

Exercising in The Royal Parks

Policy Statement

This guidance is for individuals and groups exercising in The Royal Parks. If you run commercial fitness sessions; either group or individual, you need to be licenced. More information can be found on our website. [Fitness Training Licences - The Royal Parks](#)

The purpose of the code of conduct is to:

- Encourage responsible use of the parks for exercise.
- Avoid conflict between those undertaking fitness activities in the park and other park users.
- Protect the parks and ensure use and access is preserved for all our visitors.

Rules and guidance:

- The park is not a gym. Please do not use any park structures including trees, benches, bandstands, tables, lamp posts or monuments for training purposes. The only exceptions are areas and equipment specifically designed for exercise such as the Trim Trail in Primrose Hill.
- Avoid areas of high pedestrian activity and walk, don't run, on busy paths and pinch points such as gates and bridges.
- Do not bring large items of fitness equipment to the park – keep it to handheld sized equipment e.g., yoga mats, kettle bells or resistance bands. Please do not attach resistance bands to any park structures including trees or benches. The only exception is equipment specifically designed for exercise such as the Trim Trail in Primrose Hill.
- Be considerate to other park users.

To keep everybody safe and happy, please don't:

- Play amplified music i.e., through a phone or speaker.
- Exercise in areas clearly marked as sports pitches, any formal garden areas and other park sensitive locations such as playgrounds, watersides, deckchair areas, long grass, meadow land, conservations areas, areas near to wildlife or areas closed off for renovations.
- Fix anything to trees, lamp posts, benches, railings, or any other structures.

[Park regulations, legislation and policies - The Royal Parks](#)