

## 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.
- Try to ensure your bags do not come into contact with other people's. 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

- Do you have enough bouldering mats to build a suitable landing? Avoid lying/resting on mats and clean them after use.
- Consider low level traverses and problems rather than high ball

Taken from MS Guidelines