Figure 7, below shows the types of outdoor activities undertaken during this period.

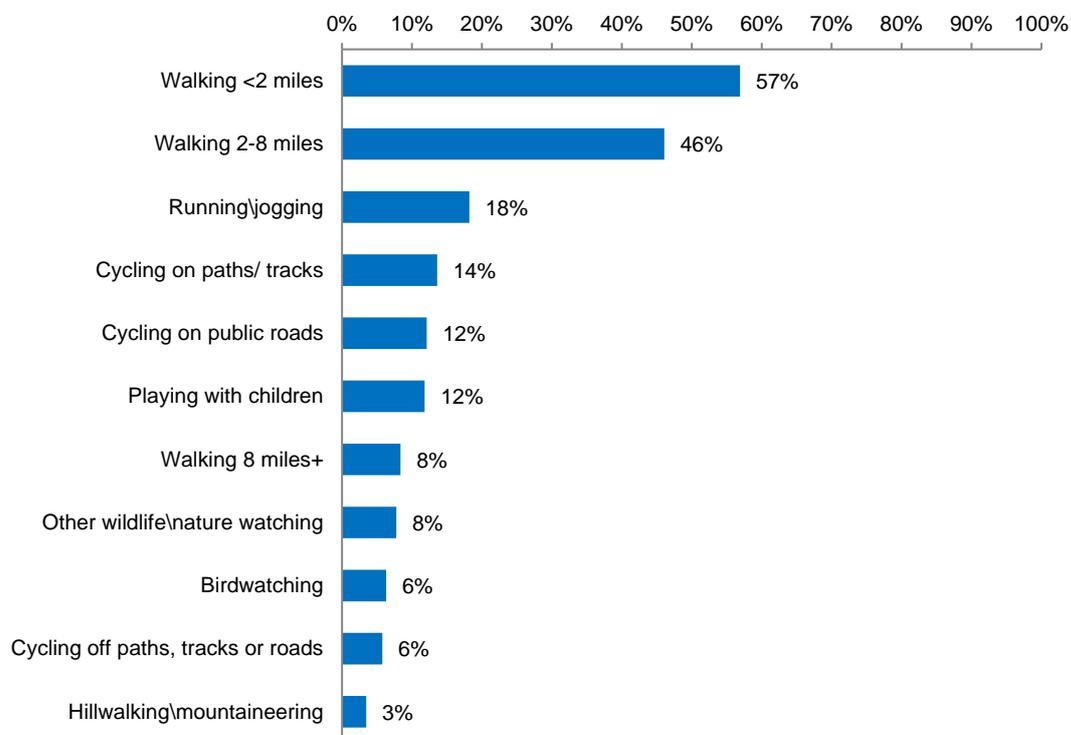


Figure 7. Activities undertaken outdoors for exercise during lockdown (23 March to 28 May 2020). Base: All respondents who had taken any outdoor visits during lockdown (815)

The vast majority of those visiting the outdoors during lockdown took part in walking (89% overall), with the largest share taking walks of less than 2 miles (57%). Levels of participation in walking varied between demographic groups as follows:

- *Walking less than 2 miles* - 57% participated overall but levels of participation were higher amongst people aged 70 or over (67%) and residents of the 10% most deprived areas (66%).
- *Walking 2-8 miles* - 46% participated overall with higher levels of participation amongst the more affluent ABC1 socio-economic groups (53%), residents of the 10% least deprived areas (70%) and people who visited the outdoors daily during lockdown (53%).
- *Walking more than 8 miles* - 8% participated overall but levels of participation were higher amongst people aged 18 to 34 (13%), people who reported having very good health (16%), those who visited the outdoors daily during lockdown (13%) and those who increased the time they spent outside by 'a lot' during lockdown (15%).

The second most frequently undertaken outdoor activity during lockdown was cycling with 22% participating overall, including 14% who cycled on paths and tracks, 12% who cycled on public roads and 6% who cycled off paths, tracks or roads. Overall participation in cycling was

higher amongst men than women (28% v 15%), people aged 18 to 34 (29%) and people with children (31%).

Running was the third most frequently undertaken activity during lockdown, with 18% participating overall, increasing to 40% among those aged 18 to 34, 24% among those in the more affluent ABC1 socio-economic groups and 29% of those who rated their own health as 'very good'.

A comparison with SPANS data collected prior to lockdown (Table 3) provides an indication of changes in participation levels in different types of outdoor activities during this period (although, as mentioned previously, caution should be exercised when making comparisons due to differences in survey methodologies and question wording).

This comparison suggests that during lockdown levels of participation in short, close to home walks, cycling and running were much higher than the 'norm', while longer walks were less commonly undertaken.

*Table 3. Activities undertaken outdoors for exercise during lockdown (23 March to 28 May 2020) compared to May 2019 and pre-lockdown March 2020*

	During lockdown (23 March to 28 May 2020)	SPANS 2019/20	
		May 2019	March 2020 pre lockdown (4 to 17 March)
<b>Any Walking</b>	89%	77%	84%
- Walking < 2 miles	57%	34%	35%
- Walking 2-8 miles	46%	40%	43%
- Walking more than 8 miles	8%	4%	4%
- Hillwalking	3%	3%	3%
<b>Any Cycling</b>	22%	8%	4%
<b>Running/ jogging</b>	18%	5%	4%

To obtain a clearer view on how levels of participation in specific outdoor activities changed during lockdown, respondents were also asked how much time they had spent doing each activity in lockdown compared to the same time last year.

The findings, shown in Figure 8 below, exclude those respondents who stated that a specific activity was 'not relevant' to them as they never participated.

Overall, a positive net change (i.e. the proportion of respondents stating that they increased the amount of time participating minus the proportion who decreased the amount of time participating) was recorded for wildlife watching (+21%), birdwatching (+18%), walking less than 2 miles (+11%), running/jogging (+9%), walking 2 to 8 miles (+9%) and cycling on paths and tracks (+5%).

The largest net decreases were recorded for walks of more than 8 miles (-13%) and hillwalking/mountaineering (-24%).

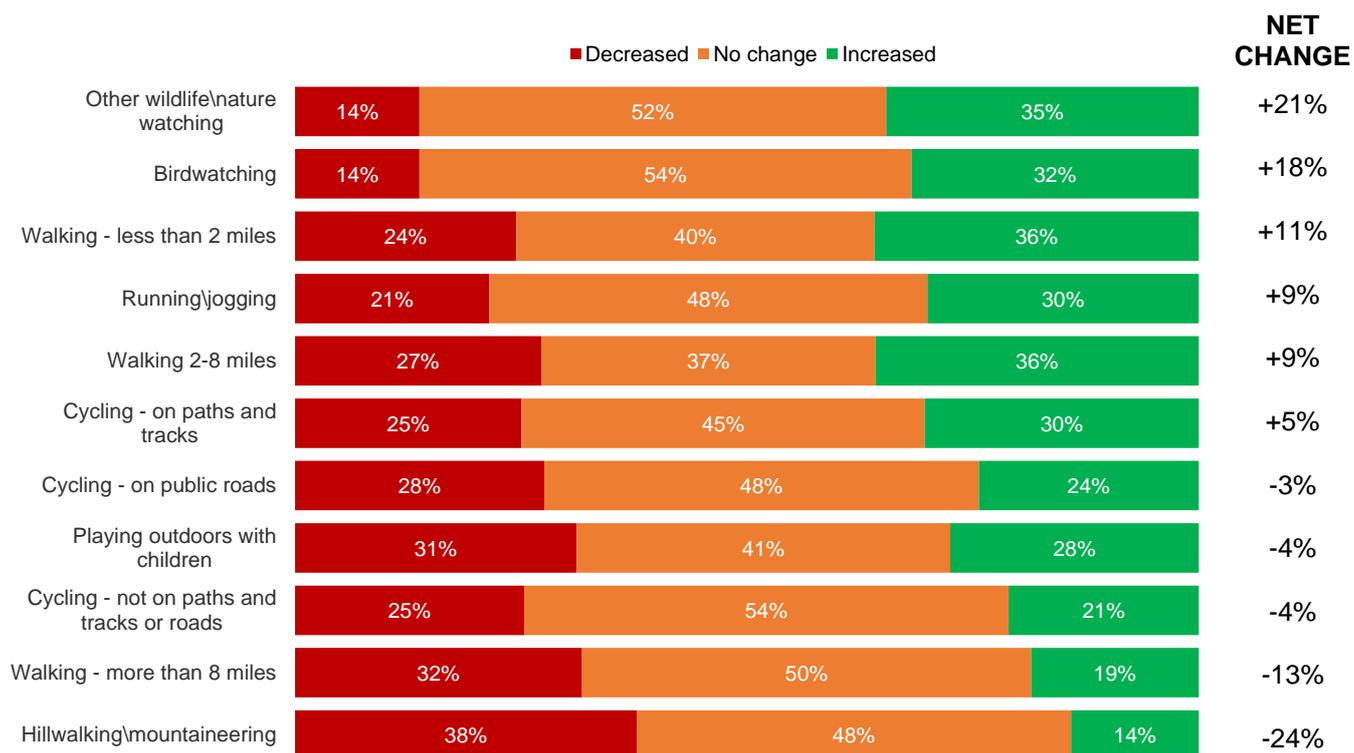


Figure 8. Amount of time spent undertaking outdoor activities during lockdown (23 March to 28 May 2020) compared to a year ago by population group. Base: All respondents who had taken any outdoor visits during lockdown (815)

## 2.4 Places visited

Those who had spent any time outdoors for exercise during lockdown were also asked to indicate the types of places they had visited on these trips.

As illustrated in Figure 9, the largest proportions of respondents had used roadside/ street pavements (44%), visited local parks and open spaces (42%) or used paths and tracks away from a roadside (37%). In addition, over a fifth (22%) had visited woodland or forestry at some point during lockdown and 16% had visited a river.

There was some variation in use of these types of places amongst different demographic groups, including the following:

- *Roadside/ street pavements* - higher usage amongst ABC1s than C2DEs (50% and 37% respectively) and people with no dog (48%).
- *Local parks and open spaces* - higher usage amongst ABC1s than C2DEs (47% and 37% respectively).
- *Paths and tracks away from the roadside* - higher usage amongst men than women (40% v 33%) and amongst ABC1s compared to C2DEs (42% v 31%).
- *Woodland/ forest* - higher usage amongst people aged 16 to 34 (28%), ABC1s (27%) and those with children in their household (28%).

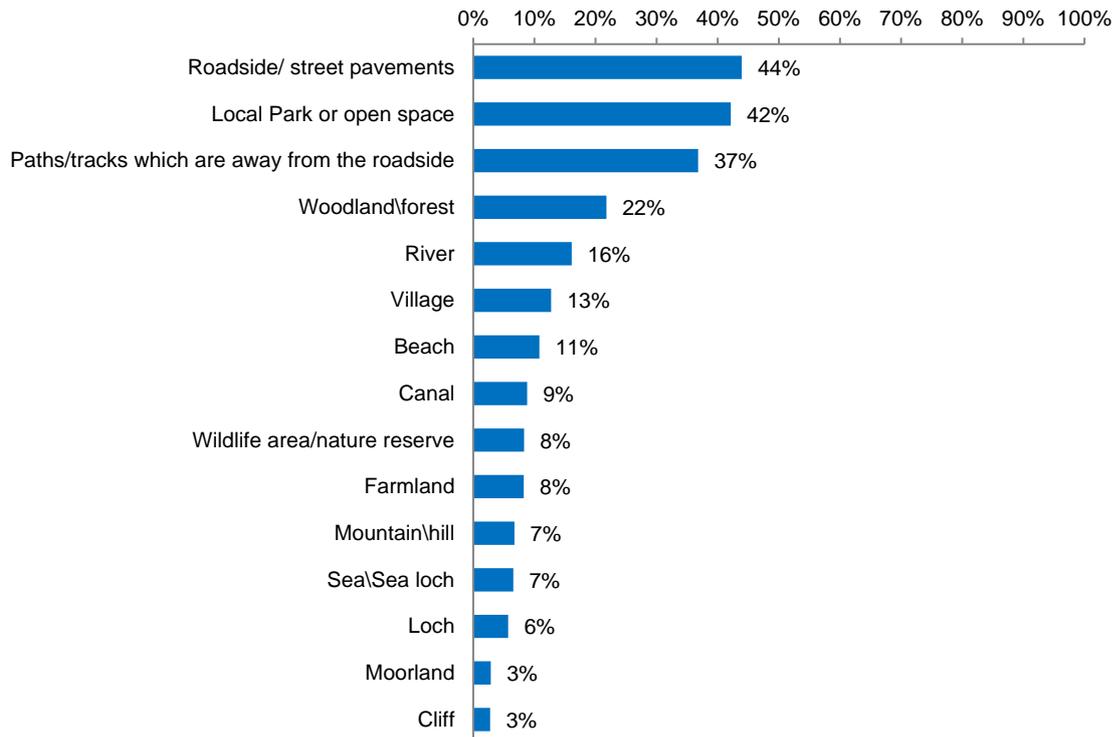


Figure 9. Places visited to take part in outdoor exercise during lockdown (23 March to 28 May 2020). Base: All respondents who had taken any outdoor visits during lockdown (815)

Respondents were also asked how the amount of time they spent in different places during lockdown compared to the same period last year. The findings, shown in Figure 10, exclude those respondents who stated that a specific place was 'not relevant' to them as they had never visited.

Overall, a positive net change (the proportion of respondents stating that they increased the amount of time spent visiting a particular type of place minus the proportion who decreased the amount of time) was recorded for roadside/street pavements (+4%), path/tracks away from the roadside (+3%) and woodland and forests (+2%).

The proportion of people stating that they visited local parks more often was the same as the proportion stating that they visited these places less often - resulting in a net change of 0%.

For all of the other types of places, the percentage of respondents who had spent less time visiting compared to a year ago was larger than the percentage who had spent more time visiting - most notably there was a significant decrease in the amount of time spent visiting mountains and hills, lochs, and coastal locations (e.g. sea lochs, cliffs, beaches).

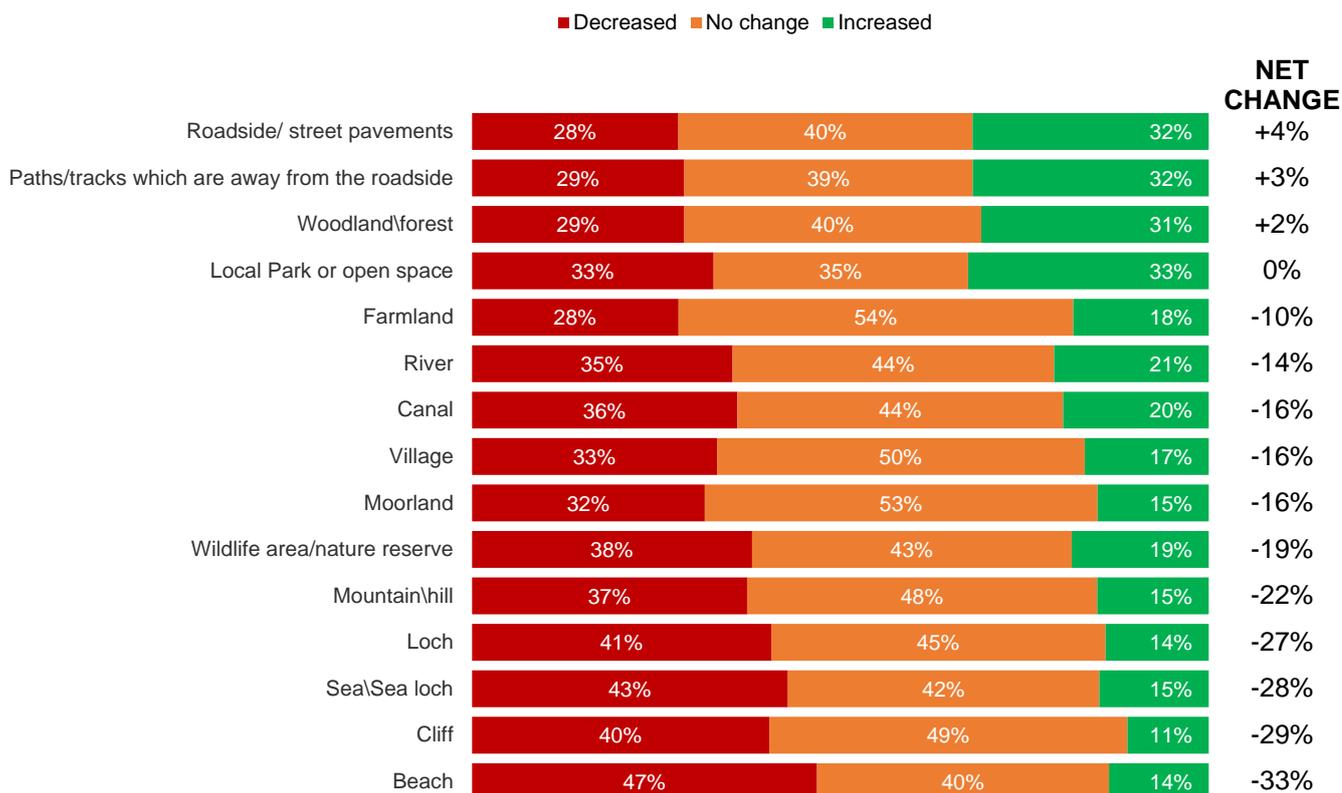


Figure 10. Amount of time spent visiting outdoor places during lockdown (23 March to 28 May 2020) compared to a year ago by population group. Base: All respondents who had taken any outdoor visits during lockdown (815)

## 2.5 Transport and distances travelled

Respondents who had taken outdoors visits during lockdown were asked if, in general, they had used any forms of transport other than walking or cycling to travel to the places they had visited for exercise.

As shown in Figure 11 below, almost three quarters of the population (73%) had normally only walked or cycled on their outdoor visits, indicating a relatively high level of adherence to the 'stay local' message. Just over a quarter (27%) had tended to travel by car or another mode of motorised transport. This percentage was marginally higher amongst people with children (33%) and people with a limiting disability or illness (35%).

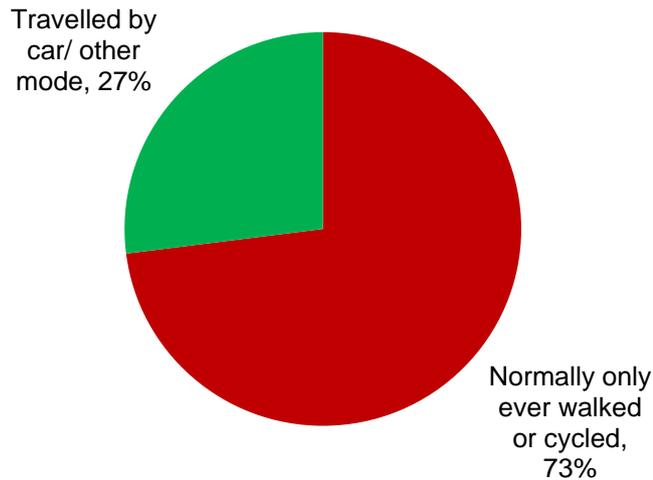


Figure 11. Forms of transport used on visits to outdoors taken for exercise during lockdown (23 March to 28 May 2020. Base: All respondents who had taken any outdoor visits during lockdown (815)

Those who travelled by car or another mode of transport were also asked how far these journeys for exercise had been.

As shown in Table 4, during lockdown around 4 in 5 outdoor visitors either used no transport on their outdoor visits, i.e. they travelled directly from home on foot or by bike (73%) or used a car or another mode of transport to travel less than 2 miles from home (9%). A further 11% drove 2 to 5 miles, 5% drove 6 to 10 miles and 2% drove 11 or more miles.

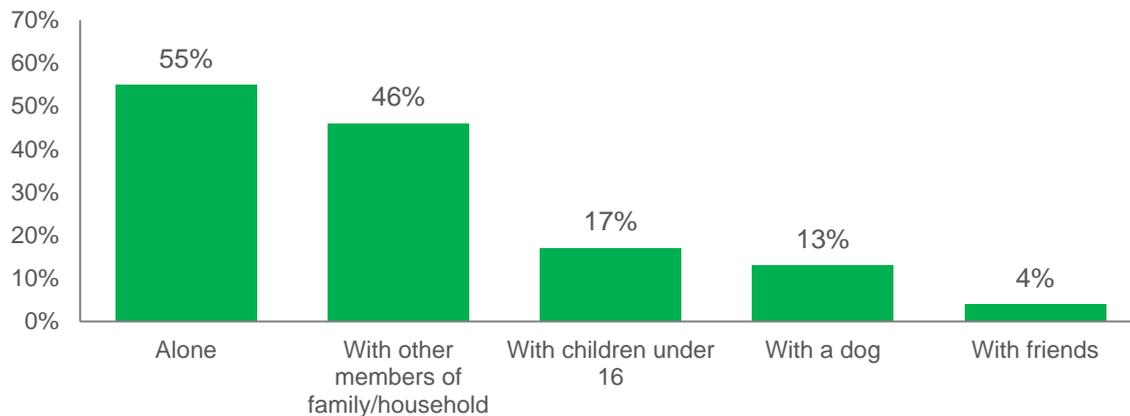
SPANS findings relating to distance travelled on outdoor visits in May 2019 are shown for comparison, further illustrating how time spent outdoors during the lockdown period was much more locally focused than normal with just 34% of visits recorded by SPANS in May 2019 taken directly from home or within 2 miles of home.

Table 4. Distance travelled on outdoor visits during lockdown (23 March to 28 May 2020) compared to May 2019

During lockdown (23 March – 28 May 2020)		SPANS May 2019	
Normally only took visits directly from home on foot/bike	73%	Distance travelled on all outdoor visits (including those involving walking/cycling direct from home and travel by car)	
Distance travelled if using car/ other motorised transport:			
Less than 2 miles	9%	Less than 2 miles	34%
2 – 5 miles	11%	2 – 5 miles	25%
6 – 10 miles	5%	6 – 10 miles	14%
11 – 20 miles	1%	11 – 20 miles	7%
More than 20 miles	1%	More than 20 miles	20%

## 2.6 Party composition

Those who took outdoor visits during the initial lockdown period were also asked about who they had spent this time with. The responses in Figure 12 total to more than 100% as it was possible for respondents to select more than one option, reflecting variations in party composition on different outdoor visits taken during this period.



*Figure 12. Party composition on outdoor visits taken for exercise during lockdown (23 March to 28 May 2020. Base: All respondents who had taken any outdoor visits during lockdown (815)*

Just over half of respondents had taken outdoor visits alone (55%). This percentage was higher amongst men than women (63% vs 47%) and amongst people with no children (60%).

Just under half (46%) had taken visits with other family or household members, increasing to 51% amongst women and 52% amongst members of the more affluent ABC1 socio-economic groups.

Overall, 17% had taken visits with children aged under 16. This percentage was higher amongst women than men (22% vs 12%) and amongst people who had children at home (48%).

### 3. OTHER ENGAGEMENT WITH NATURE DURING LOCKDOWN

Other than visits to outdoor places, the survey also recorded other types of engagement with nature undertaken during lockdown.

To put this in context, respondents were asked about their access to a garden or other private outdoor space. As shown in Figure 13, 71% of the population in Scotland had access to their own private garden; in addition, 14% had access to a private communal garden and 6% to another type of private outdoor space such as a balcony or yard.

Although 91% of the population overall had access to some type of private outdoor space, levels of access varied by demographic group. People aged under 45, people living in the 10% most deprived areas, people living in large urban areas and people with no access to a car were generally less likely to have access to private outdoor space (87%, 78%, 86% and 77% respectively).

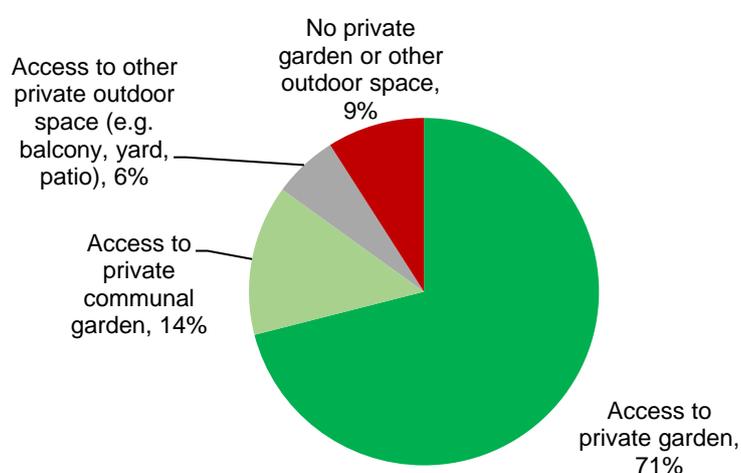


Figure 13. Access to a private garden or other private outdoor space. Base: All respondents (1,008)

Figure 14 overleaf illustrates how garden-based activities were undertaken by a large percentage of the population during the initial lockdown period, with 62% sitting and relaxing in their garden, 42% taking part in gardening activities and 36% enjoying wildlife in their garden.

Overall, the vast majority of the population (87%) had taken part in at least one of the nature-based activities asked about.

With most of these activities possible from home, it is notable that participation levels were almost as high amongst people who stated that they were shielding to protect themselves from COVID-19 (83% participated in one or more) and amongst people who had not taken any outdoor visits for exercise during lockdown (75% participated in one or more).

However, around 1 in 8 of the population (13%) stated that they had done none of these activities. This percentage was higher amongst men than women (17% and 10% respectively) and amongst people who lived in the 10% most deprived areas (21% compared to just 7% in 10% least deprived areas).

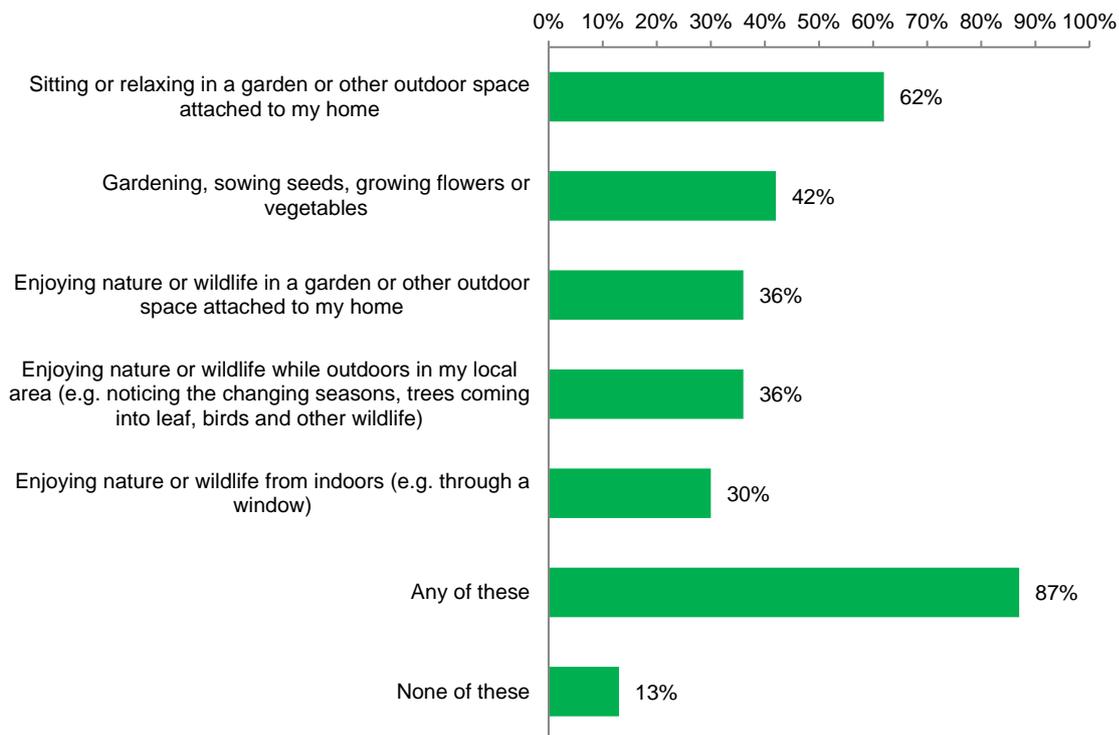


Figure 14. Participation in nature engagement activities during lockdown (23 March to 28 May 2020). Base: All respondents (1,008)

A comparison of levels of participation in these individual activities by demographic and population group highlights some variations:

- *Sitting or relaxing in a garden or other outdoor space attached to home* – higher participation amongst women than men (66% vs 57%).
- *Gardening, sowing seeds, growing flowers or vegetables* – higher participation amongst older age groups (56% of over 55s vs 29% under 45) and residents of less deprived areas (56% in 10% least deprived vs 22% in 10% most deprived).
- *Enjoying nature or wildlife in a garden or other outdoor space attached to home* – higher amongst older people (44% of over 55s vs 29% under 45).
- *Enjoying nature or wildlife while outdoors in my local area* – higher participation amongst the more affluent social classes (41% ABC1s vs 31% C2DEs) and residents of less deprived areas (41% living in 10% least deprived vs 23% in 10% most deprived).
- *Enjoying nature or wildlife from indoors* – higher participation amongst residents of areas defined as remote rural (54%) and residents of the North of Scotland (40%).

Respondents were also asked if the amount of time spent undertaking these activities during lockdown had changed compared to a year ago.

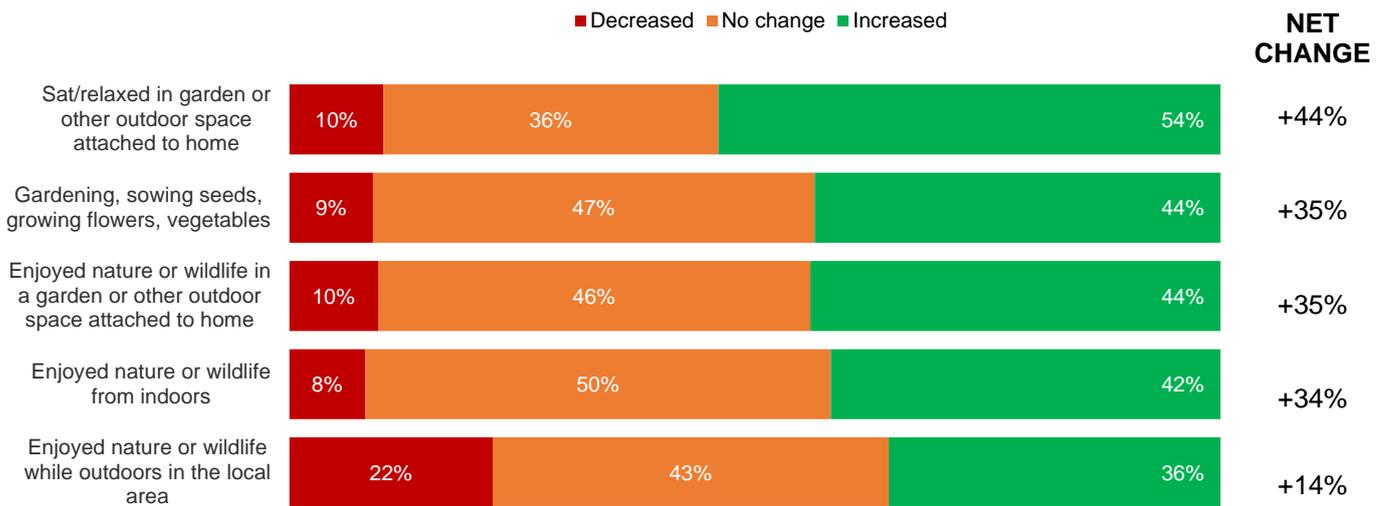


Figure 15. Engagement with nature during lockdown (23 March to 28 May 2020) compared to a year ago. Base: All respondents taking part in nature engagement activities (1,008)

As shown in Figure 15, large percentages of respondents indicated that their participation had increased in all of the activities asked about (this analysis excludes those respondents describing a specific activity as 'not relevant' because they had never participated).

The net results (the proportion of respondents stating that they increased the amount of time spent participating in each activity minus the proportion who decreased the amount of time) showed that all of the activities had a net increase with more people increasing participation than decreasing.

The greatest increase was recorded for sitting and relaxing in the garden (+44%).

#### 4. BENEFITS OF OUTDOOR VISITS AND ENGAGEMENT WITH NATURE DURING LOCKDOWN

A series of questions aimed to explore the motivations behind, and benefits obtained from time spent outdoors and other engagement with nature during the initial lockdown period.

##### 4.1 Reasons for taking outdoor visits during lockdown

Figure 16 shows the reasons given for taking outdoor visits during lockdown. While the pleasant weather was mentioned by around half of those who had taken any visits, it is notable that the other most frequently selected reasons all relate to health and wellbeing and, in particular, to mental wellbeing.



Figure 16. Motivations for visiting the outdoors for exercise during lockdown (23 March to 28 May 2020). Base: All respondents who had taken any outdoor visits during lockdown (815)

The motivations for spending time outdoors varied between demographic groups and included the following differences:

- *Health and exercise* – a motivation for 70% overall but higher amongst those aged 55 and over (76%), ABC1s (74%), people with no dog (73%) and residents of the 10% least deprived areas (85%).
- *Fresh air and to enjoy pleasant weather* – a motivation for 54% overall but higher amongst those aged 55+ and over (62%) and people with no dog (59%).
- *Relax and unwind* – a motivation for 46% overall but higher amongst ABC1s (51%).
- *To manage stress/improve mental wellbeing* - a motivation for 35% overall but higher amongst women (40% vs 29% of men) and ABC1s (40%).
- *To spend time with family/ members of my household* – a motivation for 18% overall but higher amongst the 16 to 34 age group (25%) and people with children in their household (31%).

## 4.2 Benefits of outdoor visits taken during lockdown

Respondents were asked to reflect on their outdoor visits and engagement with nature during lockdown and to indicate the extent to which they agreed or disagreed with a series of statements about their experience. Answers were provided on a 5-point scale from 'Disagree Strongly' to 'Agree Strongly'.

As shown in Figure 17, levels of agreement were highest for the statements relating to mental health benefits, with 63% stating that their outdoor visits and engagement with nature had helped them to de-stress, relax and unwind and 58% stating that they had made them feel energised and revitalised.

Around half felt closer to nature (52%) and a similar proportion that the experience had improved their physical health (47%).

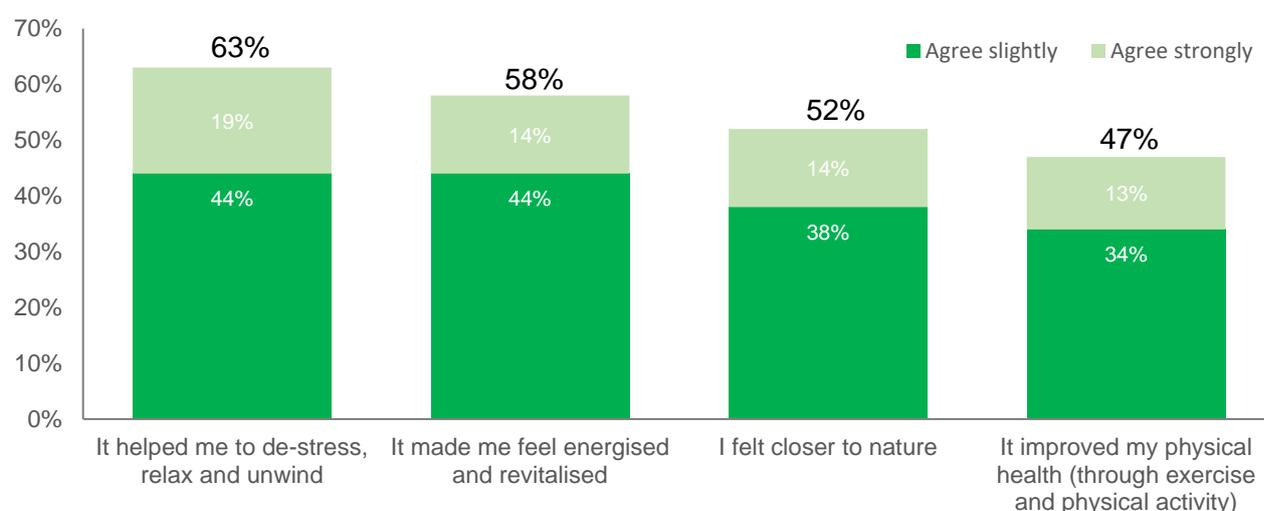


Figure 17. Benefits of outdoor visits and other engagement with nature during lockdown (23 March to 28 May 2020) (agree slightly + agree strongly responses). Base: All respondents (1,008)

Levels of agreement with the statements varied by demographic groups, suggesting that different benefits had been received by different types of people:

- *Helped me to de-stress relax and unwind* - 63% agreed overall but levels were higher amongst ABC1s (67%), people who reported their health as being 'very good' (75%), those who visited the outdoors daily (72%) and those who increased the time they spent outdoors a lot during lockdown (78%).
- *Made me feel energised and revitalised* - 58% agreed overall but levels were higher amongst women (62%), people who reported their health as 'very good' (70%), those visiting the outdoors daily (67%) and those who increased the time they spent outdoors a lot during lockdown (73%).
- *Felt close to nature* - 52% agreed overall but levels were higher amongst women (57%) and dog owners (56%).
- *It improved my physical health* - 47% agreed overall but levels were higher amongst ABC1s (52%), those visiting the outdoors daily (59%) and those who increased the time they spent outdoors a lot during lockdown (68%).

To further explore experiences of lockdown, respondents were shown another series of statements and asked to what extent they agreed or disagreed with each one in relation to the initial lockdown period from 23 March to 28 May. While answers were provided on a 5-point scale from 'Disagree Strongly' to 'Agree Strongly', Figure 18 shows only the percentages who agreed with each statement.

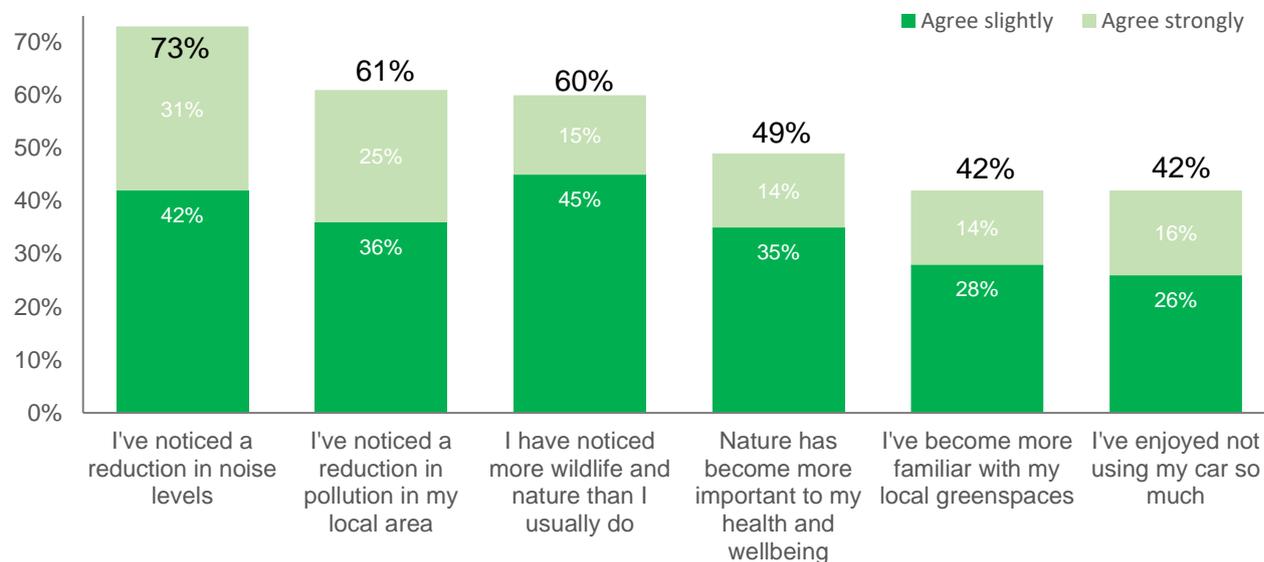


Figure 18. General experiences of lockdown (23 March to 28 May 2020) (agree slightly + agree strongly). Base = All respondents (1,008)

Over half of the population had noticed reduced noise levels, a reduction in pollution and more wildlife and nature than normal during lockdown (73%, 61% and 60% respectively).

Also, reflecting the results shown in Figure 17, around half of the population stated that nature had become more important to their health and wellbeing during this period.

Levels of agreement varied between population groups for some of the statements, suggesting different experiences of lockdown:

- *Noticed a reduction in noise levels* - 73% agreed overall but this was higher amongst those aged 35 and over (76%) and residents of urban areas (76%).
- *Noticed a reduction in pollution in local area* - 61% agreed overall but this was higher amongst residents of the 10% least deprived areas (71%).
- *Have become more familiar with local greenspaces* - 42% agreed with this statement overall but this was higher amongst those aged under 35 (50%), those with children in their household (51%) and those who visited the outdoors daily (56%).
- *Enjoyed not using car so much* - 40% agreed with this statement overall but this was higher amongst those with children in household (50%) and those who visited the outdoors daily (53%).

## 5. PROBLEMS EXPERIENCED WHILE TAKING PART IN OUTDOOR VISITS DURING LOCKDOWN

### 5.1 Issues experienced by outdoor visitors during lockdown

People who had taken any visits to the outdoors for exercise during the initial lockdown period were asked whether they had experienced any of the issues shown in Figure 19, below, and if these problems had caused them to change where they went or made them less likely to revisit a particular place.

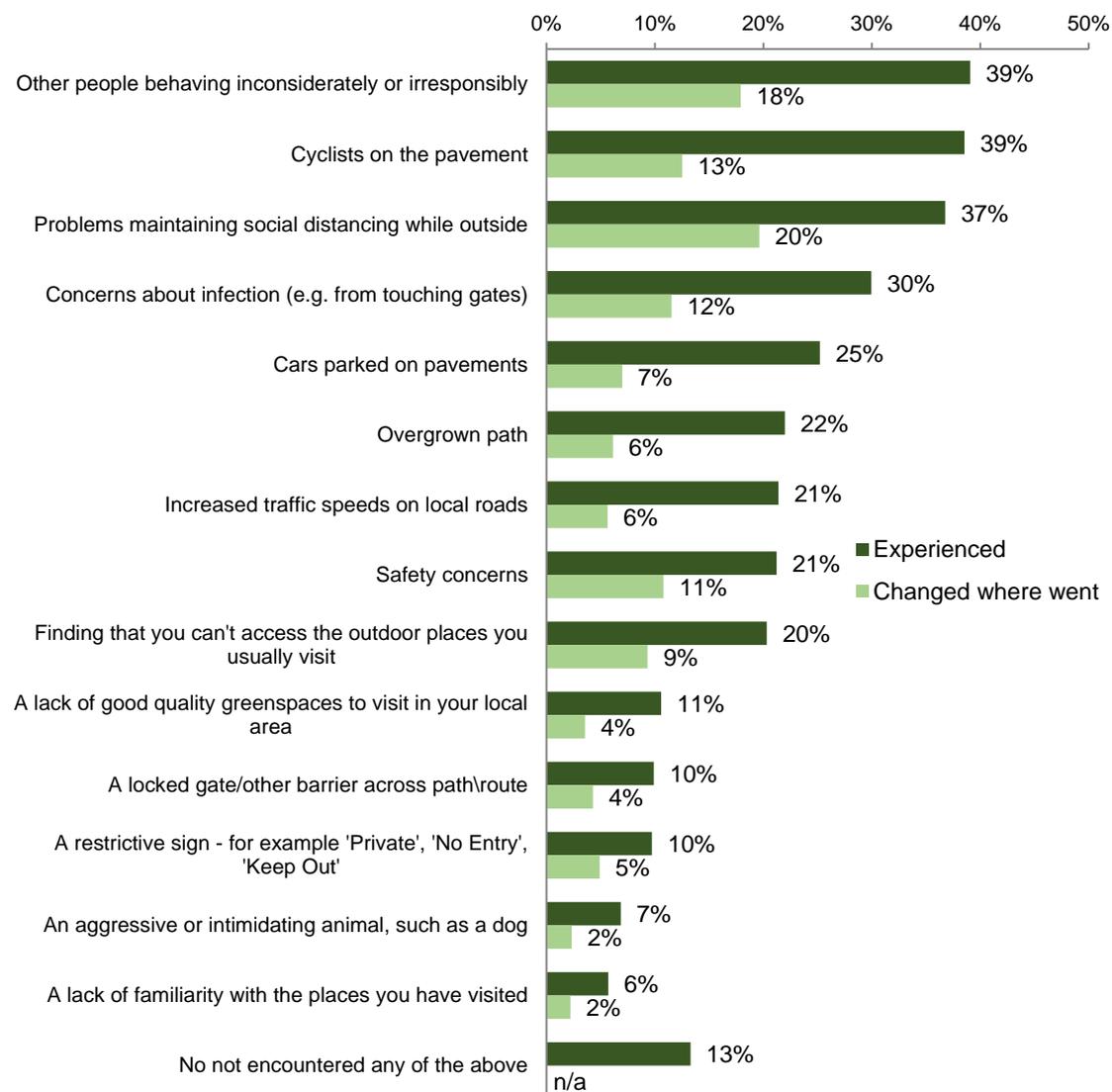


Figure 19. Problems experienced while visiting the outdoors for exercise during lockdown (23 March to 28 May 2020). Base: All respondents who had taken any outdoor visits during lockdown (815)

Overall, 87% of outdoor visitors had experienced one or more of the issues listed in Figure 19. The most commonly experienced issues during this period, each mentioned by over a third of outdoor visitors, were seeing other people behaving inconsiderately or irresponsibly (e.g. cyclists failing to consider the needs of walkers) (39%), cyclists on pavements (39%) and difficulties maintaining social distancing while outside (37%). Levels of concern about social distancing were slightly higher amongst those living in the most deprived areas (45%), in large urban areas (44%), and amongst those who described their health as bad (42%). Concerns

about infection and cars parked on pavements were mentioned by over a quarter outdoor visitors.

In terms of issues which caused people to change where they spent time outside during lockdown, the most frequently cited issues were problems maintaining social distancing (20%) and other people behaving inappropriately (18%).

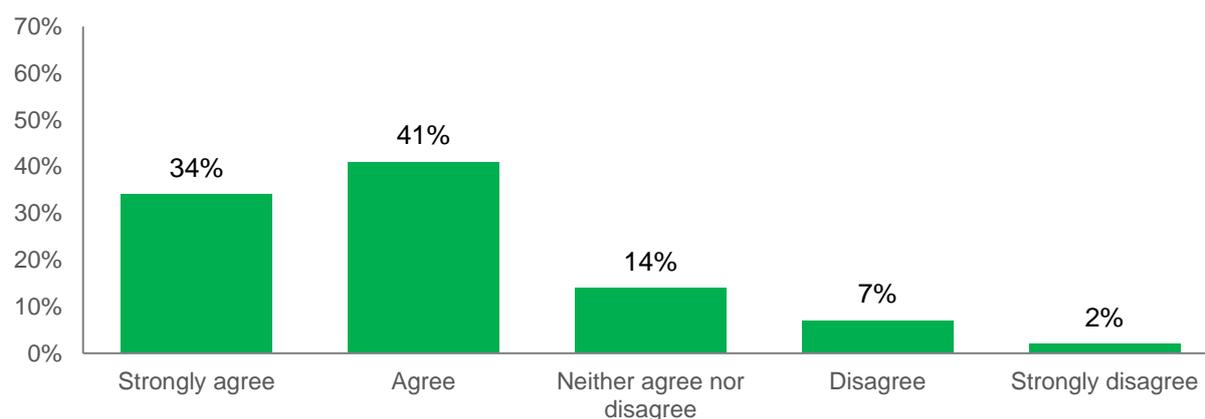
Some of the issues people experienced varied according to demographics and geography, including the following differences:

- *Residents of the 10% most deprived areas* were more likely to state that a lack of good quality green spaces was an issue, with 23% citing this problem compared to 10% in other areas.
- *16 to 34 year olds* were more likely to state that a lack of familiarity with their local area, a lack of good quality green spaces and locked gates/other barriers had been an issue for them (11%, 17% and 17% respectively).
- *Residents of the CSGN area* were more likely to mention experiencing problems with social distancing (44% vs 29% in other areas).
- *People with fair, poor or very poor health* were more likely to state that they were concerned about infection or worried in general about their safety (38% and 29% respectively).

## 5.2 Access to quality greenspaces

As shown in Figure 19, above, 11% of people who had spent any time outside during lockdown for exercise, had experienced issues relating to a lack of good quality local greenspaces.

To explore this issue further, all respondents were asked to rate the quality of their local greenspaces by stating the extent to which they agreed with the following statement: *'My local greenspaces (e.g. parks, woods, paths and tracks) are within easy walking distance and of a high enough standard for me to want to spend time there'*.



*Figure 20. Level agreement with statement: My local greenspaces (e.g. parks, woods, paths and tracks) are within easy walking distance and of a high enough standard for me to want to spend time there* Base: All respondents (1,008)

While most of the population agreed with the statement (including 34% who agreed strongly), almost a quarter neither agreed nor disagreed or disagreed to some extent (23%).

Figure 21 shows the percentage of people within different population groups agreeing or agreeing strongly with the statement. Groups most likely to agree that their local greenspaces were within easy walking distance and of a high enough standard to want to spend time there included people who classified their health as very good (86% agreed) and those with no limiting illness or disability (81%).

Conversely, the lowest levels of agreement were found amongst residents of the 10% most deprived areas (67%), people who described their health as fair, bad or very bad health (66%) and people with a limiting illness or disability (66%).

There was also a clear relationship between how frequently people visited the outdoors during the lockdown period and their perceptions about the accessibility and quality of local greenspaces. Eighty-one per cent of people who took visits daily agreed that their local places were within easy walking distance and appealing to visit but this percentage decreased to 65% amongst those who never took visits.

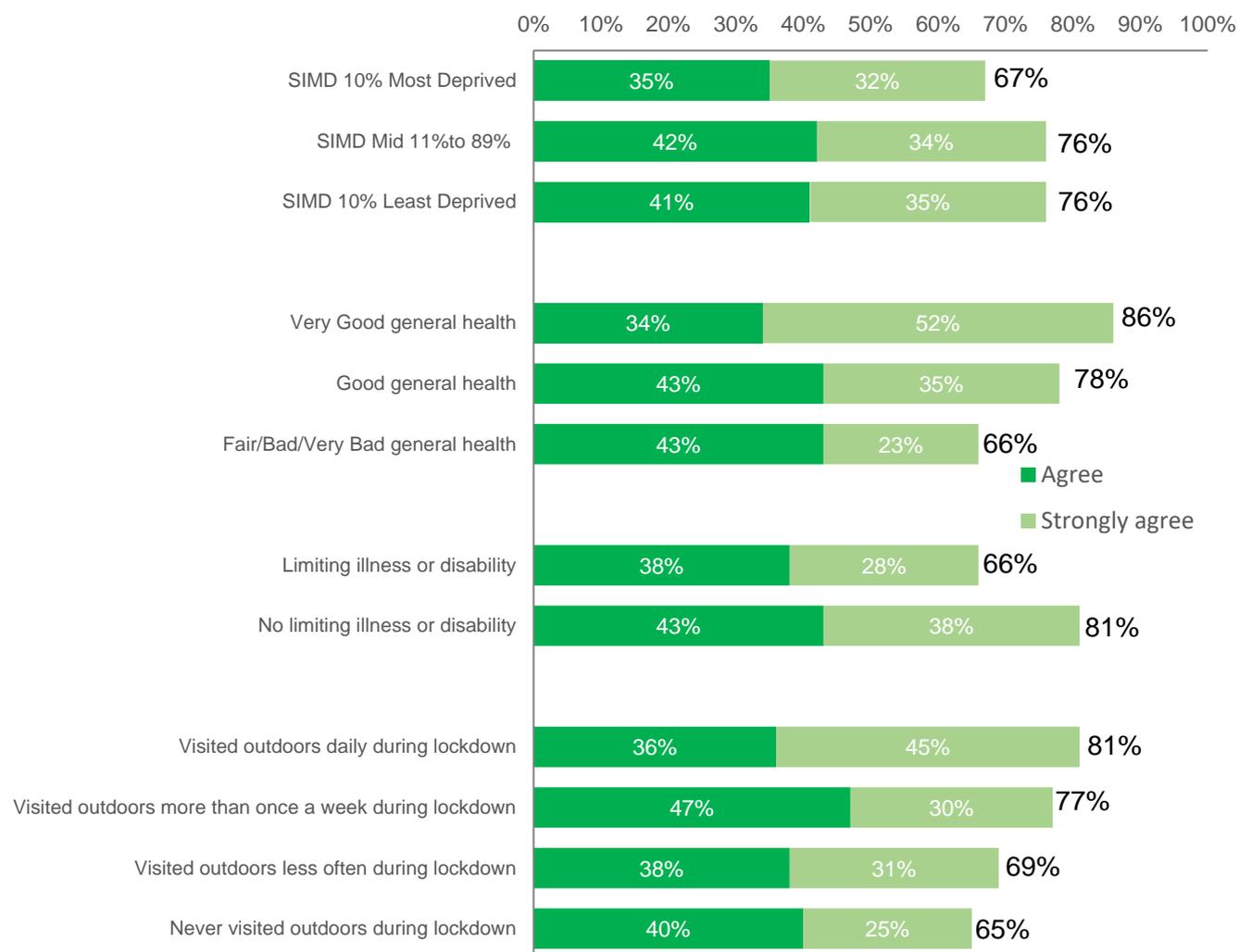


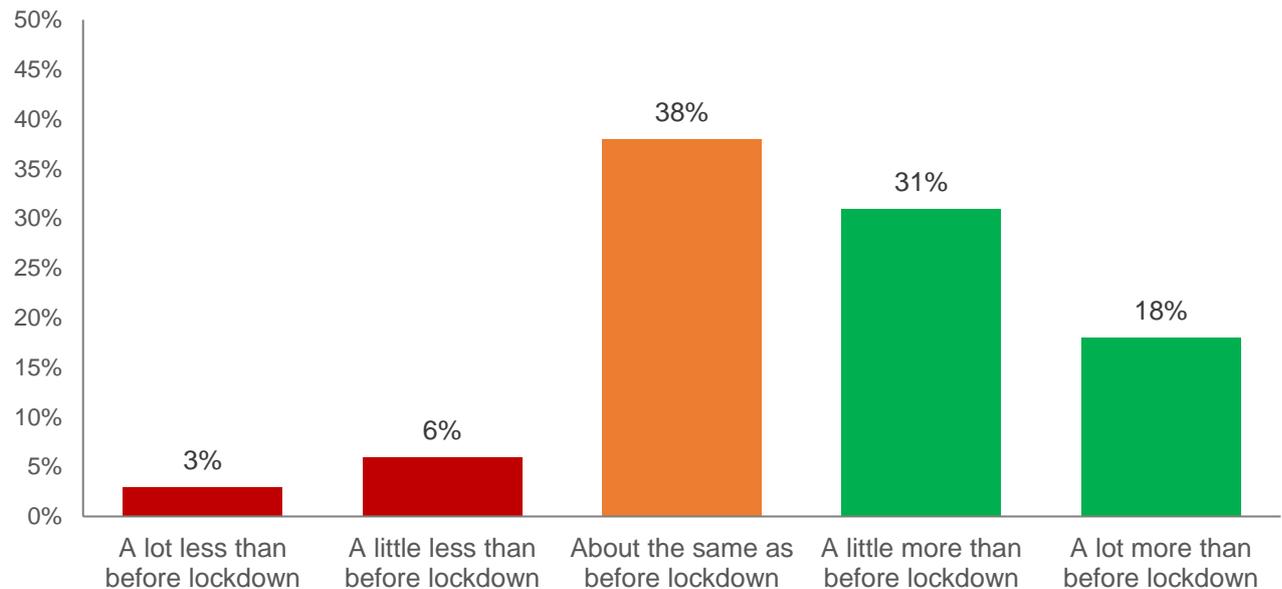
Figure 21. Level agreement with statement “My local greenspaces (e.g. parks, woods, paths and tracks) are within easy walking distance and of a high enough standard for me to want to spend time there” by demographics (agree + slight agree responses). Base = All respondents (1,008)

## 6. LOOKING TO THE FUTURE

Finally, a series of questions was asked to obtain an indication of potential changes in behaviours and attitudes regarding outdoor visits and engagement with nature post- lockdown.

As shown in Figure 22, around half of the population (49%) expected that the amount they visit the outdoors for leisure, recreation or exercise would be greater after lockdown than it had been before.

A further 38% expected to visit about the same amount as before lockdown, while 9% expected to visit less than before.



*Figure 22. Extent that people expect the amount they visit the outdoors for leisure, recreation or exercise to change after lockdown. Base: All respondents (1,008)*

As shown in Figure 23 overleaf, expectations about changes in the amount of time spent on outdoor visits after lockdown varied between population groups.

Groups most likely to state that they expected to visit the outdoors more often after lockdown included women (52%), those aged under 35 (57%), people with children (54%) and dog owners (53%).

Conversely, people who lived in the 10% most deprived areas were the most likely to state that they expected to take fewer visits after lockdown (13%).

The people most likely to state that they didn't expect to see any change in the amount they visited the outdoors included men and older age groups.

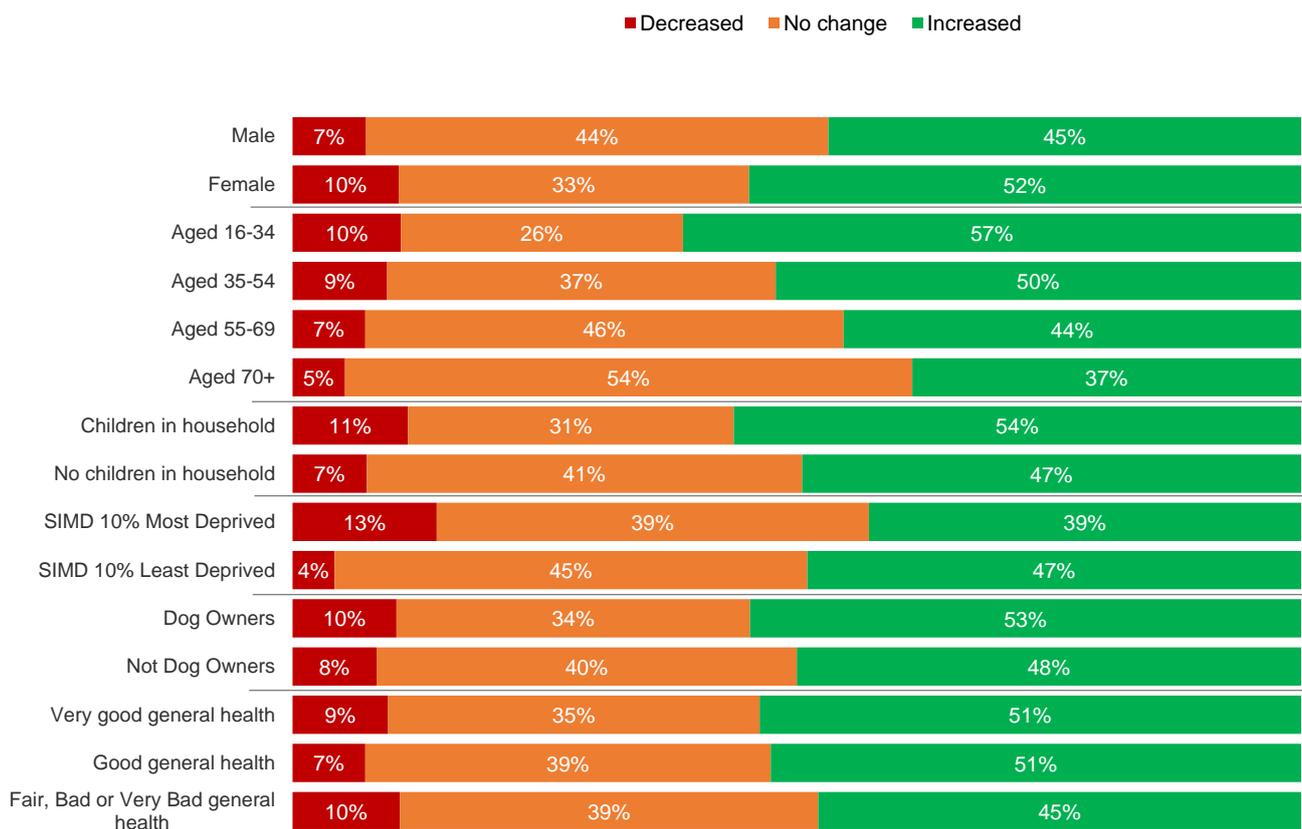


Figure 23. Extent that people expect the amount of time they visit the outdoors for leisure, recreation or exercise will change after lockdown by population group. Base = All respondents (1,008)

It is notable that those people who had increased the amount of time they spent outdoors during lockdown were also more likely to expect to continue to increase the time they spent on outdoor visits once lockdown rules eased. Conversely, most people who did not change the amount of time they spent outside during lockdown also expected to continue to do the same after lockdown.

Table 5. Expectations about the amount of time spent visiting the outdoors for leisure, recreation or exercise post- lockdown

	Spent more time outdoors during lockdown	No change in outdoor time during lockdown	Spent less time outdoors during lockdown
<b>Expect to more</b> after lockdown than before lockdown	63%	26%	49%
<b>Expect to do about the same</b> after lockdown than before lockdown	24%	65%	36%
<b>Expect to less</b> after lockdown than before lockdown	9%	6%	10%

To understand further potential changes in behaviours and attitudes after lockdown, respondents were shown a series of statements and asked to what extent they agreed or disagreed with each.

While answers were provided on a 5 point scale from 'Disagree Strongly' to 'Agree Strongly', Figure 24 shows only the percentages of respondents who agreed with each statement, excluding those respondents who said that the statement was not relevant to them (for example, because they had no children).

Levels of agreement were high for all of the statements, with the largest proportions of respondents agreeing with the statements relating to encouraging children to spend more time outdoors after lockdown, continuing to travel less for essential journeys and making more of local greenspace.

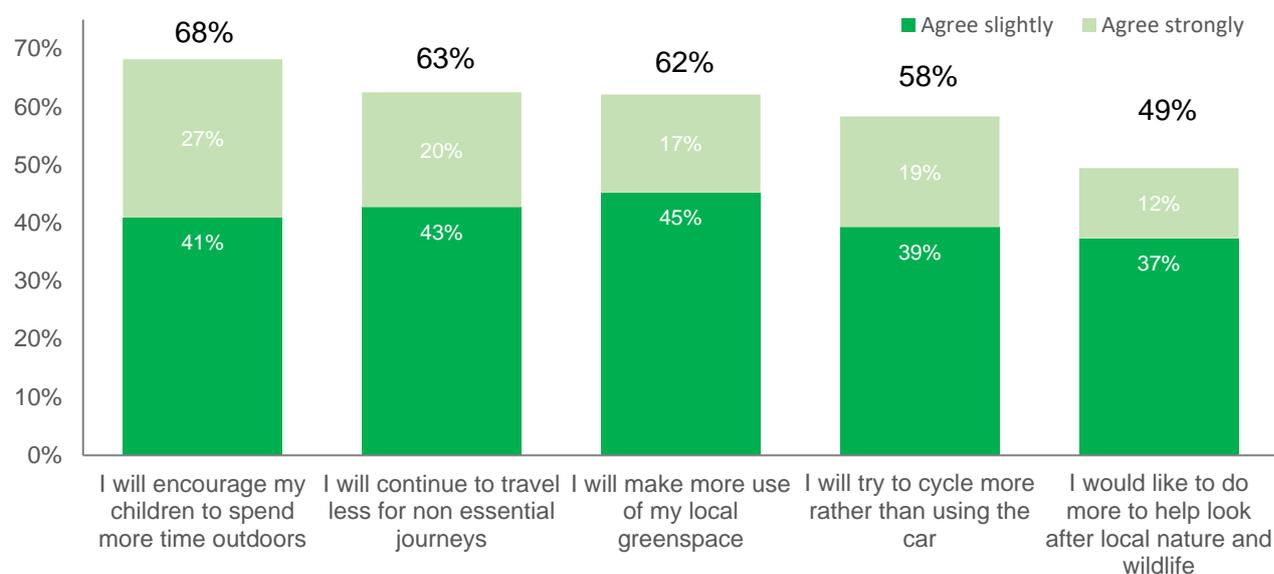


Figure 24. Level of agreement with statements about the future, after lockdown (agree slightly + agree strongly). Base = All respondents (1,008)

There were some variations in levels of agreement with each statement amongst different population groups, including the following:

- *Will encourage my children to spend more time outdoors* – while 68% agreed overall, levels of agreement were higher amongst women (72%), people aged 35-45 (75%), residents of the 10% least deprived areas (79%) and residents of urban areas (72%).
- *Will continue to travel less for non-essential journeys* - 63% agreed overall with levels of agreement higher amongst women (69%) and people aged 25-44 (69%).
- *Will make more use of local greenspace* - 61% agreed overall with levels of agreement higher amongst women (65%) and people aged 25 to 34 (71%).
- *Will try to cycle more rather than using the car* - 58% agreed overall, increasing to 67% amongst those aged 25 to 34.
- *Would like to do more to look after local nature and wildlife* - 49% agreed overall, with levels of agreement higher amongst those aged 25 to 34 (63%) and women (52%).

## ANNEX 1: QUESTIONNAIRE

56 Degree Insight  
Monitoring the Impact of Coronavirus and Social Distancing

Questionnaire Final Version – 27<sup>th</sup> May 2020

### DEMOGRAPHIC SCREENERS (QUESTIONS USED TO ENSURE DEMOGRAPHIC COVERAGE AND FOR ANALYSIS PURPOSES)

		SCRIPTING NOTES
1	<p><b>Are you...</b> Male Female Prefer not to say</p>	SINGLE CODE
2	<p><b>Which age group are you in?</b> 16-24 25-34 35-44 45-54 55-64 65 – 69 70 – 79 80+</p>	SINGLE CODE
3	<p><b>Which of these groups does the Chief Income Earner (person with the largest income) in your household belong to?</b></p> <p><b>Note: If this person has been furloughed due to the COVID 19 pandemic please select the option which best describes their usual occupation.</b></p> <p>Semi or unskilled manual worker (e.g. Jobs with no training or qualifications; Apprentice, Caretaker, Cleaner, Nursery assistant, Park keeper, Van driver, shop assistant etc.)</p> <p>Skilled manual worker (e.g. Bricklayer, Carpenter, Plumber, Painter, Bus/HGV driver, Assistant teacher, Pub/bar worker, etc.)</p> <p>Supervisory or clerical/ Junior manager/Administrator (e.g. Office worker, Student doctor, Foreman with 25+ staff, Sales person, Student teacher, etc.)</p> <p>Intermediate managerial (e.g. Newly qualified doctor or lawyer, Director in small company, Middle manager in large company, Principal officer in civil service, etc.)</p> <p>Higher managerial (e.g. Established doctor or lawyer, Director in large company, Top civil servant, Headteacher, etc.)</p> <p>Student</p> <p>Retired and living on state pension only</p> <p>Unemployed (for over 6 months) or not working due to long term sickness</p>	SINGLE CODE
4	<p><b>Where do you live?</b> City of Glasgow City of Edinburgh Fife North Lanarkshire South Lanarkshire Aberdeenshire Highland City of Aberdeen West Lothian Renfrewshire Falkirk Perth and Kinross Dumfries and Galloway</p>	SINGLE CODE

	<p>City of Dundee  North Ayrshire  East Ayrshire  Angus  Scottish Borders  South Ayrshire  East Dunbartonshire  East Lothian  Moray  East Renfrewshire  Stirling  Midlothian  West Dunbartonshire  Argyll and Bute  Inverclyde  Clackmannanshire  Eilean Siar (Western Isles)  Shetland Islands  Orkney Islands</p>	
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**BEHAVIOUR DURING LOCKDOWN**

	<p><u>The first few questions relate to the period from 23<sup>rd</sup> March, when Scotland was placed into 'lockdown' to reduce the spread of COVID 19, up to the 28<sup>th</sup> May when certain measures were eased.</u></p>	
5	<p>Thinking about this period, how often on average did you visit the outdoors for leisure, recreation or exercise?</p> <p>By outdoors, we mean open spaces away from home in the countryside as well as in towns and cities such as woodland, parks, farmland, paths, beaches etc.</p> <p>More than once per day  Every day  Several times a week  Once a week  Less often  Never</p>	<p>SINGLE CODE</p> <p>IF NEVER SKIP TO Q12</p>
6	<p>Which of these activities did you undertake outdoors, for leisure, recreation or exercise, during this period? (i.e. from 23<sup>rd</sup> March to 28<sup>th</sup> May)</p> <p><i>Please select all of those which applied</i></p> <p>Walking - less than 2 miles  Walking 2-8 miles  Walking - more than 8 miles  Hillwalking\mountaineering  Cycling - on public roads  Cycling - on paths and tracks  Cycling - not on paths and tracks or roads  Birdwatching  Other wildlife\nature watching  Playing outdoors with children  Running\jogging  Other (SPECIFY)</p>	<p>MULTI-CODE  RANDOMISE ORDER</p>
7	<p>Which of these types of places did you visit to take part in leisure, recreation or exercise during this period? (i.e. from 23<sup>rd</sup> March to 28<sup>th</sup> May)</p> <p><i>Please select all of those which applied</i></p> <p>Woodland\forest  Farmland</p>	<p>MULTI-CODE.  RANDOMISE ORDER.</p>

	<p>Mountain\hill  Moorland  Village  Loch  Sea\Sea loch  River  Canal  Beach  Cliff  Local Park or open space  Wildlife area/nature reserve  Paths/tracks which are away from the roadside  Roadside/ street pavements  Other</p>	
8	<p><b>Other than walking or cycling, in general did you use any form(s) of transport to travel on the visits you took to the outdoors for leisure, recreation or exercise, during this period? (i.e. from 23<sup>rd</sup> March to 28<sup>th</sup> May)</b></p> <p>No, normally only walked or cycled  Yes, travelled by car  Yes, used another mode of transport</p>	SINGLE CODE
9	<p><b>On the visit(s) you took which involved travelling by car or another mode of transport, in general how far did you travel to get to and from the main place(s) you went to?</b></p> <p><i>Please record the distance for the round trip to and from the place visited</i></p> <p>Less than 2 miles  2-5 miles  6-10 miles  11-20 miles  More than 20 miles</p>	ASK IF YES AT Q8 SINGLE CODE
10	<p><b>Who was with you on the visits you took to the outdoors for leisure, recreation or exercise during this period? (i.e. from 23<sup>rd</sup> March to 28<sup>th</sup> May)</b></p> <p>If this varied, select all of the options that applied across the visits you took.</p> <p>On your own  With children aged under 16  With other members of your family or household  With friends  Accompanied by a dog  Other</p>	MULTI-CODE
11	<p><b>Which of the following if any, best describe your reasons for taking these visits to the outdoors during this period? (i.e. from 23<sup>rd</sup> March to 28<sup>th</sup> May)</b></p> <p><i>Select all those which applied</i></p> <p>To spend time with family/members of my household  To entertain a child  For health and exercise  To manage stress/improve mental wellbeing  To exercise a dog  For fresh air or to enjoy pleasant weather  To be somewhere I like  For peace and quiet  To relax and unwind  To learn something about the outdoors  To enjoy scenery or wildlife  To volunteer for the environment</p>	MULTI-CODE. RANDOMISE ORDER.

12	<p><b>More generally, during the lockdown period since 23<sup>rd</sup> March, which of the following activities did you take part in, either at home or out of your home?</b></p> <p><i>Please select all of those which applied</i></p> <p>Enjoying nature or wildlife while outdoors in my local area (e.g. noticing the changing seasons, trees coming into leaf, birds and other wildlife)          Enjoying nature or wildlife from indoors (e.g. through a window)          Enjoying nature or wildlife in a garden or other outdoor space attached to my home          Sitting or relaxing in a garden or other outdoor space attached to my home          Gardening, sowing seeds growing flowers or vegetables          None of these</p>	<p>ASK ALL          MULTI-CODE          RANDOMISE ORDER</p>
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**HOW BEHAVIOUR HAS CHANGED COMPARED TO PRE LOCKDOWN**

	<p>The next few questions are about how things have changed for you during lockdown, in comparison to the same time last year.</p> <p>Again we are interested in the period from 23<sup>rd</sup> March up to 28<sup>th</sup> May.</p>																																														
13	<p><b>Compared to the same period last year, how much did the amount of time you spend outdoors for leisure, recreation or exercise increase or decrease during the lockdown period?</b></p> <p><u>Increased a lot</u> during lockdown  <u>Increased a little</u> during lockdown  <u>No change</u> during lockdown  <u>Decreased a little</u> during lockdown  <u>Decreased a lot</u> during lockdown</p>	<p>ASK ALL          SINGLE CODE</p>																																													
14	<p><b>Why has the amount of time you have spent outdoors changed during this period?</b></p> <p><i>Type in your response in as much detail as possible</i></p>	<p>IF INCREASED OR          DECREASED AT Q13</p>																																													
15	<p><b>More specifically, compared to the same period last year, how much did the amount of time you spend outdoors <u>in your local area</u> change during the lockdown period?</b></p> <p><u>Increased a lot</u> during lockdown  <u>Increased a little</u> during lockdown  <u>No change</u> during lockdown  <u>Decreased a little</u> during lockdown  <u>Decreased a lot</u> during lockdown</p>	<p>ASK ALL</p>																																													
16	<p><b>Compared to the same time last year, how much, if at all, has the amount that you do the following activities changed during lockdown?</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 80%;"></th> <th style="width: 10%; text-align: center;">Decreased</th> <th style="width: 10%; text-align: center;">No change</th> <th style="width: 10%; text-align: center;">Increased</th> <th style="width: 10%; text-align: center;">Not relevant to me</th> </tr> </thead> <tbody> <tr> <td>Walking - less than 2 miles</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Walking 2-8 miles</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Walking - more than 8 miles</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Hillwalking\mountaineering</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Cycling - on public roads</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Cycling - on paths and tracks</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Cycling - not on paths and tracks or roads</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Birdwatching</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		Decreased	No change	Increased	Not relevant to me	Walking - less than 2 miles					Walking 2-8 miles					Walking - more than 8 miles					Hillwalking\mountaineering					Cycling - on public roads					Cycling - on paths and tracks					Cycling - not on paths and tracks or roads					Birdwatching					<p>DO NOT ASK IF NEVER          AT Q5</p>
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17	<p>And compared to the same time last year, how much has the amount that you visit the following types of place changed during lockdown?</p> <table border="1"> <thead> <tr> <th></th> <th>Decreased</th> <th>No change</th> <th>Increased</th> <th>Not relevant to me</th> </tr> </thead> <tbody> <tr> <td>Woodland\forest Farmland Mountain\hill Moorland Village Loch Sea\Sea loch River Canal Beach Cliff Local Park or open space Wildlife area/nature reserve Paths/tracks which are away from the roadside Roadside/ street pavements</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		Decreased	No change	Increased	Not relevant to me	Woodland\forest Farmland Mountain\hill Moorland Village Loch Sea\Sea loch River Canal Beach Cliff Local Park or open space Wildlife area/nature reserve Paths/tracks which are away from the roadside Roadside/ street pavements					DO NOT ASK IF NEVER AT Q5				
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19	<p>Thinking about the time you have spent outdoors and any other ways you have enjoyed nature during lockdown, to what extent do you agree or disagree with each of the following statements?</p> <table border="1" data-bbox="284 282 1058 674"> <thead> <tr> <th data-bbox="284 282 619 432"></th> <th data-bbox="619 282 694 432">Agree strongly</th> <th data-bbox="694 282 769 432">Agree slightly</th> <th data-bbox="769 282 844 432">Neither agree nor</th> <th data-bbox="844 282 919 432">Disagree slightly</th> <th data-bbox="919 282 994 432">Disagree strongly</th> <th data-bbox="994 282 1058 432">Not relevant to me</th> </tr> </thead> <tbody> <tr> <td data-bbox="284 432 619 521">It improved my physical health (through exercise and physical activity)</td> <td data-bbox="619 432 694 521"></td> <td data-bbox="694 432 769 521"></td> <td data-bbox="769 432 844 521"></td> <td data-bbox="844 432 919 521"></td> <td data-bbox="919 432 994 521"></td> <td data-bbox="994 432 1058 521"></td> </tr> <tr> <td data-bbox="284 521 619 589">It helped me to de-stress, relax and unwind</td> <td data-bbox="619 521 694 589"></td> <td data-bbox="694 521 769 589"></td> <td data-bbox="769 521 844 589"></td> <td data-bbox="844 521 919 589"></td> <td data-bbox="919 521 994 589"></td> <td data-bbox="994 521 1058 589"></td> </tr> <tr> <td data-bbox="284 589 619 656">It made me feel energised and revitalised</td> <td data-bbox="619 589 694 656"></td> <td data-bbox="694 589 769 656"></td> <td data-bbox="769 589 844 656"></td> <td data-bbox="844 589 919 656"></td> <td data-bbox="919 589 994 656"></td> <td data-bbox="994 589 1058 656"></td> </tr> <tr> <td data-bbox="284 656 619 674">I felt closer to nature</td> <td data-bbox="619 656 694 674"></td> <td data-bbox="694 656 769 674"></td> <td data-bbox="769 656 844 674"></td> <td data-bbox="844 656 919 674"></td> <td data-bbox="919 656 994 674"></td> <td data-bbox="994 656 1058 674"></td> </tr> </tbody> </table>		Agree strongly	Agree slightly	Neither agree nor	Disagree slightly	Disagree strongly	Not relevant to me	It improved my physical health (through exercise and physical activity)							It helped me to de-stress, relax and unwind							It made me feel energised and revitalised							I felt closer to nature							ASK ALL
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20	<p><b>Which, if any, of the following have you experienced during the time you spent outdoors in the lockdown period?</b></p> <p><i>Select all of those that apply</i></p> <p>Cars parked on pavements  Cyclists on the pavement  Increased traffic speeds on local roads  A locked gate/other barrier across path\route  Overgrown path  An aggressive or intimidating animal, such as a dog  A restrictive sign - for example 'Private', 'No Entry', 'Keep Out'  Other people behaving inconsiderately or irresponsibly (e.g. cyclists failing to consider the needs of walkers)  Problems maintaining social distancing while outside (e.g. because of other people or a lack of space)  Concerns about infection (e.g. from touching gates)  Finding that you can't access the outdoor places you usually visit  A lack of familiarity with the places you have visited (e.g. didn't know where to go locally, got lost)  Safety concerns  A lack of good quality greenspaces to visit in your local area (e.g. parks, woods, paths and tracks)  Other issues (specify)  No not encountered any of the above  Don't know</p>	DO NOT ASK IF NEVER AT Q5  RANDOMISE ORDER																																			
21	<p><b>And which of these, if any, caused you to change where you went (e.g. take a different route) or made you less likely to go to a particular place again?</b></p> <p>Cars parked on pavements  Cyclists on the pavement  Increased traffic speeds on local roads  A locked gate/other barrier across path\route  Overgrown path  An aggressive or intimidating animal, such as a dog  A restrictive sign - for example 'Private', 'No Entry', 'Keep Out'  Other people behaving inconsiderately or irresponsibly (e.g. cyclists failing to consider the needs of walkers)  Problems maintaining social distancing while outside (e.g. because of other people or a lack of space)  Concerns about infection (e.g. from touching gates)  Finding that you can't access the outdoor places you usually visit  A lack of familiarity with the places you have visited (e.g. didn't know where to go locally, got lost)  Safety concerns  A lack of good quality greenspaces to visit in your local area (e.g. parks, woods, paths and tracks)  None of these</p>	DO NOT ASK IF NEVER AT Q5  ONLY SHOW THOSE SELECTED AT Q20																																			

**IMPACTS OF LOCKDOWN ON ATTITUDES AND LOOKING TO THE FUTURE**

22	<p>To what extent, if at all, do you agree with the following statements regarding the impacts of lockdown on you personally?</p> <p>Since lockdown...</p> <table border="1" data-bbox="320 398 1145 1115"> <thead> <tr> <th></th> <th>Agree strongly</th> <th>Agree slightly</th> <th>Neither agree nor disagree</th> <th>Disagree slightly</th> <th>Disagree strongly</th> <th>Not relevant to me</th> </tr> </thead> <tbody> <tr> <td>Nature has become more important to my health and wellbeing</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>I have noticed more wildlife and nature than I usually do</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>I've noticed a reduction in pollution in my local area (e.g. car emissions)</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>I have noticed a reduction in noise levels (e.g. due to reduction in traffic)</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>I've become more familiar with my local greenspaces (e.g. parks, woods, paths and tracks)</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>I've enjoyed not using my car so much</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>I've enjoyed the fact that my child(ren) have spent more time outdoors than normal</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		Agree strongly	Agree slightly	Neither agree nor disagree	Disagree slightly	Disagree strongly	Not relevant to me	Nature has become more important to my health and wellbeing							I have noticed more wildlife and nature than I usually do							I've noticed a reduction in pollution in my local area (e.g. car emissions)							I have noticed a reduction in noise levels (e.g. due to reduction in traffic)							I've become more familiar with my local greenspaces (e.g. parks, woods, paths and tracks)							I've enjoyed not using my car so much							I've enjoyed the fact that my child(ren) have spent more time outdoors than normal							ASK ALL	
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23	<p>To what extent do you expect the amount you visit the outdoors for leisure, recreation or exercise to change after lockdown?</p> <p><i>Select the answer which best reflects your opinion</i></p> <p><b>I expect to visit the outdoors...</b></p> <p>A lot more than before lockdown          A little more than before lockdown          About the same amount as before lockdown          A little less than before lockdown          A lot less than before lockdown          Don't know</p>	ASK ALL																																																									
24	<p>To what extent do you agree with the following statements about the future.</p> <p>After lockdown...</p> <table border="1" data-bbox="320 1731 1123 1973"> <thead> <tr> <th></th> <th>Agree strongly</th> <th>Agree slightly</th> <th>Neither agree nor disagree</th> <th>Disagree slightly</th> <th>Disagree strongly</th> <th>Not applicable to me</th> </tr> </thead> <tbody> <tr> <td>I will try to walk and cycle more rather than using the car</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		Agree strongly	Agree slightly	Neither agree nor disagree	Disagree slightly	Disagree strongly	Not applicable to me	I will try to walk and cycle more rather than using the car							ASK ALL																																											
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	<p>I will continue to travel less for non-essential journeys</p> <p>I will encourage my children to spend more time outdoors</p> <p>I would like to do more to help look after local nature and wildlife</p> <p>I will make more use of my local greenspace (e.g. parks, woods, paths and tracks)</p>								
	<b>Finally, please answer the following questions about you. These will only be used to help us with our analysis of the results.</b>	<b>ASK ALL</b>							
25	<p><b>To what extent do you agree or disagree with the following statement?</b></p> <p><i>My local greenspaces (e.g. parks, woods, paths and tracks) are within easy walking distance and of a high enough standard for me to want to spend time there</i></p> <p>Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree Don't know</p>	<b>SINGLE CODE</b>							
26	<p><b>Do you have any children aged under 18 living in your household?</b></p> <p>No Yes – 1 child Yes – 2 children Yes – 3 children Yes – 4 or more children</p>	<b>SINGLE CODE</b>							
27	<p><b>How is your health in general?</b></p> <p>Very good Good Fair Bad Very bad Don't know</p>	<b>SINGLE CODE</b>							
28	<p><b>Is your ability to participate in outdoor recreational activities limited because of a long-term illness, health problem or disability which has lasted, or is expected to last, at least 12 months?</b></p> <p>Yes, limited a lot Yes, limited a little No, not limited at all</p>	<b>SINGLE CODE</b>							
29	<p><b>Have you been advised by your GP to stay at home and shield because you are particularly vulnerable to COVID 19?</b></p> <p>Yes No Don't know Prefer not to say</p>	<b>SINGLE CODE</b>							
30	<p><b>Which of the following best applies to you?</b></p> <p>I have access to a private garden</p>	<b>SINGLE CODE</b>							

	<p>I have access to a private communal garden</p> <p>I have access to private outdoor space but not a garden (e.g. balcony, yard, patio area)</p> <p>I don't have access to a private garden or other private outdoor space</p>		
31	<p><b>Do you own one or more dogs?</b></p> <p>Yes</p> <p>No</p>	SINGLE CODE	
32	<p><b>Do you normally have access to a car?</b></p> <p>Yes</p> <p>No</p>	SINGLE CODE	
33	<p><b>Finally, please type in your full postcode – note this information will only be used for analysis purposes</b></p>	SINGLE CODE	



**NatureScot**

Scotland's Nature Agency  
Buidheann Nàdair na h-Alba

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