

## Guidance for Those (Leaders, instructors and coaches) Involved in Formal Led Walking, Scrambling & Climbing Activities – Scotland.

1. This document has been adapted from guidance produced by representatives from the British Mountain Guides (BMG) and the Association of Mountaineering Instructors (AMI). Our thanks to both these organisations for permission to use this as the basis for guidance for all those involved in positions of responsibility during formal led activity in mountain-related activity<sup>1</sup> i.e. leaders, instructors and coaches in the wider walking, scrambling and climbing communities.
2. These guidelines recommend a minimum standard and individuals may wish themselves to apply more rigorous behaviours, or they may find themselves involved with, or working for organisations, whose operating procedures require it.
3. The guidelines from Scottish Government and **sportsScotland**, along with those from sports' governing bodies (SGBs) will continue to evolve. Please accept this working document as practical advice, helping you create the safest environment that you can when practicing formal led mountain related activities with others during this time.
4. **Coaches, Leaders and Guides**
5. Leaders, instructors and coaches can work outdoors, providing all activity is consistent with current Scottish Government guidance on health, physical distancing and hygiene – they will also need to make sure that they can adapt to changes in guidance at very short notice.
6. Up to date guidance for sport can be found on the [sportsScotland website](#) .
7. In addition, they should refer to their specific professional association guidance on good practice during this phase of the Scottish Government route map:
  - [Mountain Training Association](#)
  - [Association of Mountaineering Instructors](#)
  - [British Mountain Guides](#)
8. Links to further specific guidance and advice can be found in [Appendix A](#) at the back of this document.
9. **IMPORTANT: People who are symptomatic should self-isolate for 10 days; household members for 14 days as per info on NHS guidance.**
10. **If you need to sneeze or cough, do so into a tissue or upper sleeve. Dispose of your tissue into an appropriate bin supplied at the venue or place in a plastic bag and take home. Wash your hands afterwards for 20 seconds.**
11. **All exercise taken must be consistent with current Scottish Government guidance on health, physical distancing and hygiene. Everyone should recognise that there may be a need to adapt to changes in guidance at short notice.**

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<sup>1</sup> The phrase, 'mountain-related' is used throughout the text. This should be read as referring to all of the activities listed: hill and mountain walking, rock climbing and scrambling, bouldering, indoor climbing, winter climbing, mountaineering, Alpine mountaineering and ski mountaineering.

12. Information on Scottish Government's approach to managing COVID-19 is available at [www.gov.scot/coronavirus-covid-19](http://www.gov.scot/coronavirus-covid-19)

13. These guidelines should be read in conjunction with any updated Scottish Government guidance on health, physical distancing and hygiene.

#### 14. Local restrictions

15. Where a locality or region is subject to localised restrictions, not all of the changes detailed in this document will apply. Details of local restrictions are available [HERE](#).

#### 16. Scottish Government Advice

Current Scottish Government advice is based around **F.A.C.T.S.**

- Face coverings.
- Avoid crowded places.
- Clean hands regularly.
- Two metre distance.
- Self-isolate (10 days) and book a test if you have symptoms.

#### 17. Key Principles in CV-19 transmission

The key considerations to be mindful of regarding CV-19 transmission are:

- close contact (including geometry i.e. which direction your faces are pointing)
- length/duration of exposure
- contaminated shared surfaces (fomites)

So being face to face and close to someone (who could be asymptomatic) for more than ten minutes, and/or handling surfaces that have been touched by them raises the risk of infection.

#### 18. Appoint a COVID-19 Officer

19. All providers of mountain-related outdoor activity should ensure they have an appointed [COVID-19 officer](#) whose role it to ensure all appropriate management processes are in place so that they can effectively oversee and maintain the implementation of measures outlined herein. An e-learning module for COVID officers is available at [HERE](#).

#### 20. Test and Protect

21. It is mandatory that the individual/organisation running the session/event must keep a record of attendees for 21 days in accordance with the Scottish Government [Test and Protect](#) process.

22. This record must include the name, contact number, date of visit, time of arrival, and where possible the departure time of all those attending facilities or activities. Where attending as a small household group, the contact details for one member – a 'lead member' – will be sufficient.

23. In order to gather and store customer information securely, sports facility operators may need to be registered with the Information Commissioner's Office (ICO). This will be the case if you are using an electronic system to gather and store data. If you are unsure whether you need to register, please contact the ICO via their helpline on 0303 123 1113, or visit [www.ico.org.uk](http://www.ico.org.uk).

**Overview of current Scottish Government/sportsScotland Advice regarding formal led outdoor activity**

<b>The guidance below refers to formal led mountain-related outdoor activity only</b>			
<b>Outdoor Adult group size limitations</b>	<b>Outdoor Children and Young People group size limitations</b>	<b>Protections</b>	<b>Distancing</b>
<p>A maximum of 30 people (with NO household restrictions) if involving formal led session by a leader/instructor/coach, can participate in a session.</p> <p>All participants and staff involved contact details must be kept for 'Test and Protect' purposes.</p> <p>Note 1: There are currently no restrictions on the number of households (or extended households) that a leader, instructor or coach can interact with per day.</p> <p>Note 2: Normal physical distancing and household number guidelines will however be applicable before and after the formal led mountain-related activity.</p>	<p>12 and over taking part in an organised outdoor activity, a 'field of play bubble' can be created whilst an outdoor activity is taking place, in effect suspending physical distancing guidelines for the duration of the activity. Normal physical distancing guidelines will however apply before and after the activity takes place.</p> <p>11 and under comply SGB ratio and group sizes but the smaller the group the lower the risk, no max number of households and no physical distancing required.</p>	<p>Physical distancing requirements in place.</p> <p>Frequent handwashing and hygiene measures for all.</p> <p>Cough etiquette is maintained.</p> <p>Face coverings in enclosed public spaces.</p> <p>No unnecessary sharing of equipment.</p>	<p>2m – note guidance for <a href="#">‘close contact activity’</a> – prior to and at the end of ‘close contact’ 2m physical distancing should resume.</p> <p>NOTE: For those aged 12 years or over where participants would normally encroach within 2m appropriate measures should be put in place to limit this risk. Prior to, and at the end of the activity, normal physical distancing should resume</p> <p>Children 11 and under no physical distancing required at all.</p> <p>NOTE: 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.</p>
<b>Travel</b>	<b>Toilets and Car Parking</b>	<b>Accommodation</b>	<b>Camping (including wild camping)</b>
<p>No distance restrictions - public transport has reduced capacity. With cars you should only travel with members of your own, or extended, household (Ref 'Travel' in this document)</p>	<p>Some remain closed, check before you travel.</p>	<p>All holiday accommodation permitted (following relevant guidance). NOTE: indoor group size limitations apply.</p>	<p>See accommodation. Please observe SOAC and Leave No Trace principles and any local restrictions/advice on wild camping.</p>

#### 24. General Guidance across all mountain related activities:

25. These activity technical guidelines should be read in parallel with the broader guidance for hillwalkers and climbers produced by Mountaineering Scotland and which can be found at this [LINK](#)
26. Physical distancing, hygiene and risk management will all be aided by participating/working with low ratios in all activities.
27. At the beginning of any activities no-one involved should be in a position where they need to self-isolate either because of personal symptoms or contact with others. Those involved in working with others in a formal capacity should consider the use of pre-course screening questionnaires.
28. Operate comfortably within your and other members of the party's abilities/fitness levels and in optimum conditions
29. Planning sessions are done online or outdoors (physical distancing).
30. Avoid sharing and all participants ensure they supply their own:
  - Drink, lunch and snacks.
  - Face coverings (including spares) and hand sanitizer.
  - Basic first aid kits – appropriate protective gloves, blister kits, plasters alcoholic wipes etc. Note: those in positions of responsibility should have a sealed communal first aid kit.
  - Sun glasses, sun cream, midge repellent etc.
  - Outdoor clothing appropriate for any conditions.
  - Specialist equipment if possible (map/compass for mountain days, harnesses, helmets, boots for climbing etc.) Note: If not possible and equipment is supplied then please follow manufacturers guidance on cleaning.

#### 31. Travel

32. You should only travel with members of your own, or extended, household. Be mindful of potential honeypot paths, areas and parking – be creative.
  - Consider locations which can accommodate larger number of cars or where there are no anticipated parking challenges.
  - Keep to small groups of people at any one time
33. There may be occasions when there is no alternative but to travel with people out with your household. On such occasions, you should:
  - share the transport with the same people each time
  - maintain good ventilation by keeping the car windows open if possible
  - ask everyone to wear face-coverings
  - clean your hands before and after your journey
  - if the vehicle is your responsibility, clean the door handles and other areas that people touch.
  - The driver keeps note of details those of who have travelled together

[Transport Scotland - how to travel safely](#)

[Transport Scotland - staying safe and traveling with others](#)

### 34. Medical and First Aid

35. All participants should understand rescue procedures in the event of an accident, including the requirement for increased self-reliance as a party, owing to limitations placed on Mountain Rescue services at present.
36. Participants need to take ownership of any personal medical conditions/injuries and all involved in the activity need to be more considerate of these conditions/injuries allowing for more of a safety net when planning a day.
37. Ensure access to first aid and emergency equipment is maintained, and that it has been updated appropriately for the COVID-19 pandemic and first aiders have appropriate training.

### 38. Equipment

39. Participants should ensure that their own clothing and all equipment used or provided has been cleaned and/or quarantined and stored appropriately since the last use.
40. All communal kit should be labelled as when last cleaned and so ready for the day.
41. Where equipment is loaned or rented it should be issued at the beginning of the day and remain in the participant's possession all day. At the end of the day it should be sealed in a plastic bag until it can be cleaned appropriately. [covid-19-links-and-resources-for-equipment-owners-and-managers](#)

### 42. What is Close Contact Activity?

43. Some specific mountain related activities have situations where close contact, at key moments when the activity is being undertaken, is unavoidable and physical distancing not possible.
44. These generally involve the participants undertaking a process (which can be complex and may often be done under conditions of duress) that is essential to the safe conduct of the activity or dealing with an unforeseen safety critical event.
45. For adults and young people over 12 the following principles apply during close contact (field of play) are:
  - Contact is kept as brief and as dynamic as possible.
  - If this is not possible, keep those coming into contact to small numbers and ensure all participants involved wear face coverings.
  - As soon as practicably possible resume physical distancing.
  - Good hand hygiene pre and post contact.

46. Those leading formal led activity should consider introducing a period of 'contact training' to familiarise participants with their specific 'close contact' guidelines before undertaking activity.

### 47. Childrens' Activity

48. All organisations providing children's activity must abide by relevant **sportsScotland** and Scottish Government guidance. They should have a named 'COVID Officer' who will complete documented risk assessments and ensure all appropriate mitigations are put in place by the sports organisation before any children's outdoor activity is undertaken.
49. Children aged under 12 are not required to physically distance, as set out in Scottish Government

guidance.

- 50. Coaches, leaders, instructors and other adults supporting organised activity should attempt to keep physically distant where possible, but it is recognised that this will not always be possible. In such circumstances the ‘COVID Officer’ should consider appropriate mitigating actions as part of the risk assessment.
- 51. Where an employee is providing an activity, relevant workplace risk assessments and consultation should take place in advance of any activity being undertaken.
- 52. **Participants with a disability**
- 53. 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.
- 54. 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.

## Appendix A

Scottish Government	<b><u><a href="#">Advice on Covid-19</a></u></b>
	<b><u><a href="#">Organised sport for young people</a></u></b>
sportscotland	<b><u><a href="#">Up to date guidance on sport advice</a></u></b>
Scottish Disability Sport	<b><u><a href="#">Guidance for those with a disability participating in activity</a></u></b>
Transport Scotland	<b><u><a href="#">Travelling Safely</a></u></b>
SAGE	<b><u><a href="#">Advice on mitigation of transmission of SARS-CoV2</a></u></b>
Cleaning and care of Equipment:	<b><u><a href="#">Cleaning PPE</a></u></b>
Healthcare Scotland	<b><u><a href="#">Cleaning in non healthcare settings outside the home</a></u></b>
	<b><u><a href="#">Hand hygiene</a></u></b>
Scottish Mountain Rescue	<b><u><a href="#">Rescue and emergency procedures</a></u></b>
Resuscitation Council UK	<b><u><a href="#">CPR Covid-19 statement</a></u></b>