

## JMCS (Glasgow) “Covid Aware” Principles

1. Please be flexible and consider an alternative location if your chosen destination is busy.
2. Please don't share a car with anyone not in your own household, except in an emergency.
3. As many of you will have noticed, parking in certain areas is even more stretched than normal. MS have asked all hill users to be considerate when parking. This is of course a JMCS tradition.
4. Please maintain a 2 metre physical distance during your day in the hills.
5. Consider downloading and using the NHS “Protect Scotland” App.
6. Be cautious touching surfaces such as gates and stiles and consider using a hand sanitiser.
7. Carry your own first aid kit, including a Covid kit comprising plastic gloves and a face covering.
8. Please do not share your pork pie (or other food or drink) with folk out-with your own household.

(Based on Mountaineering Scotland / Scottish Government guidelines)