



## #TakItHome

### Litter picking guidance

We know that clubs, groups and communities will be keen to organise litter picks both on the hills and surrounding areas. Our aim is to support that and give guidance so that it can be done safely.

Please follow the latest COVID-19 public health advice for Scotland [here](#) as well as the guidance below.

#### STAY SAFE – BE COVID AWARE

- Litter picking should be done in accordance with the current advice on group sizes meeting outdoors and physical distancing. From 10 July 2020 these are (for adults):
  - Outdoor meetings with 4 other households per day outdoors
  - Meet in small numbers – max group size 15
  - Keep 2m physical distance from anyone outside your own household
- Different rules apply for children, young people and those that are shielding – [more details](#)
- Avoid crowded or busy areas where physical distancing may be difficult.
- Use a litter picker if you have one and wear thick protective gloves at all times during your litter pick – all participants should bring their own and clean them afterwards.
- Wash your hands for at least 20 seconds before and after your litter pick, and use hand sanitiser as required.
- Do not touch your face, eat or drink when litter picking.
- Sanitise your equipment before and after use. Remember that gloves, bags and litter pickers (handle and grabber) all need to be washed thoroughly and allowed to dry in direct sunlight.
- Dispose of the litter in your own household general waste bin and recycling to avoid adding pressure on local authorities.
- Carry out a risk assessment beforehand including the steps taken re Coronavirus and ensure you pass on all this information and guidance to your group at ahead of the litter pick
- Remind individuals that if they feel unwell they shouldn't participate.
- Take a first aid kit, and know how to use it.
- You may also want to wear hi-vis vests if you're near a busy road.

#### ON YOUR LITTER PICK PUBLIC LIABILITY INSURANCE

As a member of Mountaineering Scotland, either via a club or individually, you are already provided with combined liability insurance protection for your climbing, hill walking and mountaineering activities.

## ON THE DAY

Be prepared to look beyond the line of the path you are following. On exposed paths you will be unlikely to find much litter as it will have been blown away by the wind. Check the lee side of the route and look in shrubs and bushes and in cracks in rocks where litter may get trapped. You are likely to find items where people usually stop for a rest and a snack! You are likely to find more rubbish at lower levels – by car parking areas and alongside routes to and from them.

Please be aware of wildlife and try not to disturb animals or damage plants. It is best to not remove features such as logs, stones and weeds – these are often valuable habitats for smaller animals.

## PLEASE REMEMBER THE PRINCIPLES OF THE SCOTTISH OUTDOOR ACCESS CODE:

- Respect the interests of others
- Care for the environment and
- Take responsibility for your own actions.

## TELL US ALL ABOUT IT!

Did you find anything interesting or weird? Was there a particular brand or product that made up a lot of your litter?

Please also take lots of photos of your event and share on our Facebook, Twitter or Instagram pages, using the #TakItHame hashtag or email [access@mountaineering.scot](mailto:access@mountaineering.scot)

- **Twitter:** @Mountain\_Scot
- **Instagram & Facebook:** @mountaineeringscotland

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