



Guidance for hill walking and climbing during COVID-19

Updated: 12 January 2022

INTRODUCTION

Covid-19 is a disease that will need to be managed for the foreseeable future and to maintain progress in returning to more normality, it is important that people continue to abide by a set of baseline measures covered by Scottish Government guidance and, where relevant, legislation. This includes:

- Maintaining hand hygiene and surface cleaning.
- Continued promotion of good ventilation.
- Wearing face coverings where appropriate.
- Giving other people plenty of space, especially indoors and in busy environments.
- Continued compliance with Test and Protect, including self-isolation when necessary.

The latest information on Covid-19 in Scotland can be accessed on the Scottish Government website at [Coronavirus in Scotland](#).

Clubs and participants should, where applicable, be aware of the current Scottish Government guidance and consider this as part of risk assessment planning.

Please note that guidance may differ between Scotland and the rest of the UK

If you have symptoms of Covid-19

People who are symptomatic or have had a positive lateral flow or PCR test, and their close contacts, should follow the latest guidance on the NHS inform website: [Coronavirus \(Covid-19\): Guidance for individuals with possible coronavirus infection](#)

No one who has coronavirus or is self-isolating should attend a sports facility or activity.

TRAVEL & TRANSPORT

Scottish Government are also continuing to monitor the UK wide and International Covid-19 position. Further information on restrictions applicable between Scotland and other parts of the UK and internationally is available on the [Scottish Government website: Travel and Transport](#)

For information on car sharing and public transport, visit the [Transport Scotland website](#)

KEY CONSIDERATIONS WHEN HEADING OUTDOORS

BE COVID AWARE:

- Follow the public health advice including use of face coverings, hand hygiene, travel and meeting with others where applicable and give people space, especially in busy areas.
- Avoid sharing food, drink or equipment with other people.

BE PREPARED:

- Plan your intended route and activity in advance and make sure you are clear where you are going, what you will encounter and identify any potential hazards and exit routes.
- Check the [mountain weather forecasts](#) (and [avalanche forecast](#) in winter) and ensure that you have appropriate equipment, footwear and clothing for what you plan to do. For more information visit the [Mountaineering Scotland website](#) (Hillwalking – Getting Started)
- 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.

BE SAFE:

- Stay well within your limits outdoors - whatever your activity - to avoid the need to call for rescue volunteers and emergency services.
- Navigation errors are a major cause of mountain rescue call outs, so refresh or learn navigation skills before heading out – find out more [here](#).
- Download the free [OS Locate app](#) to help you find your grid reference if needed.
- 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.
- Plan to be self-reliant and take extra clothing and an emergency shelter - 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.

BE CONSIDERATE

- Think about how your actions might impact on others, be responsible and 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](#).
- 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, especially during dry weather.

OVERNIGHT STAYS AND ACCOMMODATION

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. For more information about camping, see the [Mountaineering Scotland website](#).

Bothies: Bothies are unregulated spaces, and you should always make your own risk assessment before deciding to visit or stay in one. Please check the latest information on the Mountain Bothies Association website www.mountainbothies.org.uk or [Facebook group](#).

CLUBS AND HUTS

See separate guidance for affiliated clubs and club huts.

COACHES, LEADERS AND GUIDES

Paid and volunteer qualified coaches, leaders, instructors or guides should refer to their specific professional association guidance on good practice. 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/



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