

## GUIDANCE FOR CLIMBING, SCRAMBLING AND BOULDERING OUTDOORS

Climbers are advised to take extra care with hand hygiene before, during and after climbing.

### BEFORE YOU GO, ASK YOURSELF:

- Is it likely to be busy? Try to avoid popular crags / boulder venues that might be busy and make physical distancing and hygiene difficult.
- Choose venues that have plenty of circulation space around the crag so physical distancing can be maintained.
- Keep your hands clean before, during and after climbing. Take hand sanitiser or some bottled water, hand wash and a towel with you.
- Equipment:
  - o Avoid sharing equipment where possible.
  - o Minimise shared gear by doubling up on items where possible.
  - o Avoid using your mouth when clipping ropes or placing gear.
  - o Minimise exchanges of equipment whilst maintaining social distance.

Note: Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on. Some liquid chalks contain 60% ethanol so worth considering as an alternative option.

### WHILE YOU ARE CLIMBING / SCRAMBLING:

- Choose routes/problems well within your own technical and physical limits to minimise the risk of accidents and injury.
- Maintain physical distancing, staying 2m apart with anyone from outside your household/extended household.
- Try to ensure your bags do not come into contact with other people's and only visit your bag if you are able to maintain physical distancing. Put your bag in a separate area if possible.
- Sanitise or thoroughly clean your hands after each climb / problem and avoid touching your face.
- Don't hog the crag/boulder - show consideration to fellow climbers that are waiting to climb and be prepared to be flexible.

### ADDITIONAL CONSIDERATIONS FOR BOULDERING

- Spotting should only be carried out by members of your household.
- Do you have enough bouldering mats to build a suitable landing? Avoid lying/resting on mats and clean them after use.
- Can you avoid climbing with other groups/individuals you encounter out bouldering?
- Consider low level traverses and problems rather than high ball.
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### ADDITIONAL CONSIDERATIONS FOR CLIMBING

- Do your buddy checks at a distance. Ask your partner to show you the checking rather than you checking yourself.
- Choose your routes carefully to ensure you are 2m apart from other climbers. This may mean leaving a route in between if necessary.
- Avoid routes where the leader and second need to share a small ledge or top-out.
- Physical distancing will be difficult to achieve on multi-pitch routes and will require advance planning and good local knowledge of routes so you can pick those with large stances.
- Think about how you manage your stance, consider belaying back from the edge and using technical solutions to ensure physical distancing can be maintained.

Taken from MS Guidelines