



# Covid-19 Advice for Climbers

Effective in the Republic of Ireland for Phase 1

This advice aims to help climbers make a safe and responsible return to climbing in the presence of Covid-19. It should be considered in addition to your normal good practice. Apply common sense and use your experience and intuition as a climber to make sensible decisions.

**Stay safe. Scale back your ambitions, be cautious, choose objectives within your technical and physical limits to minimise the risk of accidents and injury to avoid pressure on the emergency services.**

Can I go climbing?	Yes – but subject to Government restrictions.
Where can I go?	You must stay within 5km of your home.
Who can I go with?	If climbing with people from outside your household the maximum group size is 4.

- Follow Government protocols and public health guidelines.
- Be socially responsible, do what you can to help reduce the transmission of the virus.
- Respect the wishes of landowners and local communities.
- Maintain physical distance from people not living in your household.
- Minimise your number of climbing partners.

## Before Travelling to Climb

- Check that you can access the climbing area.
- Park sensibly and responsibly if driving to the climbing area.
- If the climbing area is busy go elsewhere or return later.

## While Climbing

- Give extra consideration to route or problem choice; erring towards the objectively safe and familiar.
- Carry some means of cleaning your hands and do so before and after each climb.
- Carry a facemask for times when physical distancing may not be possible.

## Bouldering

- Spotting should be carried out by members of your household due to the physical contact.
- Carry enough boulder mats to build a suitable landing.
- Avoid congregating in close proximity with other groups.

## Trad Climbing and Sport Climbing

- To facilitate physical distancing choose climbs with room at the bottom and top. If this is not possible you can lower your partner before they reach the top.
- If you usually do not wear a helmet, consider using one to reduce risk of injury.
- It is not advisable to Multi-pitch climb with someone who is not from your household at this time as it is unlikely you will be able to maintain adequate social distancing.

## Equipment

- Minimise the sharing of equipment.
- After climbing, quarantine your equipment for 72 hours, or wash it appropriately, before climbing again with another person.

For further information please go to the Mountaineering Ireland website; [www.mountaineering.ie](http://www.mountaineering.ie).  
This advice will be updated and reissued as the situation develops.