



Guidance for hill walking and climbing during COVID-19

Updated: 19 July 2021

INTRODUCTION

From the 19th July all areas of Scotland are moving to level 0, meaning changes to what you can and cannot do including the number of people you can meet with indoors and outdoors, and how many can stay overnight at home or in self-catered accommodation.

The continued presence of COVID-19, and the new variants of the virus, means that we still need to take extra care with our preparations and how we conduct ourselves while hill walking, climbing and getting to and from walks/climbs. The purpose of this guidance is to provide a framework for hill walkers and climbers in Scotland to be used alongside the current Scottish Government public health advice, highlighting additional considerations to be aware of in the presence of COVID-19 when taking part in these activities.

LOCAL PROTECTION LEVELS IN SCOTLAND

Scotland follows a COVID level system (0-4)

Members should be aware of their local area level and associated guidance for travel and meeting with others for sport and recreation. Please use the Scottish Government post code checker to find out which level your area is in and what measures are in place:

- [Local protection levels by area](#) and [Post code checker](#) (Scottish Govt website)

Broad guidance for mountaineering activity within each protection level is set out in Table A below, and a summary of key points on the [Mountaineering Scotland website](#).

TRAVELLING TO THE SCOTTISH ISLANDS: PRE-DEPARTURE TESTING

- To reduce the risk of coronavirus being brought into island communities by people who are unaware they are infectious, the Scottish Government is encouraging anyone planning to travel to a Scottish island to test before they do so. You can [order rapid lateral flow tests](#) for delivery to your home anywhere in the UK and they should arrive within 24-48 hours. It is

recommended that you test three days before you plan to travel and then again on the day of departure. If you test positive, you should self-isolate and book a PCR test.

- Please note that if your test result is negative, this is not a guarantee that you do not have coronavirus. You must continue to follow national and local restrictions, including [FACTS guidance](#). If you develop coronavirus symptoms you must self-isolate and book a [PCR test](#).
- This is a voluntary scheme and you do not need evidence of a negative test to travel to a Scottish island. However, participation is encouraged in order to reduce the risk that you inadvertently carry coronavirus into one of our island communities.

Further information on the Scottish Government approach to managing COVID -19 is available [here](#).

Note: For the purposes of the latest guidance all forms of walking and climbing are classed as non-contact sporting activity (except in an emergency).

IMPORTANT: Do not leave your home to undertake exercise or physical activity if Scottish Government advice means you should stay at home because you or someone you live with has or has had symptoms of COVID-19. Anyone with a continuous cough, high temperature, or loss or change in taste or smell, should self-isolate and request a coronavirus test right away. Further information is available at [NHS inform: Get a Test](#) or by calling **0800 028 2816**.

Please note: Public health advice and guidance for Scotland may differ from that of England and Wales. Guidance for England and Wales is available on the [BMC website](#).

We urge everyone heading out to enjoy the outdoors to be mindful of how their individual actions reflect on the whole outdoor community and to be aware of the concerns that rural and remote communities may have about the risk of transmission from areas where the virus is more prevalent. We ask individuals to take a sensible approach to their activities, use your judgement to manage the risks, and to consider the social responsibility we all have to each other, to protecting our emergency services and to minimise the transmission of COVID-19.

KEY CONSIDERATIONS FOR ALL OUTDOOR ACTIVITIES:

- **Be COVID aware** – follow the public health advice for physical distancing, face coverings, hand hygiene, travel and meeting with others.
- **Be prepared:** Plan your activity and check the status of car parks, toilets and other facilities before you go.
- **Be safe:** Plan ahead and stay well within your limits - whatever your activity - to avoid the need for rescue and emergency services.
- **Be considerate:** Think about how your actions might impact on others, be responsible and follow the Scottish Outdoor Access Code at all times

BE COVID AWARE:

- Protecting all of us, takes all of us. As restrictions are eased, it is vital that we continue to:
 - maintain and promote good ventilation
 - wear face coverings in certain settings
 - physically distance in certain settings
 - use good hand and respiratory hygiene and surface cleaning
 - stay at home and book a test if you develop coronavirus symptoms
- Download the [Protect Scotland app](#) which, designed to help us protect each other, reduce the spread of coronavirus and avoid further lockdowns.
- Be cautious of touching surfaces eg gates, stiles and clean your hands if you do touch a hard surface.
- Avoid sharing food, drink or equipment with other people.

BE PREPARED:

- Choose activities that you know and have done safely for some time at a level well within your experience and competence, and that of anyone else you are with.
- Think about your intended route in advance - make sure you are clear where you are going, the types of terrain you will encounter and identify any potential hazards and escape routes.
- You can travel anywhere in Scotland in Levels 0, 1 or 2 but must not enter a Level 3 or 4 area from a level 0, 1 or 2 area unless for a permitted reason. Should an area move to level 0-2 or back to level 3 or 4, travel is restricted in and out i.e. you could not travel from a L3 area to a L2 area or vice versa. More details [here](#).
- Meeting with others outdoors:
 - **Level 0:** Up to 15 people from up to 15 households can meet outdoors. Children under 12 don't count towards the total number of people or the number of households. From 19 July, you will not need to physically distance outside within your social grouping of up to 15

people at level 0, but you do need to continue to maintain at least 1 metre from all others outside

- Think about where you want to go and how you will get there and back again. Prepare to be flexible and have alternative locations in mind if your chosen destination is busy or crowded.
- Be self-sufficient and plan ahead to minimise potential contact with others by avoiding stops for fuel and using other facilities outwith your area where possible. Take everything you need with you including food, drink and a bag to put your litter in and #TakItHame.
- If you are planning to cycle to access a walk or a climb, additional advice is available from [Developing Mountain Biking in Scotland website](#).
- Car sharing and public transport - follow the current guidelines on the [Transport Scotland website](#)

BE SAFE:

- If you are new to hill walking in Scotland, check out [Sofa 2 Summit](#), our free online course to guide you through some basic skills and information to help you get the most out of your trips to the hills.
- Navigation errors are a major cause of mountain rescue call outs, so refresh your navigation skills before heading out – find out more [here](#).
- Download the free [OS Locate app](#) to help you find your grid reference if needed.
- Check the [mountain weather forecast](#) and ensure that you have appropriate equipment, footwear and clothing for what you plan to do and to look after yourself in case of an accident or injury. For more information visit the [Mountaineering Scotland website](#) (Hillwalking – Getting Started)
- Plan to be self-reliant and should you need assistance be prepared to wait several hours for rescue. If you are lost or injured and unable to get yourself to safety, call 999, ask for Police and then Mountain Rescue.
- Tell someone where you are planning to go, when you expect to return, and what to do if you aren't back when expected.
- Take your own first aid kit and include a COVID kit with sanitiser/soap, gloves, mask/ face covering.

BE CONSIDERATE:

- Familiarise yourself with the [Scottish Outdoor Access Code](#) and the rights and responsibilities that exist for the public and for land managers.

- Park with consideration for others and avoid blocking roads, driveways and access for other vehicles – read more about [parking and the Scottish Outdoor Access Code](#).
- Be considerate of the sensitivities of local communities who may be wary of visitors from other areas and the risk of COVID-19 transmission.
- Respect the health and safety of farmers and others working the land and be mindful of livestock and their young – follow all reasonable requests and signs to avoid particular areas, such as farmyards, and other busy working areas. Be aware of disturbing sheep during lambing season and keep dogs under control.
- If you need to go to the toilet outdoors, be sure to know how to do it responsibly - for more information, visit the [Mountaineering Scotland website](#) (Outdoor toileting)
- Avoid lighting fires or using disposable BBQs.

Read on for specific advice for:

- Hill walking/hiking
- Outdoor climbing/bouldering
- Indoor climbing/bouldering
- Further resources and information
- Table A: Mountain-related activities and protection levels
- Overnight stays and accommodation

GUIDANCE FOR HILL WALKERS

BEFORE YOU GO, ASK YOURSELF:

- Have I checked the current guidelines for my local area for travel and who I can meet up with for outdoor recreation?
- Do I have the appropriate clothing and equipment for my planned trip and any emergency situation? Check all your kit is in your rucksack and, if possible, wear brightly-coloured clothing to make it easier to find you should this be necessary.
- Have I checked the weather forecast and planned appropriately?
- Do I have the necessary experience and skills to do what is planned?
- Will I be able to find my way, especially in poor visibility or darkness?
- Are all members of my group fit and confident enough to do what is planned?
- Have I got alternative plans in case it's busy where I want to go?

New to hill walking or climbing?

[Sofa 2 Summit](#) is a free online course for anyone wanting to learn some basic skills and information to help you get the most out of your trips to the hills.

Find out more about planning your activities, weather forecasts, clothing and equipment on the [Mountaineering Scotland website](#) (Getting Started).

WHILE YOU'RE WALKING:

- Know where you are and where you're going – have the skills and equipment to navigate even in poor visibility.
- Keep to terrain where you can be confident in your ability to follow your route.
- If meeting or passing other walkers, maintain physical distancing and respect other people's space, especially at pinch points such as summits, trig points, gates, stiles and enclosed narrow paths, and at car parks and other entry points.

Read on for specific advice for:

- Outdoor climbing/bouldering
- Indoor climbing/bouldering
- Further resources and information
- Table A: Mountain-related activities and protection levels
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GUIDANCE FOR CLIMBING, SCRAMBLING AND BOULDERING OUTDOORS

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

Climbers who may be vulnerable and with underlying health risks should be especially vigilant.

BEFORE YOU GO, ASK YOURSELF:

- Have you climbed outdoors before? If not, perhaps now is not the time to start unless you hire an instructor, book a course or can safely meet up with someone more experienced than you following the public health guidance on meeting people outdoors.
- 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:
 - Avoid sharing equipment where possible.
 - Minimise shared gear by doubling up on items where possible.
 - Avoid using your mouth when clipping ropes or placing gear.
 - 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 chinks contain 60% ethanol so worth considering as an alternative option. Cleaning products should conform to EN14476 standards

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.

- Communicate respectfully with fellow climbers. It is good to understand what people's intentions are and to work together so everyone can get their climbing fix. Ensure appropriate physical distancing at all times.
- Be aware of wildlife and plants on climbs and surrounding areas and in particular be sensitive to disturbing nesting birds and check the latest information on the Mountaineering Scotland website <https://www.mountaineering.scot/access/birds-and-nesting>
- Cleaning of equipment can be done in some cases in line with the manufacturer's guidance (see link to guidance in "Further information" below).

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.

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.

Read on for specific advice for:

- Indoor climbing/bouldering
- Table A: Mountain-related activities and protection levels
- Overnight stays and accommodation
- Further resources and information

GUIDANCE FOR CLIMBING AND BOULDERING INDOORS

Indoor climbing facilities may operate in level 0-3 areas with COVID measures in place as outlined in guidance produced by the Association of British Climbing Walls (ABC), in association with ClimbScotland and sportscotland.

Please note the following:

- **Physical distancing** – 1m physical distancing indoors at level 0; 2m at levels 1-3. However please note that some facilities may require you to continue 2m physical distancing even at level 0 depending on their layout and size. Please check with your wall before you go and respect their rules which are in place to keep you and the staff safe.
- **1 to 1 Coaching** - Is possible in levels 0-3 based on the household rule: 2 households max (with the instructor/coach being 1 household).
- **Indoor group activity** – this is allowed at levels 0-2 (over 18s) and 0-3 (under 18s), however provision for groups will vary between walls so please check with your local wall in advance.
- **Travel** - Participants aged **UNDER 17** can travel to and from Level 0, 1, 2 and 3 areas to take part in indoor climbing / **Over 18s** - must not travel between a level 3 area and level 0,1,2 or 4 areas for sport/recreation. **Please Note:** GB CLIMBING ATHLETES ARE EXEMPT FROM TRAVEL RESTRICTIONS ACROSS ALL LEVELS TO ATTEND TRAINING

[See guidance for indoor climbing walls in Scotland here.](#)

Indoor climbing walls that are open have COVID guidelines and systems in place to ensure that visitors and staff can operate safely. [Find out which walls are open here.](#)

If you intend to visit an indoor climbing wall:

BE COVID AWARE

- Wear a face covering where required to do so
- Maintain physical distancing when required to do so (may differ between walls)
- Clean your hands regularly between climbs
- Stay home if you have symptoms or are self-isolating

PLAN YOUR VISIT

- Check that the wall is open
- Read the guidelines for the specific wall you intend to visit as there may be slight differences between facilities depending on their size and layout
- Bookings may be required so plan ahead
- Check what you need to bring as hire equipment may not be available

STAY SAFE

- Remember to do a warm-up before you climb
- Do your buddy checks every time you climb
- Take it easy to avoid injuries
- Stay focussed on climbing

RESPECT

- Follow the guidance at the wall and the instructions of staff at the venue
- Be considerate to other climbers
- Support your local wall

Read on for specific advice for:

- Overnight stays and accommodation
- Table A: Mountain-related activities and protection levels
- Further resources and information

OVERNIGHT STAYS AND ACCOMMODATION

- **Holiday accommodation:** You can leave your home and travel anywhere in Scotland for overnight stays or to stay in holiday accommodation in Levels 0, 1 or 2 but must not enter a Level 3 or 4 area unless for a permitted reason.
- **Wild camping and campsites:** If you are considering wild camping please do it responsibly and with consideration for others. Avoid busy areas, follow any travel guidance and rules on meeting others outdoors, and always adhere to the Scottish Outdoor Access Code. If you are planning to camp at a formal site, we advise contacting them in advance to check they are open and that pitches are available for tents.
- **Bothies** remain closed - for more information and further updates visit the Mountain Bothies Association webpage www.mountainbothies.org.uk or [Facebook group](#).

CLUBS AND HUTS

- See separate guidance for affiliated clubs and club huts on our website: www.mountaineering.scot/clubs

COACHES, LEADERS AND GUIDES

Paid and volunteer qualified coaches, leaders, instructors or guides should refer to their specific professional association guidance on good practice during this phase of the Scottish Government route map. Mountain Training Scotland have developed specific COVID-19 advice for leaders, coaches and instructors:

- www.mountain-training.org
- www.ami.org.uk
- www.bmg.org.uk/
- sportscotland.org.uk/covid-19/getting-coaches-ready-for-sport/

TABLE A: MOUNTAIN-RELATED ACTIVITY & PROTECTION LEVELS (EFFECTIVE 5 APRIL 2021)

		Level 0	Level 1	Level 2	Level 3	Level 4
OUTDOOR SPORT Organised outdoor sport, competition, events and Physical Activity (PA)	Overview	An outdoor sporting ‘field of play bubble’ can operate for organised sport with maximum numbers noted below. At Levels 0-2 figures exclude coaches, officials, and other support staff*. Multiple bubbles can be used for training, events, and competition if appropriate guidance, set out within this document, is followed. Indoor and outdoor stadium, or equivalent events/competitions, involving spectators are subject to relevant Scottish Government guidance and approval. Any variation to these numbers must be approved by Scottish Government directly.				Local training/competition c U12s: max 30 including coac Over 12s/adults max 15 inc coaches.
		Maximum bubble size: 500 participants* Total Daily Limit: No limit	Maximum bubble size: 100 participants* Total Daily Limit: 1000 participants	Maximum bubble size: 50 participants* Total Daily Limit: 500 participants	Maximum bubble size: 30 participants Total Daily Limit: 200 participants	
	Children & Young people (u18 years)	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	U12s: Contact sport & PA perr 12-17 years: Non-contact spo PA permitted.
	Adults (18+ years)				Non-contact sport & PA permitted Contact sport & PA prohibited	Non-contact sport & PA permi Contact sport & PA prohibited
INDOOR SPORT Organised indoor sport, competition,	Overview	The number of participants allowed to take part in organised indoor sport or physical activity should follow Scottish Government guidance on the opening of sport and leisure facilities and sport specific SGB Guidance . ‘Group’ activity refers to adults, who take part in organised sport or physical activity, where the number of participants is larger than a normal household. ‘Individual exercise’ refers to organised sport or physical activity which takes place within a household, i.e. 1:1 coaching. For further information see definitions within this guidance.				

events and Physical Activity (PA)	Children & Young people (u18 years)	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Indoor sport & PA prohibited: Leisure Centres, gyms and other indoor sports facilities closed.
	Adults (18+ years)		Non-contact sport & PA permitted Contact sport & PA prohibited	Non-contact sport & PA permitted Contact sport & PA prohibited	Indoor <u>individual exercise only</u> No contact or non-contact group activity	
COACHING	Overview	General guidance is available within this document for coaches, leaders, personal trainers, deliverers and instructors, <i>herein referred to as coach/es</i> . In addition Getting Coaches Ready for Sport provides a 4-stage approach/checklist to further support coaches to plan and deliver safe sessions.				
	Indoor & Outdoor coaching	The local protection Level in place for sport and physical activity will dictate what activity can be coached, indoors and outdoors and to whom in that area. See indoor / outdoor above for further information. Coaches can take multiple sessions per day, however the numbers allowed in each session will depend upon the protection Level in place.				
PERFORMANCE SPORT	Professional & Performance	Professional & performance sports with Resumption of Performance Sport guidance in place and approved by Scottish Government or sportscotland is permitted at all Levels.				
TRAVEL	Indoor / Outdoor Sport & Physical Activity	For further information please refer to Travel Guidance within this document.				
HOSPITALITY & RETAIL	Clubs & Sports Facilities	Clubhouses and sports facilities which provide catering and bar services, can operate providing they adhere to Scottish Government guidance appropriate to the protection Level in which they are operating. Further information is available at Coronavirus (COVID-19): tourism and hospitality sector guidance . Retail units operated by sports facility operators may reopen provided all specific Scottish Government guidance for retailers appropriate to the protection level in which they are operating is in place and adhered to. Further information from the Scottish Government is available at Retail Sector Guidance .				
TOILETS, CHANGING &	Clubs & Sports Facilities	Where changing rooms and showering facilities are to be used specific guidance relating to use of 'Changing and Showers' is available at Getting Your Facilities Fit for Sport . This is applicable at all levels where facilities remain open.			Indoor sports facilities closed. Changing rooms closed.	

SHOWER ROOMS		Operators may open public toilets if they follow the guidelines outlined on the Scottish Government website Opening Public Toilets Guidelines	Public Toilets open.
WORKFORCE	Contractors & Staff	Sports facility operators must ensure that Scottish Government guidance on workforce planning in sport & leisure facilities is followed for contractors and staff and ensure existing health and safety advice is maintained and aligned. This should be detailed in the risk assessment.	
	Meeting Rooms	Although gym and leisure facilities can open up to Level 3, we would encourage providers to consider whether meetings and training must be completed in person or whether these can be completed online or via telephone. If it is essential that meetings and training takes place in person, Scottish Government guidance for general workplaces must be followed and a risk assessment should be completed.	

Read on for:

- Further information and resources

FURTHER INFORMATION & RESOURCES

- COVID-19 public health guidelines for Scotland – staying at home and physical distancing: www.gov.scot/publications/coronavirus-covid-19-staying-at-home-and-away-from-others/
- COVID-19 advice from Health Protection Scotland on hand hygiene: www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/
- COVID-19: Framework for decision making – overview of public engagement: www.gov.scot/publications/coronavirus-covid-19-framework-decision-making-overview-public-engagement/
- Access to the outdoors during the coronavirus outbreak: guidance for the public and land managers: www.outdooraccess-scotland.scot/access-outdoors-during-current-coronavirus-outbreak-guidance-public-and-land-managers
- Questions and Answers from Scottish Mountain Rescue: www.scottishmountainrescue.org/covid-19-information/
- Advice on cleaning and maintaining climbing equipment: www.papertrail.io/blog/covid-19-links-and-resources-for-equipment-owners-and-managers
- Advice on for first aiders during COVID-19: www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders



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