



ABC GUIDELINES: COVID-19 (Scotland)

Guidelines for the reopening of Scottish Climbing Gym Industry during physical distancing



More people
More active
More often

Written in partnership with UK Active and the OIA and compliant with the Government:
'Working safely during coronavirus (COVID-19) Providers of grassroots sport and gym/leisure facilities.'

OVERVIEW

The procedures below have been prepared by the ABC specifically for UK Climbing Walls. They are based on solid research, government guidelines and requirements. Whilst they have been developed to apply across the UK climbing facility operators should read this document in conjunction with Scottish government and sportscotland guidelines

<https://sportscotland.org.uk/covid-19/getting-your-facilities-fit-for-sport/>

https://sportscotland.org.uk/media/6010/sports_halls_gyfffs_info_sheet.pdf

<https://www.gov.scot/publications/coronavirus-covid-19-tourism-and-hospitality-sector-guidance/>

<https://www.gov.scot/publications/coronavirus-covid-19-general-guidance-for-safer-workplaces/>

We recommend keeping up to date with Scottish Government's guidance on health, physical distancing, and hygiene. Facility operators, clubs and participants should be aware of any updates and may need to adapt to changes in the guidance at short notice. Information on the Scottish Government's approach to managing Coronavirus (COVID-19) is available at Scottish Government:

Coronavirus in Scotland Guidance.

The document has been developed in full partnership with the major fitness and leisure operators in the UK and has been reviewed by a leading virologist. It has also been informed by best practice from international markets where governments are at different stages of managing the Covid-19 crisis, and working with their own fitness sectors.

The guidelines have been written following research through working groups from the Association of British Climbing Walls. The ABC have also been in weekly contact with a number of other European and North American indoor climbing organisations. The ABC guidelines are comparable or stricter than those from other countries we have been working with.

The guidelines have been approved by Mountaineering Scotland and the sport's National Governing Bodies.

Our guidelines are compliant with those produced by the Department for Culture, Media and Sport which have been written in consultation with UKActive, Sport England, Sport and Recreation Alliance, National Governing Bodies, Public Health England and the HSE. Iso Scottish Government, Public Health Scotland and sportscotland.

OVERVIEW (continued)

Coronavirus in Scotland Guidance.(continued)

We believe climbing will play a vital role in ensuring the return of physical activity and the ongoing health and well-being of the nation following the raising of Covid-19 restrictions. We all understand how important any physical activity is, and as the Chief Medical Officer for England stated 'There is no situation, no age, no condition, where exercise is not a good thing'. This document sets out the framework for opening climbing gyms and provides a basis for individual operators to develop their own operating guidance for customers, staff and supply chains in their own venues as necessary.

It is not intended to be exhaustive in covering every possible scenario but aims to provide a clear direction for the entire leisure sector, ensuring climbing gyms will fall within the best practice of the leading recognised leisure facilities.

Individual climbing gyms may make their own decisions to enhance or adapt this to their own venues, and even go above the standards within this document, but not lower, if they wish to be recognised as meeting the standards.

The strategy is based around 3 principles

- Hygiene
- Capacity Management
- Physical Distancing

SCOTTISH GOVERNMENT GUIDANCE: ESSENTIAL READING

For Scotland, the government has created guidance that is for the indoor sport and leisure sector. Guidance was updated on the 20th August where the Scottish Government announced that indoor sports facilities could open from 31st August 2020. Guidance will be reviewed on a regular basis as the priority remains containing the spread of the virus, saving lives and safeguarding the NHS. Therefore, restrictions may be reintroduced, and approval may be withdrawn if circumstances change either nationally or locally.'

For Scotland

see [Coronavirus \(COVID-19\) Phase 3: business and physical distancing guidance](#)
and [Coronavirus in Scotland](#)

DCMS advice on reopening a gym or leisure venue

see the [Working safely during coronavirus \(specifically for providers of grassroots sport and gym/leisure facilities\)](#)

Getting your facilities fit for sport

<https://sportscotland.org.uk/covid-19/getting-your-facilities-fit-for-sport/>

COMMUNICATE YOUR 'COVID-SAFE' STATUS

'WE'RE GOOD TO GO'.

As an Outdoor Recreation venue or destination, you can apply for the Visit Britain 'Kite Mark' [here](#). This is a nationally coordinated campaign by Visit Britain and the Department of Culture Media & Sport that is relevant in all 4 devolved nations and intended to inspire confidence in returning consumers.

Go to the [Visit Scotland](#) - track to the OIA / Outdoor Recreation link for your sector and start the application process. It is a simple, online, self-certified process that walks you through the key steps we've talked about above. There is a help line you can ring and useful links as well. If you can complete the 20+ questions and agree the Terms & Conditions then you will be awarded a Visit Britain 'We're Good To Go' Kite Mark with your own unique number. The award IS MONITORED and there will be spot checks and mystery shops on establishments. You will also need to appoint a COVID-19 contact for Visit Britain to ensure any updates to policy are put in place. If an error is made there will be help from Visit Britain and the OIA, if in the end you are unable to be compliant, then permission to use the mark will be withdrawn.



In addition

Here is a link to a selection of ABC posters to print and display around your centre.

www.abcwalls.co.uk

You may also find your local printer, as well as many suppliers online, offering useful generic products too.

REOPENING GUIDELINES

GENERAL

- Detailed facility [guidance](#) has been produced by sportscotland on behalf of Scottish government.
- PHS (or equivalent) posters will be on display informing customers and staff of social distances and cleanliness/hygiene protocols throughout the facility.
- Operators will commit to the wellbeing of their staff and customers, and if they show/ have any signs of Covid-19 (temp, cough, difficulty breathing), they will be sent home to follow Scottish Government regulations.
- Operators will comply with any health designation documentation that the government implements.
- Hand sanitizer and/or soap will be available for both staff and customers to use at entrances and around climbing areas.
- Encourage customers to adhere to social distances with point of sale, information and Staff 'floor walking'. For more information on physical distancing in Scotland, please follow guidance on [Physical distancing in non-healthcare public services](#)
- A face covering must be worn by all people in an indoor climbing facility settings, except where an exemption applies. [Full details](#)
- Individual customers should take reasonable personal responsibility to keep physical distancing when taking part in climbing and belaying.
- Queue management. Climbing facilities will ensure two metre spacing markers on the floor and if necessary, outside the entrance.
- Where a participant with a disability requires functional support to enable their participation in physical activity and sport this can be provided without maintain physical distancing. This support can be provided by a coach or other individual in such circumstance the responsible 'Covid Officer' should consider appropriate mitigating actions as part of the risk assessment. For instance, providing appropriate PPE, limiting the number of participants an individual provides functional support to, limiting the duration spent in close proximity, or a combination of actions.

CAPACITY MANAGEMENT

- Climbing walls will reduce their capacities to 1 person per 9 sq metres of space. This includes circulation, toilets and changing areas.
https://sportscotland.org.uk/media/6007/gyms_gyfffs_info_sheet.pdf
- Facilities should develop a system which ensures customer movement and activity maintains 2m distancing from others. this should take into account the dynamic nature of the activities undertaken in each area
- If time slots are used, customers will be managed in and out the centre to ensure social distancing measures are adhered to.
- Any taught courses that are run will be undertaken with full adherence to physical distancing guidelines and after a specific risk assessment has been completed.

CLEANING

- Continuous rigorous cleaning procedures.
- If Covid-19 case in facility, operator will follow the [PHS Guidance – ‘COVID-19 – Cleaning in non-healthcare settings’](#) while cleaning all areas of the facility.
- Staff will carry out regular cleaning throughout the premises, particularly of points of frequent contact.
- Hand wipes/sanitizers will be on offer (or people will be directed to where they can clean hands).
- Gloves are not mandatory: WHO advice is that it is preferable not to wear gloves but to regularly wash your hands.
- Processes will be put in place to make sure physical distancing remains in place for reception staff e.g. protective screens.

CLIMBING GYM AND WARM-UP AREAS

- Wherever reasonably possible ground level equipment will be cleaned regularly by the venue, customers will be asked to clean equipment immediately after use - e.g. exercise bikes, weights in warm up areas, pull up bars etc. Sanitising cloths and sprays will be provided.
- In the case of climbing holds, which are part of the infrastructure of the centre, these cannot be cleaned between uses. They will be cleaned only when removed from the wall before being replaced. Customers should be encouraged to use good hand hygiene with sanitiser available around the centre.
- At all times we will ask customers to use their own best endeavours to keep the centre clean. This will be on top of the regular cleaning schedule.
- Extra signage regarding physical distancing will be in place around warm up, stretching, free- weights or training area.

CHANGING ROOMS/ SHOWERS/TOILETS

- All Climbing Facilities will be encouraged to keep changing rooms and showers closed.
- For toilets follow [guidelines](#)
- Extra care will be taken and signposting deployed to maintain Physical distancing when in climbing areas.
- Lockers will remain in use, as long as physical distancing can be maintained. Spray and cloths will be available for customer use at common touch points.

CAFÉ/RESTAURANT

- Cafes, restaurants and bars will re-open when Scottish Government restrictions allow and will operate under any [guidelines](#) issued by Scottish Government or other national health authorities.
- Additional signs will be put up communicating appropriate cleanliness and physical distancing measures.
- Vending machines will remain in place but will be cleaned regularly.
- Scottish Government guidance on [Coronavirus protocols](#) for Tourism and Hospitality Sector

FIRST AID/RESCUE AT HEIGHT

- Although there may be heightened concerns around first aid, this will continue as normal. The below adaptations will be used when needed:
- Staff undertaking rescue at height will use suitable PPE
- Gloves and resuscitation face masks will be provided to all first aiders for emergency first aid
- Face masks for general first aid
- The Resuscitation Council UK has provided [specific guidance on CPR delivery](#) which walls are advised to communicate to all first aid staff and duty managers.

MISCELLANEOUS

- Operators to follow Scottish Government guidance for office staff. Card/contactless payment will be promoted.
- Operators may want to consider additional steps for any clientele over 70/with underlying health conditions.
- All external contractors are to follow physical Distancing and cleanliness Guidelines put in place by the facility.



Image courtesy of Andy Fleming

The procedures below have been prepared by the ABC specifically for UK Climbing Walls. They are based on solid research and government guidelines and requirements. They should be read in conjunction with 'ABC Guidelines' submitted to the government through UK Active.

There are 8 sections to these procedures:

1. **Hygiene**
2. **Capacity Management**
3. **Physical Distancing**
4. **Coaching and Instructing**
5. **Running Competitions (local and national)**
6. **Cafe**
7. **Outdoor Structures**
8. **Managing Staff**

Each section has 3 different levels:

Scottish Government Requirements - mandatory. These are practices that have been imposed on the industry or have become commonly expected.

Climbing wall adaptation - recommended.

These practices have been adapted to the specifics of the climbing wall environment and are practices that you should seriously consider. If you decide not to comply, we recommend that you complete a full risk assessment.

Other practices for consideration.

These are practices that have been identified through our work that may help with customer perception or management but the evidence for them helping to stop virus transmission is weak or mixed.

Our Procedures set out minimum requirements. You should comply with the Mandatory Requirements but you are welcome to enhance these in ways that fit your business.

These Procedures are compliant with the [Scottish Government Guidelines](#) issued for the reopening of the indoor leisure sector on 31st August. You should ensure that you read the Government Guidelines and ensure that you are complying with them.

If you employ 50 people or more, you have an obligation to put the results of your Covid-19 Risk Assessment on your website. The government guidance also encourages all businesses to publish this info, regardless of size.

It should be recognised that whilst climbing walls will take all reasonable steps to prevent the transfer of CV to its staff and customers, there will always be a risk that an infected person visits the centre and either through droplet transfer, aerosol action or smear infection, transfers the virus to others. Our customers should be made aware of this and make their own decision given their specific circumstances whether this small residual risk is one they are willing to take. The residual risk should be no greater than in many other public spaces and facilities that are already open or will re-open in the coming months.

UPDATING THESE PROCEDURES

As government advice is either developed or changed, we will reflect these changes on the Procedure document posted on our website:

www.abcwalls.co.uk.

<http://mountaineering.scot/coronavirus>

DOCUMENT CONTROL

Version 1: 15/05/2020

Version 1.1: 22/05/2020

Version 1.2 29/05/2020

Version 1.3 12/06/2020

Version 1.4 22/06/2020

Version 1.5 03/07/2020

Version 1.6 10/07/2020

Version 1.7 10/07/2020

Version 1.7 (Scottish adaptation) 28/08/2020

Version 1.8 (Scottish adaptation) 15/10/2020

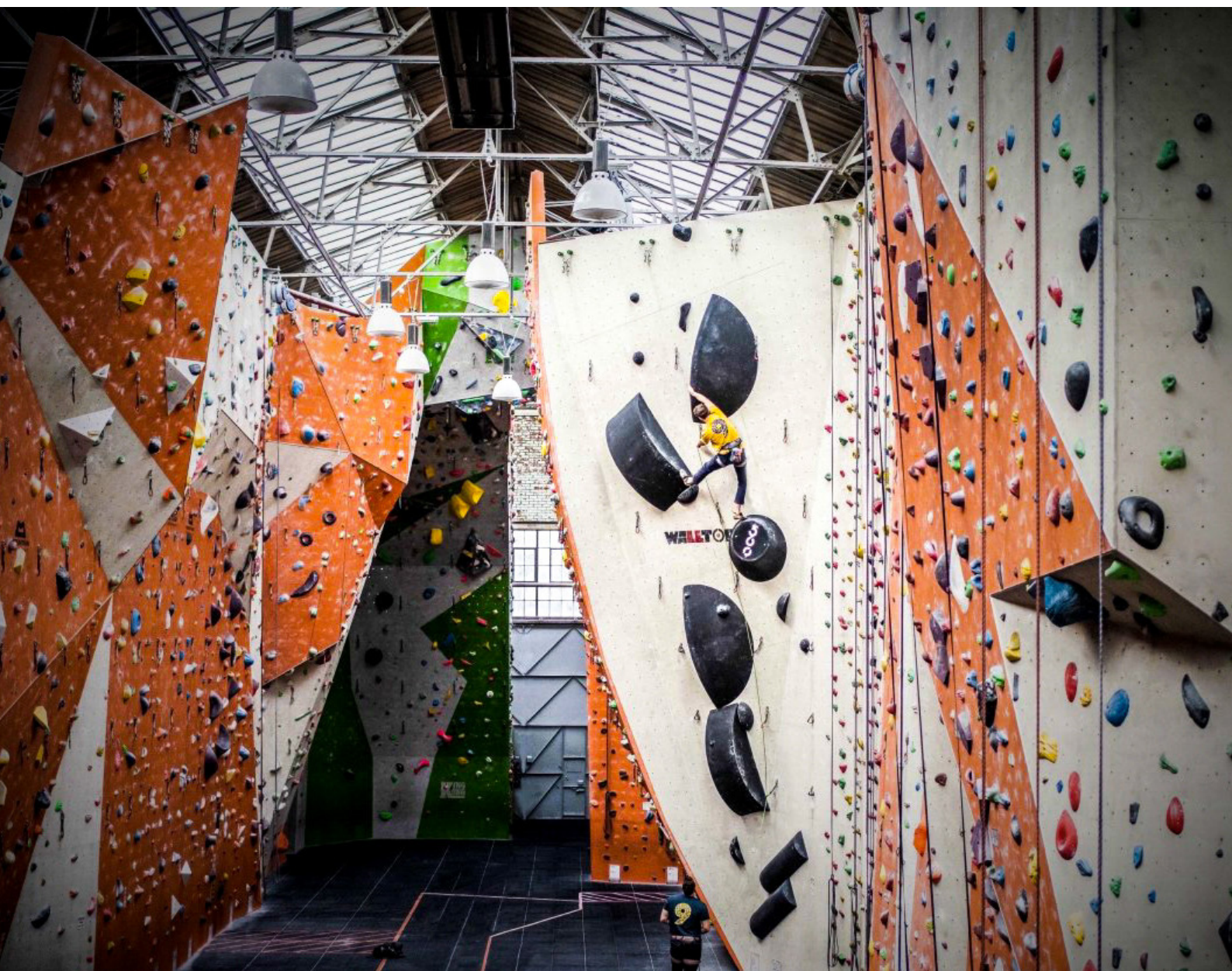


Image courtesy of Andy Fleming

HYGIENE

SCOTTISH GOVERNMENT REQUIREMENTS

Hand sanitiser or soap wash at entrance

Sanitising (either through gels or sinks and soap) to be provided and required of customers before or as they enter the centre. Sanitiser to be available so that customers hands are sanitised before they are able to touch anything within the centre.

Be aware that some people are allergic to hand sanitiser so you will need to make alternative arrangements for them.

[Government Advice](#)

[Scientific Article](#)

Hand sanitiser at exit

You are required to enable customers to sanitise their hands as they leave the centre. Hand sanitisation should be placed as near to the exit as possible.

Hand sanitiser in centre

Walls should have strategically placed sanitiser around the centre. This should be outside and inside all doors and should encourage climbers to sanitise their hands before going into and as they leave the climbing area. You should also ensure that you have sufficient signage encouraging climbers to sanitise their hands regularly, throughout their session.

Cleaning frequent touch points

You should identify points in your centre that are touched frequently. These might be iPads, door handles, taps, keyboards, card payment machines etc. Your staff will need to clean these with alcohol or disinfectant wipes frequently throughout the day.

Gym equipment

Where a wall has gym equipment, there should be sanitising spray and disposable cloths available for customers to clean machines and bars themselves. Posters should state the requirement of cleaning before and after use.

Regular cleaning schedule

You should continue with a complete and frequent cleaning schedule.

Cleaning if a Covid-19 case has been in your facility

If you are notified that a confirmed Covid-19 case has been in your centre, you should follow government advice on how to disinfect the area. At this stage, this involves cleaning the area well following the government advice. Should that change we will update this section.

[Government Advice](#)

Ensure you have appropriate PPE for cleaning staff

Staff should continue to use any PPE required as per local policies (business as usual). If a risk assessment of the setting indicates that a higher level of contamination may be present (for example, where unwell individuals have slept such as a hotel room or boarding school dormitory) or there is visible contamination with body fluids, then the need for additional PPE such as an apron and gloves should be considered.

[Health Protection Scotland](#)

Information display

The ABC has produced [downloadable posters](#) on customer hygiene. These reflect Public Health requirements. You should display these at critical points in your centre and you should educate customers via your website and social media. The ABC is also in the process of animating these posters for use on your social media.

Hold Cleaning

If you plan to clean holds with a pressure washer, the holds should be quarantined for 3 days before they are washed. This is not necessary if they are cleaned first in acid.

Showers and changing rooms

Showers and changing facilities should remain closed where possible. Climbers should be encouraged to arrive ready to climb and to shower when they get home.

Toilets

See [Scottish Government guidance on opening of public and customer toilets during the coronavirus pandemic](#).

Ropes, harnesses etc

You should ensure that hand sanitiser is available for customers to use both before and after renting any equipment.

Rental equipment should be wiped down or sprayed following use with an appropriate and safe liquid. Manufacturers have provided [advice](#) on this.

PPE for cleaners

Cleaners should be provided with appropriate PPE.

[Government Advice](#)

Music

Music played in the centre must not be at a volume that requires customers to shout. Shouting increases the risk of droplet transmission.

Drinking fountains

These should be closed off until further notice

Ventilation

- Evidence continues to suggest that, in poorly ventilated indoor spaces, airborne aerosols are a possible transmission route. Ventilation is an important part of mitigating against the transmission of Coronavirus (COVID-19). Ventilation into the building should be optimised to ensure a fresh air supply is provided to all areas of the facility and increased wherever possible. Particular attention should be given to spaces where high-intensity exercise activity takes place. Ventilation systems should provide 100% fresh air and not recirculate air from one space to another if possible.
 - Please refer to Section 4 in the CIBSE COVID-19 [Ventilation guidance](#) for more detailed information
 - Climbing walls will ensure appropriate ventilation through either natural or mechanical means. They will use CO2 monitors where necessary to ensure adequate air flow for both customers and staff.
 - Doors that can be fixed open should be. For fire doors that need to close you can install stops that will keep the door open but will release, allowing it to close if the fire alarm sounds.
 - Where possible doors and windows should be opened 15 minutes prior to opening to circulate the air in the facility
- [Sport Scotland advice](#)

CLIMBING WALL ADAPTATION – RECOMMENDED

Staff rota

It will be very difficult for staff to maintain social distance at all times. It is therefore likely that if one member of staff is infected, anyone they have worked with will either need testing or will have to be isolated. You should consider this when building your reopening rota.

Hire Shoes

Hire shoes should continue to be sanitised as normal with disinfectant spray. Whilst there is no evidence of virus transfer through sweat, for confidence, staff completing this work should wear gloves. Hire shoes should be sprayed outside as well as inside to avoid smear infection.

Route setting

You should consider asking your route setters to wear masks. This is due to close and regular contact with used holds and the chalk dust that comes off them.

OTHER PRACTICES FOR CONSIDERATION

Liquid Chalk

There is a great deal of talk about the value of liquid chalk. We do not believe that there will be agreed proof that liquid chalk is an appropriate way to sanitise hands but we do believe that it will be a useful back up for customers. We therefore recommend that you have liquid chalk available for sale as a back up to the hand sanitisation you are required to put in place.

Various manufacturers have liquid chalk products with above 70% alcohol content. Due to the way chalk is applied by a climber (before not after a climb) it should not replace hand washing/sanitising. If a customer wishes to use liquid chalk the ABC can find no evidence that it will increase any risk of COVID 19 transmission. Whether it will reduce transmission is still unproven.

[Gym Climber](#) produced a good article on the efficacy of chalk.

Contactless payment

Whilst cash is not being banned, you could consider encouraging contactless payment. It is possible to upgrade your contactless payments to £45 maximum if this helps.

Cleaning equipment

You may want to set a duration after which you will clean equipment. There are guidelines available on how to do this, including the link here.

[Cleaning Options](#)

CAPACITY MANAGEMENT

GOVERNMENT REQUIREMENTS

Manage capacity to facilitate physical distancing

Climbing walls must allow each person to have 9 square metres of space. This is to include the climbing area and all other common areas – circulation space, toilets, changing rooms etc.

The maximum capacity in indoor sports facilities should be based on the Scottish Government requirement for physical distancing, and with consideration given to the nature of the activities to be undertaken (i.e. if the activity is static or dynamic), the equipment layout and the overall ventilation and configuration of the facility.

Distancing Guidance

You should take account of the way that customers move around the centre, any particular pinch points and of course the customers' perception of how busy you are. It is probably a good idea to start with a limited capacity and to allow this to increase as customer confidence returns and the virus transmission reduces.

Wall capacities are likely to be a hot topic of debate and potential disagreement between staff and customers. We advise members to err on the cautious side as regards capacities. You should be able to stand behind the statement: "we have calculated our capacities based on advice from PHS and checked that with reasonable customer self-policing and compromise, you can climb comfortably and safely at our wall and remain 2m away from others."

By keeping your density down, you should also be able to articulate that customers are able to be sufficiently distanced from others who may be working hard and hence breathing hard.

Managing your capacity

It is essential that you set your capacity and are able to manage it. You may choose to do this through a pre-booking system or by keeping a count of the number of customers in the wall. Rock Gym Pro have produced a widget to allow you to have customers check in and out and you can feed this data live to your website.



Image courtesy of Andy Fleming

CLIMBING WALL ADAPTATION – RECOMMENDED

Managing Capacity

Once the allowed customer density has been set, we would encourage customers to self-police physical distancing rather than expect staff to force strict adherence or through, for example, closing off routes or blocs.

[ABC Posters](#) can be used to encourage this.

OTHER PRACTICES FOR CONSIDERATION

Using customer slots

Some walls are considering requiring customers to book time slots and to pay for them in advance. Depending on your centre, this may be appropriate. You should consider how you will manage crossovers as these could be pinch points for queuing. It will also allow your staff not to handle cash.

[RGP](#)

[RGP Add on](#)

[Vertical Life](#)

Members only

You may wish to consider only allowing already registered members to come into the wall in the first few weeks. This could allow you to manage capacity and to assess your customer's response to reopening. It will mean that you do not have to take the time to register new members.



PHYSICAL DISTANCING

SCOTTISH GOVERNMENT REQUIREMENTS

2m Markings

You should put 2m markings on the floor in and if necessary, outside your entrance to remind people of the need to maintain Physical distancing guidelines. You may also want to put floor markings in place at other pinch points in your building.

Gym equipment

Equipment should be spaced to allow all customers to maintain 2m physical distance at all times. If equipment can not be moved, pieces should be taped off to enable the 2m rule to be adhered to.

Perspex screens to protect staff

Protecting your staff from infection is both a significant duty and a business risk. You should complete a Covid 19 Risk Assessment and if you are unable to guarantee that reception staff will be kept at a 2m distance from customers, you should consider a perspex screen or other method of protection.

Face coverings for staff and customers

Face coverings should be worn at all times by customers in your centres except when they are climbing, using exercise equipment or seated in your cafe with food or drink.

This includes whilst on the boulder mats, and moving around in circulation spaces.

The usual medical exemptions apply.

Staff should wear a face covering whilst serving customers and moving around the climbing area or instructing/coaching.

Belaying

Some concern has been expressed about communicating whilst wearing a face covering and belaying. We recommend that customers are encouraged to wear a face covering whilst belaying but should test their capacity to communicate whilst doing so and make a final decision on the safety of this themselves. For example someone with a strong, deeper voice may find communicating very straightforward whereas someone with less projection may find it appropriate to not wear a face covering. Face coverings should be replaced when both climbers are on the ground.

Temperature checking

This is not currently recommended by Scottish government so is not recommended by the ABC.

Office staff

Scottish Government advice on physical distancing for office staff should be followed.

First Aid

Full PPE should be available with each first aid kit. This should include: Mask, glove and protective glasses. If the first aider is going to have to touch or get closer than 2m from the injured party, they should don the PPE. If the first aider deems the situation too urgent they should continue with administering first aid and medical advice should be sought afterwards.

Used PPE should be disposed of in line with government [guidelines](#).

[Advice on CPR](#)

Staff moving and work stations

Staff should be set up to work at least 2m apart and this should be side to side or back to back. They should be encouraged to pass each other back to back or side to side.

They should work on the same work station for the duration of their shift and this should be cleaned down before someone else uses it.

Test and Protect

In the event of an identified case in your centre, you will be asked for customer data – who attended on the same date at the same time as the infected case. You must ensure that you are able to produce this data and you may want to inform your customers that you will be doing so.

[Latest guidance from Scottish Government on Test and Protect data collection.](#)

CLIMBING WALL ADAPTATION – RECOMMENDED

One way system of entrance/exit

If at all possible you should consider separating customers as they enter and exit the building. This does not have to be through a separate doorway but you can direct customers with tape on the floor or physical boundaries. You should consider whether any other one way routings are possible in your centre and if possible you should introduce them and require customers to follow them.

Rescue at height

Staff performing rescues at height must have full PPE available to them. This will include: protective glasses, mask and disposable gloves. If the rescue is going to involve close contact and time permits, the rescuer should don the equipment. If the rescuer deems the situation too urgent and is unable to don PPE, they should continue with the rescue. Following this, medical advice should be sought.

PPE should be disposed of in line with government guidelines.

[Guidelines](#)

[First Responder Guidance](#)

Display ABC Social Distancing posters The ABC has produced [Physical Distancing posters](#) to inform climbers of the need for and issues with social distancing in a climbing wall. You should download these and display either the ABC poster or an equivalent at least 1 for every 100 sq m of your building.

OTHER PRACTICES FOR CONSIDERATION

Other floor markings

Depending on the layout of your building, you may want to place 2m markings in areas other than reception.

For some separate sections of your facility e.g. a specific bouldering room, you may want to put a sign giving the room or spaces capacity. The ABC has produced a [template poster](#) for this.

Route and problem density

There have been discussions on whether walls should reduce the density of routes/problems to enable Physical distancing to be maintained.

In our view maintaining physical distance is the important factor, not the density of routes, so we are not making any recommendations in this respect.

COACHING AND INSTRUCTING - BOTH YOUTH AND ADULTS

The principle with coaching and instructing is that 'courses' should only return to your wall when social distance and hygiene requirements can be reasonably assured. Clearly, it is easier to adhere to these guidelines on some courses rather than others. You should therefore complete a Covid-19 risk assessment on each course type as you bring it back.

Below we give some examples of typical coaching and instructing situations, highlighting how a risk assessment might lead to them returning to your wall.

Examples of courses you might bring back early, though you may make changes for example to ratio:

- **Performance Squad** - youngsters who are competent climbers, who understand the climbing wall environment and with whom your coaches have a good relationship.
- **Bouldering induction courses** - small groups of adults where the coach and individuals can easily maintain social distance.
- **Level 4 and 5 NICAS and NIBAS courses** - young independent climbers who are competent and well known to coaches.
- **Movement and technique** - courses where a coach helps participants to improve their climbing efficiency.
- **1 to 1 Coaching** - where social distancing should be relatively easy to manage.

Examples of courses where social distancing may be more problematic so you may choose to wait until these requirements have been reduced:

- **Introduction to top roping** - beginners who want to learn to climb with ropes where the instructor will have to be close to belayers.
- **NICAS level 1-3** - less experienced roped climbers where the instructor will/may have to step in closely to manage safety.
- **Straight to lead** - courses where participants go from never climbed before to leading.

ABCTT Guidance

Following some detailed work by a group of Technical Advisers and other experts, the ABCTT have produced some very [detailed guidance](#) on how to risk assess your courses.

SportScotland Guidance

General sport coaching guidance
<https://sportscotland.org.uk/media/603/27th-august-phase-3-coaching-guidance-update-final.pdf>

Mountain Training Scotland

For the most up to date guidance in relation to running instructed or coached sessions indoors, please refer to the following link:
<https://www.mountain-training.org/latest-news/coronavirus>

MANAGING STAFF

Symptoms

- Persistent dry cough
- Temperature
- Loss of sense of taste and or smell

Should any of your staff display these symptoms you should require them to follow medical advice and self isolate. You should also identify who they have worked closely with and ask them to do the same.

Moving and working closely with each other

It is inevitable that at times, staff will be unable to maintain physical distance. Advice is that if you are unable to maintain physical distance you should be either side to side or back to back and spend as little time as possible together. Virus transmission is more likely with face-to-face contact.

Staff with symptoms

Testing should now be available for all individuals who have symptoms of Covid-19. If you have a member of staff who goes off work with symptoms consider encouraging them to get a test. If they test positive, it will allow you to manage their return for the safety and concerns of your staff and customers.

Staff Training

By the time walls reopen, it will have been at least 4 months since your staff worked with customers. Please think through this and ensure that you have brought their skills, particularly around safety, back up to speed. Customers are also likely to be 'rusty' so particular attention will need to be paid to this by floor walkers.



Image courtesy of Patricia Novelli



Association of British Climbing Walls (ABC)

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www.abcwalls.co.uk

Important

The above information has been researched and prepared with the best intention of providing a helpful 'hub' of advice and information available at the time and is in no way legal advice or an exclusive recommendation or endorsement from the ABC.

Always refer to and follow Scottish government guidelines

Written with help and in collaboration with



More people
More active
More often

